

Nutrition Facts

Serving Size 2 scoops (58g)
Servings Per Container about 10

Amount Per Serving		Calories From Fat 15	
		% Daily Value*	
Calories 210			
Total Fat 2g		3%	
Saturated Fat 0g		0%	
Trans Fat 0g		0%	
Cholesterol 5mg		2%	
Sodium 430mg		18%	
Potassium 630mg		18%	
Total Carbohydrate 28g		9%	
Dietary Fiber 1g		4%	
Sugars 26g			
Protein 22g			

Vitamin A 60%	Vitamin C 40%
Calcium 80%	Iron 35%
Vitamin D 60%	Vitamin E 35%
Vitamin K 35%	Thiamin 40%
Riboflavin 60%	Niacin 35%
Vitamin B6 40%	Folate 40%
Vitamin B12 50%	Biotin 35%
Pantothenic Acid 45%	Phosphorus 70%
Iodine 70%	Magnesium 60%
Zinc 40%	Selenium 45%
Copper 35%	Manganese 60%
Chromium 35%	Molybdenum 70%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

The Original MICRO

DIET

*More than 10 million
dieters worldwide!*

Vanilla Shake



22g
of **PROTEIN**
in every shake

NET WT. 20.3 ozs. (575g)

Vanilla Shake

INGREDIENTS:

Nonfat Milk, Fructose, Calcium Caseinate, Whey Protein Concentrate, Whey, Vitamin-Mineral Premix (Tricalcium Phosphate, Magnesium Phosphate, Maltodextrin, Sodium Ascorbate, DL-Alpha Tocopheryl, Ferric Orthophosphate, Zinc Citrate, Biotin, Vitamin A Palmitate, Niacinamide, Copper Gluconate, Chromium Chloride, Calcium Pantothenate, Manganese Sulfate, Vitamin K1, Vitamin D3, Pyridoxine Iodide, Thiamine Mononitrate, Riboflavin, Vitamin B12, Folic Acid, Sodium Molybdate, Sodium Selenite), Lecithin, Malted Milk, Guar gum, Sodium Citrate, Soybean Oil, Natural and Artificial Flavors, Salt, Honey Powder [Honey, High Fructose Corn Syrup Solids, Wheat Starch, Corn Syrup, Soy Flour, Calcium Stearate (Anticaking), Soy Lecithin], Potassium Citrate, Egg Whites, Magnesium Oxide, Cellulose Gum, Choline Bitartrate, Potassium Chloride, Aspartame, Beta Carotene, Ethyl Vanillin, Inositol.

Mixing Directions:

Add 2 level scoops (58g) to 8 fl. oz. cold or warm water. Stir, shake or use blender until smooth. Ice can be added with power blender for increased texture. **DO NOT USE BOILING WATER FOR SHAKING OR BLENDING.**

To increase Protein (9g) and other added nutrition, use skim milk in place of water.



Net Weight: 20.3 ozs. (575g)

Phenylketonurics: Contains Phenylalanine
Allergens: Contains Egg, Milk, Soy, Wheat.

Notes: Processed in a facility that also processes milk, eggs, tree nuts, wheat and soy.

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