

Directions: Mix 2 scoops with 8 oz of purified water. For optimum taste, add cubes of ice and blend thoroughly. Replace one or two meals daily.

Mars Venus Super Foods Shake for Men is a nutritional supplement to be used as part of the Mars Venus Wellness Solution.

"With positive communication and correct nutrients, you can experience a lifetime of health, happiness and lasting passion".

John Gray Ph.D. - The Mars & Venus Diet & Exercise Solution

Note: If you are on medication or are beginning a weight-control program or have a medical condition, diabetes, or hypertension, consult your physician before using this product or making any other dietary changes. Discontinue use if allergic reaction occurs.

DR. JOHN GRAY'S

MARS Venustm

**SUPER
FOODS
Shake
FOR Men**
NUTRITIONAL SUPPLEMENT

NATURAL CHOCOLATE

NET WT. 25.4 OZ (720 G) (.720 KG)

Nutrition Facts

Serving Size: 2 scoops (48 g)
Servings per Container: 15

Amount per Serving		Calories from Fat 20	
Calories 160		Calories from Saturated Fat 15	
		% Daily Value*	
Total Fat	2 g		3%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	20 mg		7%
Sodium	20 mg		1%
Potassium	450 mg		13%
Total Carbohydrate	21 g		7%
Dietary Fiber	3 g		12%
Sugars	10 g		
Protein	13 g		26%
Vitamin A	34%	Vitamin C	36%
Calcium	24%	Iron	10%
Vitamin D	36%	Vitamin E	38%
Thiamin	38%	Riboflavin	34%
Niacin	34%	Vitamin B6	34%
Folate	45%	Vitamin B12	65%
Biotin	34%	Pantothenic Acid	34%
Phosphorus	20%	Iodine	34%
Magnesium	33%	Zinc	36%
Selenium	34%	Copper	35%
Manganese	35%	Chromium	38%
Molybdenum	34%		
*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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g
Calories per gram:			
Fat 9	•	Carbohydrate 4	•
			Protein 4

Ingredients: Protein Complex [calcium caseinate (undenatured), whey protein concentrate (undenatured)], cocoa powder, molasses, glucose, flax seed (alpha linoleic acid stabilized), blanched almond meal, vanilla flavor, malted milk flavor, honey, lecithin, wolfberry (Lycium barbarum) fruit extract, medium-chain triglycerides, amla (Emblica officinalis) fruit extract, xanthan gum, magnesium oxide, tricalcium phosphate, magnesium stearate, guar gum, cinnamon, citric acid, magnesium citrate, choline bitartrate, alfalfa (Medicago sativa) extract 5:1, stevia (Stevia rebaudiana) leaf extract, betaine HCl, Lactobacillus acidophilus, yucca (Yucca schidigera) root powder, vitamin C (ascorbic acid), phosphatidyl serine, psyllium (Plantago ovata) seed powder/plant soluble fiber, vitamin E succinate, biotin, sodium chloride, niacin, zinc oxide, copper amino acid chelate, vitamin A (beta carotene), iodine amino acid chelate, manganese amino acid chelate, d-calcium pantothenate, selenium amino acid chelate, folic acid, vitamin D3 (cholecalciferol), chromium amino acid chelate, bromelain (from Ananas comosus), lactase (from Aspergillus oryzae), lipase (from Rhizopus oryzae), cellulase (from Trichoderma longibrachiatum), protease (from Aspergillus oryzae), papain (from Carica papaya), alpha amylase (from Bacillus subtilis), acid stable protease (from Aspergillus niger), molybdenum amino acid chelate, vitamin B6 (pyridoxine HCl), thiamin HCl, riboflavin, vitamin B12 (cyanocobalamin), ionic trace mineral complex

Contains milk, soy, and tree nut (almond) ingredients.

Contains Amino Acids

Alanine	Cysteine	Histidine	Lysine	Proline	Tryptophan
Arginine	Glutamic Acid	Isoleucine	Methionine	Serine	Tyrosine
Aspartic Acid	Glycine	Leucine	Phenylalanine	Threonine	Valine



distributed by
MARS VENUS
www.marsvenus.com
20 Sunnyvale Ave. #A130
Mill Valley, CA 94941
415-381-8025
store@marsvenus.com