

For more information on other Body Fortress® products or for complete training and nutrition programs, visit:

bodyfortress.com | [@officialbodyfortress](https://www.instagram.com/officialbodyfortress)

BODY FORTRESS

33% More PROTEIN
than the leading brand!

NEW

HIGH PROTEIN SHAKE†

40g PROTEIN

Promotes Lean Muscle & Strength

With Premium Isolate Protein

<1g

SUGAR

2g

CARBS

6g

BCAAs



VANILLA

Naturally & Artificially Flavored 4 - 11 fl. oz. (325 mL) Bottles NET WT 44 fl. oz. (1.3 L)

Notice: Use this product as a food supplement only. Do not use for weight reduction.

†See nutrition information for sodium content.

Nutrition Facts

4 servings per container

Serving size 1 bottle (11 fl. oz.) (325 mL)

Amount per serving

Calories 180

% Daily Value**

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 510mg 22%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Total Sugars <1g

Includes 0g Added Sugars 0%

Protein 40g 76%

Vitamin D 0.2mcg 0% • Calcium 630mg 50%

Iron 0.3mg 2% • Potassium 160mg 4%

**The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

From the makers of America's #1 Selling Muscle Development Protein Powder brand, Body Fortress® High Protein Shakes are crafted with quality ingredients that will help you reach your fitness goals.*

Delicious & convenient – perfect for before or after a workout. Our most try shakes are low fat and packed with 40g of protein to help support lean muscle and strength.

Directions for Adult Use: Drink one Body Fortress 40g shake carton per day to boost daily high protein and calorie needs. Consume approximately 1 gram of protein per pound of body weight from all dietary sources per day to best support building and maintaining lean muscle and strength.*

Notice: For weight reduction, use only as directed in the Body Fortress diet plan on www.bodyfortress.com. Do not use in diets supplying less than 400 calories per day without medical supervision.

*Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

*Source: IRI, MULO, 52 WE 3/29/20, excluding online sales.

†Source: IRI, MULO, 52 WE 07/12/20, excluding online sales. Leading Protein Brand Protein Shakes have 30g of protein per 11 fl. oz.



Non GMO



Gluten Free



Low Lactose



UD

Ingredients: Water, Protein Blend (Milk Protein Isolate, Calcium Caseinate, Sodium Caseinate), Natural and Artificial Flavors, Sodium Citrate, Sunflower Oil, Salt, Sunflower Lecithin, Potassium Phosphate, Cellulose Gel, Sugar, Cellulose Gum, Sucralose, Acesulfame Potassium.

Contains milk ingredients.

Made in a facility that also processes tree nuts, soy and fish.

Carefully Manufactured for
United States Nutrition, Inc.
Bohemia, NY 11716 U.S.A.
1-800-215-5980

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