

REDCON1

MRE®

25 SERVINGS

WHOLE FOOD PROTEIN

47g PROTEIN

NO WHEY*

530 CALORIES

PROTEIN POWDER DRINK MIX
Net Wt. 7.16 lb (3,250g)
*SOLD BY WEIGHT NOT VOLUME

VANILLA MILKSHAKE
NATURALLY AND ARTIFICIALLY FLAVORED

75G CARBOHYDRATES

530 CALORIES

47G PROTEIN

Nutrition Facts

Servings per container: 25

Serving Size

4 Scoops (130g)

	Amount Per Serving	%DV
Total Fat	4g	5%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	35mg	12%
Sodium	200mg	9%
Total Carbohydrate	75g	27%
Dietary Fiber	8g	28%
Total Sugars	5g	
Includes 0g Added Sugars		0%
Protein	47g	94%
Vitamin D	0mcg	0%
Calcium	90mg	8%
Iron	3mg	15%
Potassium	250mg	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.

Other Ingredients: Rolled Oats, Whole Food Protein Blend (Beef Protein Isolate, Pea Protein, Brown Rice Protein, Chicken Protein, Egg Albumin, Salmon Protein), Natural and Artificial Flavors, Milk Creamer (for texture), Ground Cinnamon, Dehydrated Yam, Dehydrated Sweet Potato, Pea Starch, Cellulose Gum, Coconut Water Powder, Dehydrated Blueberry, Dehydrated Goji Berry, Dextrose, Medium Chain Triglyceride (MCT) Oil Powder, Maltodextrin, Salt, Sucralose, Acesulfame Potassium.

Contains: Milk, Egg, Fish (Salmon), Tree Nuts (Coconut).

Allergen Warning: Manufactured on shared equipment which processes products containing Milk, Egg, Soy, Peanuts, Tree Nuts, Wheat, Shellfish and Fish

Please Note: Nutrition/Supplement facts and ingredients may vary slightly between flavors.