

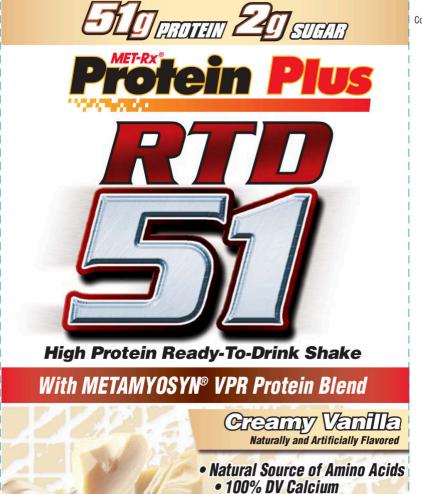


tion with an intense daily exercise

program and a balanced diet includ-

ing an adequate caloric intake.





Do not use for weight reduction.

Contents Under Pressure; Open Slowly to Reduce Potential Splashing. Refrigerate after opening **Nutrition Facts** Serving Size 1 Can Amount Per Serving Calories 230 **Calories from Fat 10** %Daily Value** Total Fat 1g Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol 30mg 10% Sodium 180mg 8% Potassium 320mg 9% **Total Carbohydrate** 6q 2% Dietary Fiber 2g 8% Sugars 2g Protein 51g 102% Vitamin A 30% Vitamin C 50% Calcium 100% Iron 10% Vitamin D 40% Vitamin E 40% Vitamin K 25% Thiamin 70% Riboflavin 50% Niacin 45% Vitamin B-6 50% Folic Acid 45% Vitamin B-12 60% Biotin 35% Pantothenic Acid 50% Phosphorus 70% lodine 25% Magnesium 8% Zinc 20% Selenium 20% Copper 10% Manganese 40% Molybdenum 25% Chromium 25% **Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on vour calorie needs: 2.500 Calories: Total Fat 80a Less Than 65g Sat Fat Less Than 25g 300mg 20g Cholesterol 300ma Less Than Sodium 2.400ma 2.400mg Less Than Potassium 3.500ma 3.500ma Total Carbohydrate Dietary Fiber 375g 30g Calories per gram: Fat 9 . Carbohydrate 4 . Protein 4 • Og Trans Fat Ingredients: Water, METAMYOSYN® VPR Protein Blend (Calcium Caseinate, Milk Protein Concentrate Whey Protein Concentrate), Natural and Artificial Flavors (Contains Caramel Color), Cellulose Gel, Vitamin and Mineral Blend (Tricalcium Phosphate, Sodium Phosphate, Sodium Ascorbate, Sodium Citrate, dl-Alpha Tocopheryl Acetate, Niacinamide, Vitamin A Palmitate, d-Calcium Pantothenate, 15 fl. oz. (443 mL) Ferrous Sulfate, Phytonadione, Manganese Sulfate, Cholecalciferol, Zinc Oxide, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Copper Sulfate, Cyanocobalamin, Folic Acid, Biotin, NOTICE: Use this product as a food supplement only. Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenite), Dipotassium Phosphate,

Contains milk ingredients.

Sucralose, Cellulose Gum, Sodium Hydroxide, Acesulfame Potassium, Carrageenan.

Shake Gently • Serve Chilled