

THE

CHEAT

SYSTEM DIET

ALL-IN-ONE SHAKE CHAI

NET WT. 44.6 OZ. (2 LB. 14.6 OZ.) 1,320 G.

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: Two Level Scoops (44 g)
Servings Per Container: 30

Two Level Scoops (44 g) Contain:	% DV
Calories	160
Calories from Fat	45
Calories from Saturated Fat	10
Total Fat	5 g 8%*
Saturated Fat	1 g 5%*
Total Carbohydrate	13 g 4%*
Dietary Fiber	6 g 24%*
Soluble Fiber	5 g **
Insoluble Fiber	1 g **
Sugars	4 g **
Protein	22 g 45%*
Vitamin A (as Palmitate)	2,500 IU 50%
Vitamin C (as Sodium Ascorbate)	30 mg 50%
Vitamin D (as Vitamin D2)	600 IU 150%
Vitamin E (from Mixed Tocopherols)	15 IU 50%
Thiamin (as Thiamin HCl)	750 mcg 50%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	850 mcg 50%
Niacin (as Niacinamide)	10 mg 50%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	1 mg 50%
Folate (as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	200 mcg 50%

Two Level Scoops (44 g) Contain:	% DV
Vitamin B12 (as Methylcobalamin)	9 mcg 150%
Biotin	150 mcg 50%
Pantothenic Acid (as Calcium Pantothenate)	5 mg 50%
Calcium (as Calcium Malate)	25 mg 2%
Iodine (as Potassium Iodide)	75 mcg 50%
Magnesium (as Magnesium Malate)	25 mg 6%
Zinc (as Zinc Bisglycinate Chelate)	7.5 mg 50%
Selenium (as L-Selenomethionine)	35 mcg 50%
Copper (as Copper Bisglycinate Chelate)	1 mg 50%
Manganese (as Manganese Bisglycinate Chelate)	1 mg 50%
Chromium (as Chromium Nicotinate Glycinate Chelate)	60 mcg 50%
Molybdenum (as Molybdenum Glycinate Chelate)	37.5 mcg 50%
Sodium (as Sodium Citrate and Sodium Chloride)	220 mg 9%
Potassium (as Potassium Citrate)	110 mg 3%
Proprietary Blend (Proteins)	25.5 g
Pea Protein Isolate	**
Chia Protein	**
Chlorella Protein	**
Proprietary Blend (Fibers)	4.6 g
Inulin (from Chicory)	**
Bamboo Fiber	**

Two Level Scoops (44 g) Contain:	% DV
Pea Fiber	**
Flax Seed Powder	**
Apple Fiber	**
Proprietary Blend (Fruits)	220 mg
Raspberry (Berry)	**
Apricot (Edible Fruit)	**
Mango (Edible Fruit)	**
Pineapple (Edible Fruit)	**
Proprietary Blend (Vegetables)	100 mg
Carrot	**
Broccoli	**
Cabbage	**
Beet	**
Spinach	**
Proprietary Blend (Digestive Enzymes)	100 mg
Proprietary Blend (Probiotics)††	5 mg
Lactobacillus acidophilus	**
Bifidobacterium lactis	**

* Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Other Ingredients: Organic Cane Juice Sugar, Sunflower Oil, Flavors, Medium Chain Triglyceride Oil, Cocoa Powder, Stevia extract (leaf) (Rebaudioside A 95%), Xanthan Gum.

Suggested Use: Mix two level scoops with 8-10 oz. of water, juice, or preferred beverage daily or as recommended by your health-care practitioner.

Manufactured For:
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Tamper Evident: Use only if bottle is sealed.

If pregnant, consult your health-care practitioner before using this product.

Store tightly sealed in a cool, dry place.

†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A.
††Typically provides 500 million organisms.

