

Fit Healthy Nutrition into Your Day!



All-In-One Daily Essential

PROTEIN POWDER MIX

Love the idea of drinking a healthy smoothie but can't seem to find the time to put it all together while trying to get out the door? Try **Smoothie Complete**®! Whether your goal is weight management, to build lean muscle, increase energy or to just eat better, **Smoothie Complete**® is your All-In-One Daily Essential with the protein and nutrients your body needs.**

PROTEIN

15g of rBGH free whey protein can help reduce cravings, increase energy and build lean muscle.**

REAL INGREDIENTS

Made without GMO's, MSG and contains no artificial hormones, flavors or sweeteners.

SUPERFRUITS

Our blend of SuperFruits gives you the antioxidant activity of one serving of fruit.

DIGESTIVE ENZYMES & PREBIOTIC FIBER

Supports a healthy intestinal tract to help increase the absorption of nutrients.**

VITAMINS & MINERALS

Excellent source of 22 vitamins and minerals.

OMEGA-3

Vegetarian Omega-3 from chia seed.

Directions: Add 4 Tbsp. to 6-8 oz of water, milk or your favorite beverage, stir and enjoy. Make it a frozen treat by adding ice, fruit or yogurt. Take first thing in the morning to get your day started, between meals to curb hunger or post workout to help with muscle recovery.**

Taste the difference, feel the difference!

Smoothie Complete® contains all essential and non-essential amino acids, including Arginine, Lysine, Glutamine, Glycine and Leucine to name a few, which are needed to build the proteins used in the growth, repair, and maintenance of body tissues.

90
Calories

15g
Protein

22 Vitamins & Minerals

Omega-3 from Chia

**SuperFruits & Antioxidants
From Vitamins A, C & E**

Digestive Enzymes & Fiber

rBGH Free Whey Protein

vanilla berry
naturally flavored

smoothie
complete

DIETARY SUPPLEMENT

NET WT 12.5 oz (353 g)

Supplement Facts

Serving Size 4 Tbsp. (25.2 g)

Servings Per Container 14

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 90		Pantothenic Acid (as calcium d-pantothenate) 5 mg	50%
Calories from fat 9		Calcium (as tricalcium phosphate) 500 mg	50%
Total Fat 1 g	2% [^]	Iron (as ferric orthophosphate) 7 mg	39%
Saturated Fat 1 g	5% [^]	Phosphorus (as tricalcium phosphate) 250 mg	25%
Cholesterol 0 mg	0%	Magnesium (as mg oxide and mg citrate) 100 mg	25%
Sodium 80 mg	3%	Zinc (as zinc oxide) 1.5 mg	10%
Total Carbohydrate 5 g	2% [^]	Selenium (as selenomethionine) 7 mcg	10%
Dietary Fiber 3 g	12% [^]	Copper (as copper gluconate) 0.2 mg	10%
Sugars 0 g	†	Manganese (as manganese sulfate) 0.2 mg	10%
Protein 15 g	30%	Chromium (as chromium polynicotinate) 12 mcg	10%
Vitamin A (as palmitate) 2500 IU	50%	Molybdenum (as sodium molybdate) 7.5 mcg	10%
Vitamin C (as ascorbic acid) 30 mg	50%	Chia (seed) 1,000 mg	†
Vitamin D (as cholecalciferol) 200 IU	50%	SuperFruit Antioxidant Blend 335 mg	†
Vitamin E (as d-alpha tocopheryl acetate) 15 IU	50%	Grape seed extract, strawberry, raspberry, blueberry and banana	†
Thiamin (as thiamine mononitrate) 0.75 mg	50%	Digestive Enzyme Blend 100 mg	†
Riboflavin 0.85 mg	50%	Amylase, protease, lipase, lactase and cellulase	†
Niacin (as niacinamide) 10 mg	50%		
Vitamin B ₆ (as pyridoxine hydrochloride) 1 mg	50%		
Folate (as folic acid) 400 mcg	100%		
Vitamin B ₁₂ (as cyanocobalamin) 3 mcg	50%		
Biotin 150 mcg	50%		

Other Ingredients: Whey protein concentrate, whey protein isolate, prebiotic soluble fiber, natural flavor, xanthan gum, sea salt, stevia and beet juice powder (color).

CONTAINS MILK

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KEEP OUT OF REACH OF CHILDREN. NOTICE: FOR WEIGHT REDUCTION, USE ONLY AS DIRECTED IN THE DIET PLANS AT TOGOBRANDS.COM. DO NOT USE IN DIETS SUPPLYING LESS THAN 400 CALORIES PER DAY WITHOUT MEDICAL SUPERVISION.

CONTENTS MAY SETTLE DURING SHIPPING. STORE IN A COOL DRY PLACE.

Questions? Call: (866) 494-8646. Visit togobrand.com for delicious recipes, nutritional tips and other great products from **Healthy To Go**®.

[^]We do not use ingredients that are produced using biotechnology



** These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.