Nutrition Facts

Serving Size: 1 Packet (65g)
Servings Per Container: 1

	Amount Per Serving	% DV
Calories	250	
Calories from Fat	40	
Total Fat	4.5 g	7%
Saturated Fat	1 g	6%
Trans Fat	0 g	
Cholesterol	25 mg	9%
Sodium	350 mg	15%
Potassium	360 mg	10%
Total Carbohydrate	12 g	4%
Dietary Fiber	4 g	14%
Sugars	3 g	
Protein	40 g	80%

Vitamin A	25%	Vitamin C	25%
Calcium	50%	Iron	30%
Vitamin D	25%	Vitamin E	25%
Thiamin	25%	Riboflavin	25 %
Niacin	25%	Vitamin B6	25%
Folate	25%	Vitamin B12	25%
Biotin	25%	Pantothenic Acid	25%
Phosphorus	45%	Iodine	25%
Magnesium	30%	Zinc	25%
Copper	30%	Chloride	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories	2,000	2,500
Total Fat	65g	80g
Saturated Fat	20g	25g
Cholesterol	300mg	300mg
Sodium	2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrates	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: LeanPro® (Cross Flow Micro Ultrafiltered Whey Protein Isolate, Cross Flow Micro Ultrafiltered Whey Protein Concentrate), Natural & Artificial Flavors, **EFA Plex™** (Sunflower Oil, Creamer [High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols], MCT Oil, Flaxseed Oil, Borage Oil), **Fiber Plex™** (Polydextrose, Fibersol 2 Fiber, Cellulose Gum, Oat Flour, Rice Bran), Vitamin & Mineral Blend (Di-Calcium Phosphate, Magnesium Oxide, Ascorbic Acid, Vitamin E Acetate, Niacinamide, Electrolytic Iron, Zinc Oxide, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Vitamin A Acetate, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Cyanocobalamin), Salt, Sucralose, Acesulfame Potassium.

Allergen Information: Contains Milk, Soy.

Easy-to-Follow Directions

Glass – Fill glass with **10oz.** of water or your favorite beverage. Add 1 packet (65g) of CarbWatchers® Lean Body®, and mix with a spoon.

Shaker – Fill shaker with **10oz.** of water or your favorite beverage. Add 1 packet (65g) of CarbWatchers® Lean Body®. Cover and shake.

Blender – Fill blender with **10oz.** of water or your favorite beverage. For a creamy ice cream flavor, add a handful of ice cubes. Add 1 packet (65g) of CarbWatchers® Lean Body®. Cover & blend for 20-30 seconds.

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

LABRADA NUTRITION®

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