



POWER BLENDZ™
The Fitness Fuel®



Chocolate

POWER SHAKE

DIETARY SUPPLEMENT
Net Wt. 3.8 lb. (1,725g)



BALANCED
NUTRITION



EXCEL



ENERGY

Premium Meal
Replacement

Supplement Facts

Serving Size: 36g (1 scoop)
Servings Per Container: 48

Amount Per Serving	
Calories 135	Calories from Fat 9
	% D.V.*
Total Fat 1.4g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 101mg	4%
Potassium 174mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 1.5g	
Protein 19.5g	39%

* Percent Daily Values (%D.V.) are based on 2000 calories. Your daily values may be higher or lower depending on your calorie needs.

DIRECTIONS:
Mix 1 scoop (scoop included) with 4-6 ounces of water and ice in a blender or shaker. Blend or shake until smooth.

SUGGESTED USE:
Take 2-3 servings per day or as recommended by a physician or registered dietitian.

STORE IN A COOL, DRY PLACE

	Amount Per Serving	% D.V.*
Vitamin A	940 IU	20%
Vitamin C (as sodium ascorbate)	12mg	20%
Vitamin D3 (as cholecalciferol)	75 IU	20%
Vitamin E (as d-alpha-tocopheryl acetate)	6 IU	20%
Vitamin B1 (as thiamin HCl)	0.29mg	20%
Vitamin B2 (as riboflavin)	0.33mg	20%
Niacin (as niacinamide)	4mg	20%
Vitamin B6 (as pyridoxine HCl)	0.4mg	20%
Folic Acid	0.1mg	20%
Iron (as ferrous sulfate)	3.92mg	20%
Vitamin B12 (as cyanocobalamin)	1.2mcg	20%
Biotin	56mcg	20%
Pantothenic Acid (as calcium d-pantothenate)	1.95mg	20%
Calcium (as tricalcium phosphate)	301mg	30%
Magnesium (as magnesium phosphate)	90mg	23%
Vitamin K1 (as phytonadione)	12mcg	15%
Manganese (as manganese sulfate)	0.75mg	38%
Chromium (as chromium chloride)	22.5mcg	20%
Phosphorus (as magnesium phosphate & sodium phosphate, tribasic & tricalcium phosphate)	187.5mg	20%
Copper (as copper sulfate)	0.465mg	23%
Iodine (as potassium iodide)	32.6mcg	22%
Molybdenum (as sodium molybdate)	14.1mcg	20%
Selenium (as sodium selenite)	13.6mcg	20%
Zinc (as zinc sulfate)	2.8mg	20%

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.

INGREDIENTS: Whey Protein Blend (Whey Protein Concentrate and Whey Protein Isolate), Maltodextrin, Cocoa Powder, Natural Flavors, Vitamin/Mineral Blend (Vitamin A Palmitate, Cholecalciferol, Vitamin E di-alpha-Tocopheryl Acetate, Biotin, Folic Acid, Niacinamide, Calcium d-Pantothenate, Thiamin HCl, Cyanocobalamin, Riboflavin, Pyridoxine HCl, Sodium Ascorbate, Phytonadione, Tricalcium Phosphate, Chromium Chloride, Copper Sulfate, Potassium Iodide, Ferrous Sulfate, Magnesium Phosphate, Manganese Sulfate, Sodium Molybdate, Sodium Phosphate Tribasic, Sodium Selenite, Zinc Sulfate), Xanthan Gum, Salt, Sucralose.

ALLERGEN STATEMENT:
Contains milk and soy (lecithin). Manufactured in a facility that also processes other products that contain eggs and peanuts.

V9.14