

THE

CHEAT

SYSTEM DIET

ALL-IN-ONE SHAKE CHOCOLATE

NET WT. 49.7 OZ. (3 LB. 1.7 OZ.) 1,410 G.

DIETARY SUPPLEMENT

Supplement Facts											
Serving Size: Two Level Scoops (47 g)											
Servings Per Container: 30											
Two Level Scoops (47 g) Contain:				% DV		Two Level Scoops (47 g) Contain:				% DV	
Calories				170		Vitamin B12 (as Methylcobalamin)				9 mcg 150%	
Calories from Fat				45		Biotin				150 mcg 50%	
Calories from Saturated Fat				10		Pantothenic Acid (as Calcium Pantothenate)				5 mg 50%	
Total Fat				5 g 8%*		Calcium (as Calcium Malate)				25 mg 2%	
Saturated Fat				1 g 5%*		Iodine (as Potassium Iodide)				75 mcg 50%	
Total Carbohydrate				14 g 5%*		Magnesium (as Magnesium Malate)				25 mg 6%	
Dietary Fiber				6 g 24%*		Zinc (as TRAACS® Zinc Bisglycinate Chelate)††				7.5 mg 50%	
Soluble Fiber				5 g **		Selenium (as L-Selenomethionine)				35 mcg 50%	
Insoluble Fiber				1 g **		Copper (as TRAACS® Copper Bisglycinate Chelate)††				1 mg 50%	
Sugars				4 g **		Manganese (as TRAACS® Manganese Bisglycinate Chelate)††				1 mg 50%	
Protein				22 g 45%*		Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††				60 mcg 50%	
Vitamin A (as Palmitate)				2,500 IU 50%		Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)††				37.5 mcg 50%	
Vitamin C (as Sodium Ascorbate)				30 mg 50%		Sodium (as Sodium Citrate and Sodium Chloride)				350 mg 15%	
Vitamin D (as Vitamin D2)				600 IU 150%		Potassium (as Potassium Citrate)				110 mg 3%	
Vitamin E (from Mixed Tocopherols)				15 IU 50%		Proprietary Blend (Proteins)				25.5 g	
Thiamin (as Thiamin HCl)				750 mcg 50%		Pea Protein Isolate				**	
Riboflavin (as Riboflavin 5'-Phosphate Sodium)				850 mcg 50%		Chia Protein				**	
Niacin (as Niacinamide)				10 mg 50%		Chlorella Protein				**	
Vitamin B6 (as Pyridoxal 5'-Phosphate)				1 mg 50%		Proprietary Blend (Fibers)				4.6 g	
Folate (as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)				200 mcg 50%							
						Inulin (from Chicory)				**	
						Bamboo Fiber				**	
						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.											