



**Each serving contains:**

- 15g of Protein
- 6g of Fiber featuring Inulin
- 3g Collagen
- 100% daily value of all B Vitamins to aid in conversion of food to energy\*
- Probiotics and Enzymes to support digestive & intestinal health\*
- Flaxseed with Omega-3 Fatty Acids
- Electrolytes

◇ Per Serving



Excellent Source of Fiber & Protein  
**DAILY NUTRITION SHAKE**  
Complete Protein & Vitamin Shake Mix

chocolate

- B Vitamin Complex for Energy Support\*
- Fiber & Probiotics for Digestive Health\*
- 110 Calories◇ / 15g Protein◇ / 11g Carbohydrates◇

Dietary Supplement  
Net Wt. 16 oz. (1 lb.) (454 g)

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.



**Our Puritan's Pride Fitness Daily Nutrition Shake is a uniquely formulated blend of essential nutrients.**

**Directions:** For adults, mix two (2) scoops (33g) with 8 fluid ounces of water or your favorite beverage. Mix with 8 fluid ounces of milk to increase the protein content of the shake.

**Supplement Facts**

Serving Size 2 Scoops (33 g)  
Servings Per Container about 13

| Amount Per Serving                                                                                                              | %Daily Value |
|---------------------------------------------------------------------------------------------------------------------------------|--------------|
| Calories                                                                                                                        | 110          |
| Calories from Fat                                                                                                               | 25           |
| Total Fat                                                                                                                       | 3 g 5%**     |
| Saturated Fat                                                                                                                   | 1 g 5%**     |
| Cholesterol                                                                                                                     | 25 mg 8%     |
| Total Carbohydrate                                                                                                              | 11 g 4%**    |
| Dietary Fiber                                                                                                                   | 6 g 24%**    |
| Sugars                                                                                                                          | 2 g ***      |
| Protein                                                                                                                         | 15 g 30%**   |
| Vitamin C (as Ascorbic Acid)                                                                                                    | 60 mg 100%   |
| Vitamin D (as D2 Ergocalciferol)                                                                                                | 800 IU 200%  |
| Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)                                                                                | 1.5 mg 100%  |
| Riboflavin (Vitamin B-2)                                                                                                        | 1.7 mg 100%  |
| Niacin (as Niacinamide)                                                                                                         | 20 mg 100%   |
| Vitamin B-6 (as Pyridoxine Hydrochloride)                                                                                       | 2 mg 100%    |
| Folic Acid                                                                                                                      | 400 mcg 100% |
| Vitamin B-12 (as Cyanocobalamin)                                                                                                | 6 mcg 100%   |
| Biotin (as d-Biotin)                                                                                                            | 300 mcg 100% |
| Pantothenic Acid (as d-Calcium Pantothenate)                                                                                    | 10 mg 100%   |
| Calcium                                                                                                                         | 220 mg 22%   |
| Iron                                                                                                                            | 2 mg 11%     |
| Phosphorus                                                                                                                      | 222 mg 22%   |
| Magnesium (as Magnesium Oxide)                                                                                                  | 43 mg 11%    |
| Sodium                                                                                                                          | 110 mg 5%    |
| Potassium                                                                                                                       | 300 mg 9%    |
| Probiotic Blend which contains 1 billion active <i>Lactobacillus acidophilus</i> , <i>B. bifidum</i> at the time of manufacture | 850 mg ***   |
| Digestive Enzyme Blend Bromelain (from Pineapple), Papain (from Papaya fruit)                                                   | 200 mg ***   |
| Flaxseed which typically contains: Alpha-Linolenic Acid (Omega-3) Other Fatty Acids                                             | 888 mg ***   |
| Stevia Extract ( <i>Stevia rebaudiana</i> ) (leaf)                                                                              | 160 mg ***   |
| Collagen                                                                                                                        | 3 g ***      |

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

**Other Ingredients:** Proprietary Protein Blend (Soy Protein Isolate, Whey Protein Concentrate), Cocoa (processed with alkali), Inulin, Oat Fiber, Fructose, Natural Flavors, Soy Lecithin, Maltodextrin, Tricalcium Phosphate, Xanthan Gum.

Contains milk and soy ingredients.

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

Fitness isn't a destination. Fitness is about constantly pushing forward. It's running a little longer, lifting a little heavier, and pushing a little harder than you did the last time. At Puritan's Pride, we understand the journey, and we know that it's different for everyone. Puritan's Pride Fitness offers a variety of products to support you wherever you are in your training.

**No Artificial Color, No Artificial Flavor, No Preservatives, No Wheat, No Yeast, No Fish.**

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Contents are sold by weight. Some settling may occur.

**TYPICAL AMINO ACID PROFILE**  
(milligrams per 33 g serving\*\*\*\*)

| Essential Amino Acids | Nonessential Amino Acids |
|-----------------------|--------------------------|
| Histidine 284 mg      | Alanine 862 mg           |
| Isoleucine 673 mg     | Arginine 935 mg          |
| Leucine 1,188 mg      | Aspartic Acid 1,512 mg   |
| Lysine 991 mg         | Cysteine 205 mg          |
| Methionine 235 mg     | Glutamic Acid 2,551 mg   |
| Phenylalanine 587 mg  | Glycine 1,189 mg         |
| Threonine 688 mg      | Proline 1,103 mg         |
| Tryptophan**** 182 mg | Serine 725 mg            |
| Valine 737 mg         | Tyrosine 431 mg          |

\*\*\*\*L-Tryptophan is naturally occurring, not added  
\*\*\*\*approximate values

\*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.

**TO REORDER ITEM #58218**  
**1-800-645-1030 www.puritan.com**

Carefully Manufactured for  
Puritan's Pride, Inc.  
Ronkonkoma, NY 11779 U.S.A.  
©2016 Puritan's Pride, Inc.



B53630 02A