



- Each serving contains:
- 15g of Protein
 - 4g 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



Good Source of Fiber & Protein

DAILY NUTRITION SHAKE

vanilla

Complete Protein & Vitamin Shake Mix

- B Vitamin Complex for Energy Support*
- Fiber & Probiotics for Digestive Health*
- 120 Calories◇ / 15g Protein◇ / 13g 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 14

Amount Per Serving	%Daily Value
Calories	120
Calories from Fat	20
Total Fat	2 g 3%**
Saturated Fat	1 g 5%**
Cholesterol	25 mg 8%
Total Carbohydrate	13 g 4%**
Dietary Fiber	4 g 16%**
Sugars	6 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	225 mg 23%
Iron	1 mg 6%
Phosphorus	200 mg 20%
Magnesium (as Magnesium Oxide)	15 mg 4%
Sodium	110 mg 5%
Potassium	55 mg 2%
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)	106 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), Fructose, Inulin, Oat Fiber, 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 283 mg	Alanine 850 mg
Isoleucine 672 mg	Arginine 897 mg
Leucine 1,195 mg	Aspartic Acid 1,481 mg
Lysine 1,200 mg	Cysteine 196 mg
Methionine 233 mg	Glutamic Acid 2,499 mg
Phenylalanine 564 mg	Glycine 1,159 mg
Threonine 682 mg	Proline 1,093 mg
Tryptophan**** 179 mg	Serine 706 mg
Valine 708 mg	Tyrosine 415 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 #58219
1-800-645-1030 www.puritan.com

Carefully Manufactured for
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