

Supplement Facts

Serving Size: 1 Scoop (47g)

Servings per Container: 30

Amount per Serving

Calories 190

Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Cholesterol 60mg **20%**

Sodium 65mg **3%**

Total Carbohydrates 8g **3%**

Dietary Fiber 5g **20%**

Sugar 2g

Protein 24g **48%**

Calcium **2%**

Iron **1%**

*Percent Daily Values are based on a 2000 calorie diet.

Ingredients: Sustained Release Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Calcium Caseinate, Egg Protein Isolate, Micellar Casein, Milk Protein Concentrate), Essential Fatty Acid Blend (Canola Oil, Sunflower Oil, Medium Chain Triglycerides, Omega 3 Fish Oil, Borage Oil, CLA), Oat Fiber, Cocoa, Natural and Artificial Flavors, Digestive Enzyme Blend (Protease, Lactase), Sodium Chloride, Sucralose, Acesulfame Potassium, and Soy Lecithin

Contains Milk, Soy, Egg and Fish (Herring, Anchovy, Mackerel, Sardine, Menhaden, Smelt, Tuna, Sand Lance, Salmon)

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