

# CRACKER JAX

Choice of Liquid, Sea Salt, Organic Caramel, PB Lite  
& Oatmeal with 20g Vanilla Whey Protein

GOOD SOURCE OF  
**FIBER**

SEA SALT

ORGANIC  
**CARAMEL**

**PB LITE**

**OATMEAL**

**PROTEIN**

PROMOTES HEALTHY  
**MUSCLES**



# “CRACKER JAX”

6 OZ	CHOICE OF LIQUID
1 SCP	PB LITE
½ SCP	ROLLED OATS
¾ SCP	FLAVOR FUSIONS - SEA SALTED CARAMEL
1 SCP	VANILLA WHEY PROTEIN
12 OZ	ICE

## Nutrition Facts

servings per container

**Serving size** 20 fl. oz. (591 ml)  
(403g)

**Amount per serving**

**Calories** **340**

**% Daily Value\***

**Total Fat** 6g **8%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol** 55mg **18%**

**Sodium** 750mg **33%**

**Total Carbohydrate** 44g **16%**

Dietary Fiber 3g **11%**

Total Sugars 29g

Includes 26g Added Sugars **52%**

**Protein** 28g

Vitamin D 2mcg 10%

Calcium 312mg 25%

Iron 1mg 6%

Potassium 421mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.