

HEAVENLY CHOCOLATE

This shake is so chocolatey and delicious
you can't even tell it's good for you!

EXCELLENT SOURCE OF
CALCIUM

MILK

CHOCOLATE

GET REGULAR

PROTEIN

FLAX SEED OIL

HELPS WITH
DIGESTION



“HEAVENLY CHOCOLATE”

6 OZ	CHOICE OF MILK
1 SCP	CHOCOHOLICS' CHOICE
1 TSP	FLAX SEED OIL
1 SCP	GET REGULAR/FIBER BLEND
1½ SCP	CHOCOLATE WHEY PROTEIN
12 OZ	ICE

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories 420		Calories from Fat 90	
% Daily Value*			
Total Fat	10g		15%
Saturated Fat	3g		15%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	260mg		11%
Total Carbohydrate	49g		16%
Dietary Fiber	4g		16%
Sugars	29g		
Protein	38g		
Vitamin A 8%	• Vitamin C 0%		
Calcium 25%	• Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			