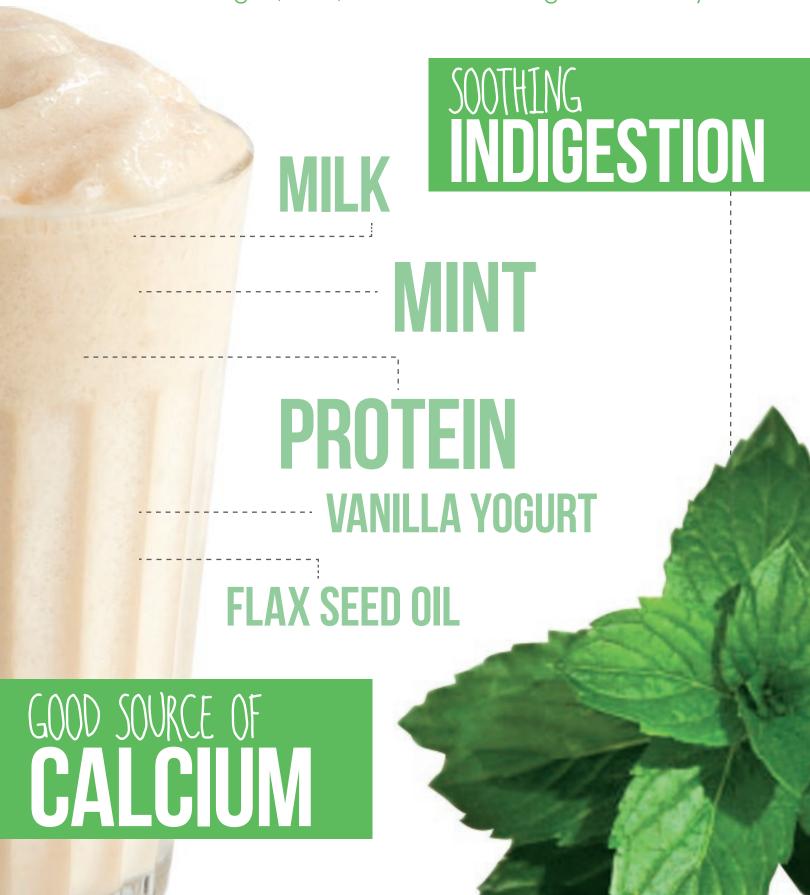
## ICY MINT

A Cool mixture of your choice of Milk, Creamy Vanilla Yogurt, Mint, Flax Seed Oil & 30g Vanilla Whey Protein



## "ICY MINT"

6 OZ CHOICE OF MILK

1/2 SCP YOGURT LOVERS CHOICE

1 TSP FLAX SEED OIL

1/4 TSP MINT EXTRACT

1½ SCPS VANILLA WHEY PROTEIN

12 OZ ICE

## **Nutrition Facts**

Serving Size 20 fl. oz. (591 ml) Servings Per Container

Amount Fer Serving	9	
Calories 270	Calories	from Fat 60
		% Daily Value*
Total Fat 7g		<b>11</b> %
Saturated Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 5n	2%	
Sodium 80mg		3%
Total Carbohy	drate 16g	5%
Dietary Fiber	0g	0%
Sugars 9g		
Protein 36a		

## Protein 36g Vitamin A 8%

Calcium 25%	٠	Iro	n (	)%		
*D + D-3- \ \ /-1	I-				2000	

Vitamin C 0%

\*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 Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g
0.1.			

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4