

STRAWBERRIES N CREAM

A Sweet Blend of Strawberries, Flax Seed Oil & 'Get Regular' blended with 30g Vanilla Whey Protein

HELPS TO LOWER
CHOLESTEROL

CRUSHED
STRAWBERRIES

PROTEIN

FLAX SEED OIL

WHOLE
STRAWBERRIES

GET REGULAR

PACKED WITH
ANTIOXIDANTS



“STRAWBERRIES N CREAM”

6 OZ	DR. SMOOTHIE STRAWBERRY PURÉE/ WATER MIX
1 TSP	FLAX SEED OIL
1 SCP	GET REGULAR/FIBER BLEND
1½ SCPS	VANILLA WHEY PROTEIN
12 OZ	ICE
3-4	STRAWBERRIES (PULSE IN THE END)

Nutrition Facts		
Serving Size 20 fl. oz. (591 ml)		
Servings Per Container		
Amount Per Serving		
Calories 430 Calories from Fat 60		
% Daily Value*		
Total Fat	7g	11%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	62g	21%
Dietary Fiber	5g	20%
Sugars	47g	
Protein	30g	
Vitamin A	2%	• Vitamin C 100%
Calcium	4%	• Iron 2%
*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		