

THRILLA IN VANILLA

Your choice of Milk, Vanilla Bean, Potassium-Rich Banana, Flax Seed Oil & 'Get Regular' with 30g Vanilla Whey Protein

PACKED WITH
PROTEIN

MILK
FLAX SEED OIL
BANANA
VANILLA BEAN
GET REGULAR

PROTEIN

RICH SOURCE OF
OMEGA-3s



“THRILLA IN VANILLA”

6 OZ	CHOICE OF MILK
4	FREEZE DRIED BANANA PIECES (OR 3" FRESH BANANA)
1 SCP	GET REGULAR/FIBER BLEND
1 TSP	FLAX SEED OIL
½ TSP	VANILLA EXTRACT
1½ SCPS	VANILLA WHEY PROTEIN
12 OZ	ICE

Nutrition Facts

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

Amount Per Serving

Calories 320 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 85mg **4%**

Total Carbohydrate 30g **10%**

Dietary Fiber 3g **12%**

Sugars 14g

Protein 36g

Vitamin A 8% • Vitamin C 4%

Calcium 25% • Iron 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4