

# BODY SHREDDER

Your Choice of Milk blended with Potassium-Rich Banana, 5g Creatine, 'Get Regular' & your choice of 30g Chocolate or Vanilla Whey Protein

MILK  
BANANA

CREATINE

NATURALLY BOOSTS  
ENERGY

PROTEIN

GET REGULAR

EXCELLENT SOURCE OF  
FIBER



# “BODY SHREDDER”

6 OZ	CHOICE OF MILK
8	FREEZE-DRIED BANANA PIECES (OR 6" FRESH BANANA)
1 SCP	CREATINE
1 SCP	GET REGULAR
1½ SCPS	VANILLA OR CHOCOLATE WHEY PROTEIN (QUALIFY)
12 OZ	ICE

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories 330		Calories from Fat 20	
		% Daily Value*	
Total Fat 2.5g		4%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 5mg		2%	
Sodium 90mg		4%	
Total Carbohydrate 42g		14%	
Dietary Fiber 4g		16%	
Sugars 23g			
Protein 37g			
Vitamin A 20%		Vitamin C 10%	
Calcium 25%		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			