

Shaklee® Meal Shakes

BAVARIAN COCOA

240 calories
a shake



Delicious,
naturally
flavored

NET WT. 1 LB. 3.2 OZ. (544 g)

Nutrition Facts

Serving Size: ¼ cup mix (34 g)
Servings Per Container: 16

Amount Per Serving	Mixed Per Label Directions		
	Mix Alone	Mix ¼ cup + Low-fat milk	Mix ¼ cup + Whole milk
Calories	120	240	330
Calories from Fat	5	45	80
	% Daily Value**		
Total Fat 0.5 g*	1%	8%	14%
Saturated Fat 0 g	1%	15%	25%
Trans Fat 0 g			
Polyunsaturated Fat 0 g			
Monounsaturated Fat 0 g			
Cholesterol < 5 mg	1%	7%	12%
Sodium 80 mg	3%	8%	10%
Potassium 275 mg	8%	19%	22%
Total Carbohydrate 23 g	8%	12%	15%
Dietary Fiber 3 g	12%	12%	18%
Soluble Fiber 3 g			
Sugars 18 g			
Protein 7 g	14%	30%	36%
Vitamin A	25%	35%	45%
Vitamin C	30%	35%	50%
Calcium	20%	50%	60%
Iron	35%	35%	50%

Vitamin D	10%	35%	40%
Vitamin E	35%	35%	50%
Thiamin	30%	35%	50%
Riboflavin	10%	35%	40%
Niacin	35%	35%	50%
Vitamin B ₆	30%	35%	50%
Folate	35%	35%	55%
Vitamin B ₁₂	20%	35%	45%
Biotin	35%	35%	50%
Pantothenic Acid	30%	35%	50%
Phosphorus	15%	35%	45%
Iodine	35%	35%	50%
Magnesium	25%	35%	45%
Zinc	30%	35%	50%
Selenium	35%	35%	50%
Copper	35%	35%	50%
Manganese	35%	35%	50%
Chromium	35%	35%	50%
Molybdenum	35%	35%	50%
Chloride	4%	10%	10%

* Amount in Mix

** 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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: NONFAT DRY MILK, FRUCTOSE, ACACIA GUM, CALCIUM SODIUM CASEINATE, LOWFAT COCOA PROCESSED WITH ALKALI, MALTODEXTRIN, NATURAL FLAVORS, MAGNESIUM OXIDE, SOY LECITHIN, XANTHAN GUM, ASCORBIC ACID, SELENIUM YEAST, CHROMIUM YEAST, FERROUS FUMARATE, D-ALPHA TOCOPHERYL ACETATE, MOLYBDENUM YEAST, NIACINAMIDE, VITAMIN A PALMITATE, ZINC OXIDE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, MANGANESE SULFATE, VITAMIN B₁₂, PYRIDOXINE HYDROCHLORIDE, VITAMIN D, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN, RIBOFLAVIN, POTASSIUM IODIDE.

Distributed by Shaklee Corporation,
Pleasanton, CA 94588



SHAKLEE MEAL SHAKES

DIRECTIONS: For a creamy and nutritious 240 calorie shake, mix ¼ cup of Shaklee Meal Shakes into 8 fluid ounces of cold low-fat milk. For a richer, frothier shake with 330 calories, mix ½ cup of Shaklee Meal Shakes with 8 fluid ounces of cold whole milk and several ice cubes in a blender.

A delicious, nutritious, convenient meal the whole family will love:

- A wholesome instant breakfast
- A delicious, inexpensive meal in a hurry
- A nutrition-packed meal supplement for athletes
- A delectable snack any time of day
- An ideal meal for people watching their weight or controlling total fat, cholesterol, and sodium.

As prepared, one serving provides approximately ¼ of your daily requirements for essential vitamins and minerals, 30% of protein, plus trace minerals and three grams of dietary fiber. Tastes so good, it's hard to believe it's so good for you!

Naturally good nutrition and great taste. No artificial flavors, colors, sweeteners, or preservatives added.

The protein in Shaklee Meal Shakes is biologically complete. It provides balanced proportions of each of the nine essential amino acids that cannot be made by the body, and therefore must be present in the diet for proper growth and maintenance. In fact, Shaklee Meal Shakes contain all the amino acids naturally present in protein including the essential and nonessential amino acids.

ITEM #20322

NG318A

PRODUCT SOLD BY WEIGHT ONLY NOT BY VOLUME.
SETTLING WILL OCCUR IN SHIPPING AND HANDLING.

Products in Harmony with Nature and Good Health®



Shaklee®
Creating Healthier Lives™