

Pumpkin Pecan Roll

Add Contents of Packet into 16 oz of COLD water
Shake or Blend w Ice to choice
of desired thickness

Vanilla Protein Drink Mix

INGREDIENTS: Soy Protein Isolate, Non-Dairy Creamer [Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Potassium Phosphate, Calcium Phosphate, Soy Lecithin, Tocopherols (added to protect flavor)], Calcium Caseinate, Maltodextrin, Magnesium Phosphate, Natural and Artificial Flavors, Dextrose, Salt, Potassium Chloride, Calcium Phosphate, Soy Lecithin, Xanthan Gum, Guar Gum, Ascorbic Acid, Sucralose, DL-Alpha Tocopherol Acetate, Turmeric Oleoresin (added for color), Biotin, Zinc Sulfate, Retinyl Palmitate, Niacinamide, Reduced Iron, Copper Gluconate, L-Selenomethionine, Calcium D-Pantothenate, Phytonadione, Riboflavin, Folic Acid, Thiamine Mononitrate, Manganese Sulfate, Cholecalciferol, Pyridoxine Hydrochloride, Potassium Iodide, Cyanocobalamin, Chromium Chloride, and Sodium Molybdate. **CONTAINS MILK AND SOY.**

Nutrition Facts

| | | | |
|------------------------------|-------|---------------------------------------|-------|
| 30 servings per container | | 2 scoops (28g) | |
| Serving size | | | |
| Amount per serving | | | |
| Calories | | 110 | |
| | % DV* | | % DV* |
| Total Fat 3.5g | 4% | Thiamin 0.65mg | 50% |
| Saturated Fat 1g | 5% | Riboflavin 0.8mg | 60% |
| Trans Fat 0g | | Niacin 8mg NE | 50% |
| Cholesterol 0mg | 0% | Vitamin B6 0.7mg | 40% |
| Sodium 350mg | 15% | Folate 280mcg DFE (170mcg folic acid) | 70% |
| Total Carbohydrate 5g | 2% | Vitamin B12 1.8mcg | 80% |
| Dietary Fiber 0g | 0% | Biotin 100mcg | 330% |
| Total Sugars 1g | | Pantothenic Acid 3.6mg | 70% |
| Includes 1g Added Sugars | 2% | Phosphorus 390mg | 30% |
| Protein 15g | 30% | Iodine 52mcg | 35% |
| | | Magnesium 140mg | 35% |
| Vitamin D 3.5mcg | 20% | Zinc 5.3mg | 50% |
| Calcium 180mg | 15% | Selenium 25mcg | 45% |
| Iron 6.3mg | 35% | Copper 0.8mg | 90% |
| Potassium 280mg | 6% | Manganese 0.7mg | 30% |
| Vitamin A 530mcg RAE | 60% | Chromium 36mcg | 100% |
| Vitamin C 21mg | 25% | Molybdenum 30mcg | 70% |
| Vitamin E 5.9mg | 40% | | |
| Vitamin K 28mcg | 25% | | |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pumpkin Spicem Formula 1

INGREDIENTS: Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Guar Gum, Calcium Phosphate, Potassium Chloride, Natural Cinnamon and Spice Flavor, Magnesium Oxide, Calcium Caseinate, Casein, Salt, Rice Fiber, Canola Oil, Soy Lecithin, Natural Pumpkin Spice Flavor, Carrageenan, Medium Chain Triglycerides, Inulin, Natural Flavor, Silicon Dioxide, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Citrus Pectin, Ginger Root Powder, Honey Powder, Protease (from Aminogen®), Psyllium Husk Powder, Sucralose,

Ferrous Fumarate, Blueberry Fruit Powder, Papaya Fruit Powder, Pomegranate Fruit Powder, Niacinamide, Retinyl Palmitate, Sodium Molybdate, Sodium Selenite, Zinc Oxide, Cholecalciferol, Bromelain, Papain Powder, Calcium D-Pantothenate, Copper Gluconate, Cyanocobalamin, Chromium Chloride, Biotin, Pyridoxine Hydrochloride, Folic Acid, Thiamine Mononitrate, and Riboflavin. **CONTAINS MILK AND SOY.** Aminogen® is a registered trademark of Triarco Industries, Inc.

Nutrition Facts

| | | | |
|-------------------------------------|-------|------------------------------|-------|
| 30 servings per container | | 2 scoops (25g) | |
| Serving size | | | |
| Amount per serving | | | |
| Calories | | 90 | |
| | % DV* | | % DV* |
| Total Fat 1g | 1% | 1g | 1% |
| Saturated Fat 0g | 0% | 0g | 0% |
| Trans Fat 0g | | 0g | |
| Cholesterol 0mg | 0% | <5mg | 2% |
| Sodium 190mg | 8% | 290mg | 13% |
| Total Carbohydrate 13g | 5% | 25g | 9% |
| Dietary Fiber 3g | 11% | 3g | 11% |
| Total Sugars 9g | | 22g | |
| Includes Added Sugars 8g | 16% | 8g | 16% |
| Protein 9g | 18% | 17g | 35% |
| Vitamin D 6mcg | 30% | 8.9mcg | 45% |
| Calcium 120mg | 10% | 415mg | 30% |
| Iron 3mg | 15% | 3mg | 15% |
| Potassium 265mg | 6% | 640mg | 15% |
| Vitamin A 270mcg RAE | 30% | 415mcg RAE | 45% |
| Vitamin C 27mg | 30% | 27mg | 30% |
| Vitamin E 4.4mg | 30% | 4.4mg | 30% |
| Thiamin 0.36mg | 30% | 0.47mg | 40% |
| Riboflavin 0.39mg | 30% | 0.83mg | 60% |
| Niacin 4.8mg | 30% | 5mg | 30% |
| Vitamin B6 0.5mg | 30% | 0.59mg | 35% |
| Folate 81mcg DFE (48mcg folic acid) | 20% | 93mcg DFE (48mcg folic acid) | 25% |
| Vitamin B12 1.4mcg | 60% | 2.6mcg | 110% |
| Biotin 9mcg | 30% | 9mcg | 30% |
| Pantothenic Acid 1.5mg | 30% | 2.3mg | 45% |
| Phosphorus 206mg | 15% | 450mg | 35% |
| Magnesium 126mg | 30% | 153mg | 35% |
| Zinc 3.3mg | 30% | 4.3mg | 40% |
| Selenium 10mcg | 20% | 17.6mcg | 30% |
| Copper 0.35mg | 40% | 0.38mg | 40% |
| Chromium 10.5mcg | 30% | 10.5mcg | 30% |
| Molybdenum 15mcg | 35% | 15mcg | 35% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.