

# Chocolate Chip Cookie Dough

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.**

## Cookies & Cream Formula 1

**INGREDIENTS:** Soy Protein Isolate, Fructose, Oat Fiber, Inulin, Wheat Flour, Polydextrose Powder, Guar Gum, Sugar, Canola Oil, Calcium Phosphate, Potassium Chloride, Natural and Artificial Cream Flavor, Magnesium Oxide, Whey Protein Concentrate, Calcium Caseinate, Soy Lecithin, Cocoa Powder (Processed with Alkali), Natural and Artificial Cookie Dough Flavor, Xanthan Gum, Carrageenan, Medium Chain Triglycerides, Silicon Dioxide, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Sucralose, Citrus Pectin, Ginger Root Powder, Honey Powder, Protease (from Aminogen®), Salt, Sodium Bicarbonate, 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, SOY AND WHEAT.** Aminogen® is a registered trademark of Triarco Industries, Inc.

### Nutrition Facts

30 servings per container  
Serving size **2 scoops (28g)**

Amount per serving  
**Calories 110**

	% DV*		% DV*
<b>Total Fat</b> 3.5g	4%	Thiamin	0.65mg 50%
Saturated Fat 1g	5%	Riboflavin	0.8mg 60%
Trans Fat 0g		Niacin	8mg NE 50%
<b>Cholesterol</b> 0mg	0%	Vitamin B6	0.7mg 40%
<b>Sodium</b> 350mg	15%	Folate	280mcg DFE (170mcg folic acid) 70%
<b>Total Carbohydrate</b> 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%
<b>Protein</b> 15g	30%	Iodine	52mcg 35%
Vitamin D 3.5mcg	20%	Magnesium	140mg 35%
Calcium 180mg	15%	Zinc	5.3mg 50%
Iron 6.3mg	35%	Selenium	25mcg 45%
Potassium 280mg	6%	Copper	0.8mg 90%
Vitamin A 530mcg RAE	60%	Manganese	0.7mg 30%
Vitamin C 21mg	25%	Chromium	36mcg 100%
Vitamin E 5.9mg	40%	Molybdenum	30mcg 70%
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.

### Nutrition Facts

30 servings per container  
Serving size **2 scoops (25g)**

	Per serving	Per serving with 8 fl oz of nonfat milk	Per serving with 2 scoops (28g) of PDM Vanilla
<b>Calories</b>	<b>90</b>	<b>170</b>	<b>200</b>
	% DV*	% DV*	% DV*
<b>Total Fat</b>	1g 1%	1.5g 2%	4.5g 6%
Saturated Fat	0g 0%	0g 0%	1g 4%
Trans Fat	0g	0g	0g
<b>Cholesterol</b>	0mg 0%	<5mg 2%	0mg 0%
<b>Sodium</b>	125mg 5%	230mg 10%	460mg 20%
<b>Total Carbohydrate</b>	11g 4%	23g 9%	17g 6%
Dietary Fiber	3g 11%	3g 11%	3g 11%
Total Sugars	4g	17g	5g
Includes Added Sugars	4g 8%	4g 8%	5g 10%
<b>Protein</b>	9g 18%	17g 35%	24g 48%
Vitamin D	6mcg 30%	8.9mcg 45%	9.5mcg 50%
Calcium	120mg 10%	415mg 30%	300mg 25%
Iron	3mg 15%	3mg 15%	9.3mg 50%
Potassium	300mg 6%	680mg 15%	580mg 10%
Vitamin A	270mcg RAE 30%	415mcg RAE 45%	800mcg RAE 90%
Vitamin C	27mg 30%	27mg 30%	48mg 50%
Vitamin E	4.4mg 30%	4.4mg 30%	10.3mg 70%
Thiamin	0.36mg 30%	0.47mg 40%	1mg 80%
Riboflavin	0.39mg 30%	0.83mg 60%	1.1mg 90%
Niacin	4.8mg 30%	5mg 30%	12.8mg 80%
Vitamin B6	0.5mg 30%	0.59mg 35%	1.2mg 70%
Folate	81mcg DFE (48mcg folic acid) 20%	93mcg DFE (48mcg folic acid) 25%	370mcg DFE (218mcg folic acid) 90%
Vitamin B12	1.4mcg 60%	2.6mcg 110%	3.2mcg 140%
Biotin	9mcg 30%	9mcg 30%	109mcg 360%
Pantothenic Acid	1.5mg 30%	2.3mg 45%	5.1mg 100%
Phosphorus	206mg 15%	450mg 35%	590mg 50%
Magnesium	126mg 30%	153mg 35%	265mg 60%
Zinc	3.3mg 30%	4.3mg 40%	8.6mg 80%
Selenium	10mcg 20%	17.6mcg 30%	35mcg 60%
Copper	0.35mg 40%	0.38mg 40%	1.1mg 130%
Chromium	10.5mcg 30%	10.5mcg 30%	46mcg 130%
Molybdenum	15mcg 35%	15mcg 35%	45mcg 100%

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# 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			
<b>Calories</b>		<b>110</b>	
	% DV*		% DV*
<b>Total Fat</b> 3.5g	4%	Thiamin 0.65mg	50%
Saturated Fat 1g	5%	Riboflavin 0.8mg	60%
Trans Fat 0g		Niacin 8mg NE	50%
<b>Cholesterol</b> 0mg	0%	Vitamin B6 0.7mg	40%
<b>Sodium</b> 350mg	15%	Folate 280mcg DFE (170mcg folic acid)	70%
<b>Total Carbohydrate</b> 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%
<b>Protein</b> 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%		

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## 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			
<b>Calories</b>		<b>90</b>	
	% DV*		% DV*
<b>Total Fat</b> 1g	1%	1g	1%
Saturated Fat 0g	0%	0g	0%
Trans Fat 0g		0g	
<b>Cholesterol</b> 0mg	0%	<5mg	2%
<b>Sodium</b> 190mg	8%	290mg	13%
<b>Total Carbohydrate</b> 13g	5%	25g	9%
Dietary Fiber 3g	11%	3g	11%
Total Sugars 9g		22g	
Includes Added Sugars 8g	16%	8g	16%
<b>Protein</b> 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.