



### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>4 floz (115g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 32g	
Includes 28g Added Sugars	<b>60%</b>
<b>Protein</b> 9g	
Vitamin D 3mcg	15%
Calcium 211mg	15%
Iron 2mg	10%
Potassium 279mg	6%
Vitamin A 167mcg	20%
Vitamin C 19mg	20%
Vitamin E 3mg	20%
Vitamin K 8mcg	6%
Thiamin 0.2mg	15%
Riboflavin 0.3mg	25%
Niacin 2mg	15%
Vitamin B <sub>6</sub> 0.2mg	10%
Vitamin B <sub>12</sub> 0.6mcg	25%
Biotin 2mcg	6%
Pantothenic Acid 1mg	20%
Phosphorus 214mg	15%
Iodine 17mcg	10%
Magnesium 52mg	10%
Zinc 2mg	20%
Selenium 7mcg	15%
Copper 0.2mg	20%
Manganese 0.2mg	8%
Chromium 3mcg	8%
Molybdenum 7mcg	15%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 30g	
Includes 28g Added Sugars	<b>60%</b>
<b>Protein</b> 9g	
Vitamin D 2mcg	10%
Calcium 178mg	15%
Iron 3mg	15%
Potassium 350mg	8%
Vitamin A 147mcg	15%
Vitamin C 18mg	20%
Vitamin E 3mg	20%
Vitamin K 7mcg	6%
Thiamin 0.1mg	8%
Riboflavin 0.2mg	15%
Niacin 2mg	15%
Vitamin B <sub>6</sub> 0.2mg	10%
Vitamin B <sub>12</sub> 0.5mcg	20%
Biotin 2mcg	6%
Pantothenic Acid 1mg	20%
Phosphorus 199mg	15%
Iodine 14mcg	10%
Magnesium 43mg	10%
Zinc 2mg	20%
Selenium 6mcg	10%
Copper 0.2mg	20%
Manganese 0.2mg	8%
Chromium 11mcg	30%
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Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 34g	
Includes 29g Added Sugars	<b>60%</b>
<b>Protein</b> 9g	
Vitamin D 3mcg	15%
Calcium 208mg	15%
Iron 2mg	10%
Potassium 190mg	4%
Vitamin A 198mcg	20%
Vitamin C 18mg	20%
Vitamin E 3mg	20%
Vitamin K 8mcg	6%
Thiamin 0.1mg	8%
Riboflavin 0.2mg	15%
Niacin 4mg	25%
Vitamin B <sub>6</sub> 0.2mg	10%
Vitamin B <sub>12</sub> 0.5mcg	20%
Biotin 2mcg	6%
Pantothenic Acid 1mg	20%
Phosphorus 123mg	10%
Iodine 16mcg	10%
Magnesium 53mg	15%
Zinc 2mg	20%
Selenium 6mcg	10%
Copper 0.2mg	20%
Manganese 0.2mg	8%
Chromium 3mcg	8%
Molybdenum 7mcg	15%
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INGREDIENTS: Skim milk, Sugar, Palm Oil, Thrive Proprietary Protein Blend (Whey Protein Concentrate, Calcium Caseinate), Thrive Proprietary Vitamin/Mineral Preblend, Natural Stabilize (Cellulose Fiber, Tamarind Seed Gum), Natural and Artificial Flavors, Ascorbic Acid, Annatto (natural color)

INGREDIENTS: Skim milk, Sugar, Palm Oil, Thrive Proprietary Protein Blend (Whey Protein Concentrate and Calcium Caseinate), Cocoa (processed with Alkali), Thrive Proprietary Vitamin/Mineral Preblend, Natural Stabilizer Blend (Cellulose Fiber, Tamarind Seed Gum), Ascorbic Acid, Natural Flavor

INGREDIENTS: Skim milk, Sugar, Palm Oil, Thrive Proprietary Protein Blend (Whey Protein Concentrate, Calcium Caseinate), Mixed Berry Puree (Water, Sugar, Strawberries, Blueberry Juice Concentrate, Raspberries, Modified Corn Starch, Natural Flavors, Red Cabbage Extract, Citric Acid), Thrive Proprietary Vitamin Preblend, Natural Stabilizer (Cellulose Fiber, Tamarind Seed Gum), Natural Flavors, Ascorbic Acid, Natural Beet Color

INGREDIENTS: Skim milk, Sugar, Palm Oil, Thrive Proprietary Protein Blend (Whey Protein Concentrate, Calcium Caseinate), Thrive Proprietary Vitamin/Mineral Preblend, Natural Stabilizer (Cellulose Fiber, Tamarind Seed Gum), Natural Flavors, Ascorbic Acid, caramel color

MAY 10, 2018

Please contact us if not in stock at your food distributor.