



VANILLA

Nutrition Facts	
servings per container	
Serving size	4 floz (115g)
Amount per serving	
Calories	260
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 40mg	2%
Total Carbohydrate 32g	12%
Dietary Fiber 0g	0%
Total Sugars 32g	
Includes 28g Added Sugars	56%
Protein 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 ₆ 0.2mg	10%
Vitamin B ₁₂ 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	

INGREDIENTS: Skim milk, Sugar, Palm Oil, Milk Protein Isolate, Thrive Proprietary Vitamin/Mineral Preblend, Stabilizer (Cellulose Gel, Cellulose Gum), Natural and Artificial Flavors; Ascorbic Acid, Annatto (natural color).

Contains: Milk

4 EXTREMELY THICK



CHOCOLATE

Nutrition Facts	
servings per container	
Serving size	4 floz (118g)
Amount per serving	
Calories	260
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 30mg	1%
Total Carbohydrate 32g	12%
Dietary Fiber 0g	0%
Total Sugars 30g	
Includes 28g Added Sugars	54%
Protein 9g	
Vitamin D 2mcg	10%
Calcium 178mg	15%
Iron 3mg	15%
Potassium 337mg	8%
Vitamin A 147mcg	15%
Vitamin C 18mg	0%
Vitamin E 3mg	20%
Vitamin K 7mcg	6%
Thiamin 0.1mg	8%
Riboflavin 0.2mg	15%
Niacin 2mg	15%
Vitamin B ₆ 0.2mg	10%
Vitamin B ₁₂ 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%
Molybdenum 6mcg	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	

INGREDIENTS: Skim milk, Sugar, Palm Oil, Milk Protein Isolate, Cocoa (processed with Alkali), Thrive Proprietary Vitamin/Mineral Preblend, Stabilizer (Cellulose Gel, Cellulose Gum), Ascorbic Acid, Natural and Artificial Flavors.

Contains: Milk

4 EXTREMELY THICK



ORANGE CREME

Nutrition Facts	
servings per container	
Serving size	4 floz (118g)
Amount per serving	
Calories	260
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	3%
Sodium 45mg	2%
Total Carbohydrate 35g	13%
Dietary Fiber 0g	0%
Total Sugars 34g	
Includes 29g Added Sugars	58%
Protein 9g	
Vitamin D 3mcg	15%
Calcium 208mg	15%
Iron 2mg	10%
Potassium 288mg	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 ₆ 0.2mg	10%
Vitamin B ₁₂ 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%
*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	

INGREDIENTS: Skim milk, Sugar, Palm Oil, Milk Protein Isolate, Thrive Proprietary Vitamin/Mineral Preblend, Stabilizer (Cellulose Gel, Cellulose Gum), Ascorbic Acid, Natural Flavors, FD&C Yellow#6.

Contains: Milk

4 EXTREMELY THICK



BUTTER PECAN

Nutrition Facts	
servings per container	
Serving size	4 floz (115g)
Amount per serving	
Calories	260
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 40mg	2%
Total Carbohydrate 32g	12%
Dietary Fiber 0g	0%
Total Sugars 32g	
Includes 28g Added Sugars	56%
Protein 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 ₆ 0.2mg	10%
Vitamin B ₁₂ 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	

INGREDIENTS: Skim milk, Sugar, Palm Oil, Milk Protein Isolate, Thrive Proprietary Vitamin/Mineral Preblend, Stabilizer (Cellulose Gel, Cellulose Gum), Natural Flavors, Ascorbic Acid, caramel color.

Contains: Milk

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

ThriveforHealthcare.com • 855.376.9367 • Info@ThriveforHealthcare.com



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