

CARDIO FREEWAY

Your choice of Milk, Low-Fat Vanilla Cream, Crushed Strawberries, Flax Seed Oil & a squeeze of Honey with 20g Vanilla Soy Protein

MILK

VANILLA CREAM

STRAWBERRIES

FLAX SEED OIL

PROMOTES HEALTHY
SKIN & HAIR

PROTEIN

HONEY

RICH SOURCE OF
OMEGA-3



“CARDIO FREEWAY”

6 OZ	CHOICE OF MILK
1/2 SCP	VANILLA CREAM (OR YOGURT LOVER’S CHOICE)
1 TSP	FLAX SEED OIL
1 TBSP	HONEY
1 SCP	VANILLA SOY PROTEIN
12 OZ	ICE
3-4	STRAWBERRIES (PULSE IN THE END)

Nutrition Facts

Serving Size 20 fl. oz. (591 ml)
Servings Per Container

Amount Per Serving

Calories 370 **Calories from Fat** 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 85mg **4%**

Total Carbohydrate 40g **13%**

Dietary Fiber 2g **8%**

Sugars 23g

Protein 46g

Vitamin A 20% • Vitamin C 10%

Calcium 25% • Iron 2%

*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 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4