

CHOCOLATE **DIPPED** STRAWBERRIES

Your choice of Milk, Strawberries, Chocolate & 'Get Cardio'
blended with 20g Vanilla Whey Protein

CAN HELP FIGHT
HIGH BLOOD PRESSURE

MILK

CHOCOLATE

STRAWBERRIES

GET CARDIO

VANILLA
PROTEIN

GOOD SOURCE OF
CALCIUM



“CHOCOLATE DIPPED STRAWBERRIES”

3 OZ	STRAWBERRIE PUREE
3 OZ	UNSWEETENED VANILLA ALMOND MILK
1 SCP	FREEZE DRIED STRAWBERRIES
1/2 SCP	CHOCOHOLICS' CHOICE
1 SCP	VANILLA WHEY PROTEIN
1 SCP	GET CARDIO
12 OZ	ICE

Nutrition Facts			
Serving Size 20 Fluid Ounces (591 ml)			
Servings Per Container 1			
Amount Per Serving			
Calories 340		Calories from Fat 40	
		% Daily Value*	
Total Fat 4g		6%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 170mg		7%	
Total Carbohydrate 56g		19%	
Dietary Fiber 3g		12%	
Sugars 35g			
Protein 21g			
Vitamin A 4%		Vitamin C 70%	
Calcium 10%		Iron 8%	
*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			