

CHOC-RA

Chocolate Soy Milk, Banana, Strawberries, Blueberries, Flax Seed Oil, Get Flexible & Chocolate Whey Protein

MILK

FLAX SEED OIL

BANANAS

STRAWBERRIES

BLUEBERRIES

PROTEIN

PROMOTES STRONG
IMMUNITY

PACKED WITH
POTASSIUM



“CHOC-RA”

6 OZ	CHOCOLATE SOY MILK
4	FREEZE DRIED BANANA PIECES
3-4	STRAWBERRIES
1 SCP	BLUEBERRIES
1 TSP	FLAX SEED OIL
1 SCP	GET FLEXIBLE
1 SCP	CHOCOLATE WHEY PROTEIN
12 OZ	ICE

Nutrition Facts			
Serving Size 20 Fluid Ounces			
Servings Per Container			
Amount Per Serving			
Calories 500	Calories from Fat 110		
% Daily Value*			
Total Fat 13g			20%
Saturated Fat 4g			20%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 290mg			12%
Total Carbohydrate 73g			24%
Dietary Fiber 3g			12%
Sugars 48g			
Protein 26g			
Vitamin A 0%		• Vitamin C 50%	
Calcium 10%		• Iron 6%	
*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			