

# FROSTY MINT

A Cool & Crisp mix of your choice of Milk, Mint & Flax Seed Oil blended with 30g Vanilla Whey Protein.



MILK

HELPS WITH  
DIGESTION

MINT

PROTEIN

FLAX SEED OIL

GOOD SOURCE OF  
CALCIUM



# “FROSTY MINT”

6 OZ CHOICE OF MILK  
1 TSP FLAXSEED OIL  
¼ TSP MINT EXTRACT  
1½ SCPS VANILLA WHEY PROTEIN  
12 OZ ICE

<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 270	Calories from Fat 60
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 9g	
<b>Protein</b> 36g	
Vitamin A 8%	• Vitamin C 0%
Calcium 25%	• Iron 0%
*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	