

ICY MINT

A Cool mixture of your choice of Milk, Creamy Vanilla Yogurt, Mint, Flax Seed Oil & 30g Vanilla Whey Protein

SOOTHING
INDIGESTION

MILK

MINT

PROTEIN

VANILLA YOGURT

FLAX SEED OIL

GOOD SOURCE OF
CALCIUM



“ICY MINT”

6 OZ	CHOICE OF MILK
½ SCP	YOGURT LOVERS CHOICE
1 TSP	FLAX SEED OIL
¼ TSP	MINT EXTRACT
1½ SCPS	VANILLA WHEY PROTEIN
12 OZ	ICE

Nutrition Facts

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

Amount Per Serving

Calories 270 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 80mg **3%**

Total Carbohydrate 16g **5%**

Dietary Fiber 0g **0%**

Sugars 9g

Protein 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