

NUTS FOR PUMPKIN

GOOD SOURCE OF
HEALTHY FATS

Your choice of Milk,
Fiber-Rich Pumpkin, Almond
Butter, Vanilla & 'Get Flexible'
blended with 20g Organic
Vanilla Whey Protein



MILK

PUMPKIN

GET FLEXIBLE

ALMOND BUTTER

PUMPKIN SPICE

PROTEIN

GREAT FOR
DIGESTION



"NUTS FOR PUMPKIN"

6 OZ	VANILLA UNSWEETENED ALMOND MILK
1 SCP	FREEZE-DRIED PUMPKIN
1/2 SCP	PUMPKIN SPICE
1/2 SCP	ALMOND BUTTER
1 SCP	VANILLA WHEY PROTEIN
1/4 TSP	VANILLA EXTRACT
1 SCP	GET FLEXIBLE
12 OZ	ICE

Nutrition Facts			
Serving Size 20 fl oz			
Servings Per Container			
Amount Per Serving			
Calories	350	Calories from Fat	90
% Daily Value*			
Total Fat	10g		15%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	42g		14%
Dietary Fiber	5g		20%
Sugars	24g		
Protein	25g		
Vitamin A	20%	•	Vitamin C 30%
Calcium	25%	•	Iron 10%
*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