

# TY CHAI

Unsweetened Almond Milk with Nutty Almond Butter, Chai Tea Spices, Apple Cinnamon Granola & Creatine blended with 20g Vanilla Whey Protein



ALMOND  
MILK

RICH IN  
VITAMIN E

ALMOND BUTTER

APPLE CINNAMON  
GRANOLA

CHAI TEA SPICES

CREATINE

PROTEIN

HELPS BOOST  
PERFORMANCE



# “TY CHAI”

6 OZ UNSWEETENED ALMOND MILK  
1 SCP NATURAL ALMOND BUTTER  
1 SCP CHAI TEA  
1 SCP APPLE CINNAMON GRANOLA  
1 SCP CREATINE  
1 SCP VANILLA WHEY PROTEIN  
12 OZ ICE

## Nutrition Facts

Serving Size 20 fl oz  
Servings Per Container

---

Amount Per Serving

**Calories** 610    **Calories from Fat** 220

---

% Daily Value\*

<b>Total Fat</b> 24g	<b>37%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 340mg	<b>14%</b>
<b>Total Carbohydrate</b> 68g	<b>23%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 37g	

---

**Protein** 32g

---

Vitamin A 15%    •    Vitamin C 0%  
Calcium 30%    •    Iron 15%

\*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