

# VANILLA BEAN

Choice of Liquid, Banana, Yogurt,  
Vanilla Bean, 'Get Regular' & Flax Seed Oil  
with 30g Vanilla Whey Protein

YOGURT

GET REGULAR

VANILLA BEAN

PACKED WITH  
PROTEIN

FLAX SEED OIL

PROTEIN

BANANA

REDUCES  
ANXIETY



# “VANILLA BEAN”

6 OZ	CHOICE OF LIQUID
4	FREEZE-DRIED BANANA PIECES (OR 2" FRESH BANANA)
½ SCP	POWDERED YOGURT
1½ SCPS	VANILLA WHEY PROTEIN
1 SCP	GET REGULAR
1 TSP	FLAX SEED OIL
¼ TSP	VANILLA EXTRACT
12 OZ	ICE

## Nutrition Facts

servings per container

**Serving size** 20 fl. oz. (591 ml)  
(398g)

Amount per serving

**Calories** **340**

% Daily Value\*

**Total Fat** 9g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 90mg **30%**

**Sodium** 310mg **13%**

**Total Carbohydrate** 25g **9%**

Dietary Fiber 3g **11%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

**Protein** 37g

Vitamin D 2mcg **10%**

Calcium 518mg **40%**

Iron 0mg **0%**

Potassium 636mg **15%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.