

OLD FASHIONED PUMPKIN PIE

Choice of Liquid, Pumpkin, Chai Spices, Cinnamon
& 'Get Essentials' with 30g Vanilla Whey Protein



CHAI
SPICES

RICH IN
FIBER

PUMPKIN

GET ESSENTIALS

CINNAMON

PROTEIN

PACKED WITH
PROTEIN



SHAKE OF THE MONTH

“OLD FASHIONED PUMPKIN PIE”

6 OZ	CHOICE OF LIQUID
1 SCP	DRIED PUMPKIN
1 SCP	CAFE ESSENTIALS CLASSIC CHAI
1½ SCPS	VANILLA WHEY PROTEIN
1 SCP	GET ESSENTIALS
½ TSP	CINNAMON
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (445g)
Amount per serving	
Calories	490
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	17%
Sodium 230mg	10%
Total Carbohydrate 69g	25%
Dietary Fiber 2g	7%
Total Sugars 47g	
Includes 28g Added Sugars	56%
Protein 40g	
Vitamin D 2mcg	10%
Calcium 521mg	40%
Iron 2mg	10%
Potassium 1433mg	30%
<small>*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.</small>	