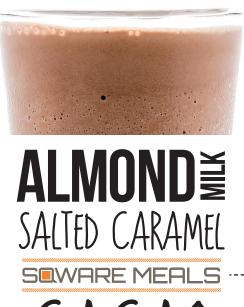
## TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"SALTED CARAMEL COCOA"



IMPROVES

NUTRIENT

ABSORPTION



NATURAL SOURCE OF ANTIOXIDANTS



**APRIL 2019** 

## "SALTED CARAMEL COCOA"

6 OZ	UNSWEETENED CHOCOLATE ALMOND MILK
2 TBSPS	GROUND CACAO POWDER
½ SCP	CAFE ESSENTIALS SALTED CARAMEL LATTE
½ SCP	VANILLA WHEY PROTEIN
1 SCP	CHOCOLATE SQWARE MEALS — WHEY BASED
12 OZ	ICE

Nutrition Fa	acts	
servings per container Serving size 20 fl. oz.	(591 ml) (392g)	
Amount per serving		
Calories	330	
<b>"</b> " " " " " " " " " " " " " " " " " "	aily Value*	
Total Fat 11g	14%	
Saturated Fat 6g	30%	
Trans Fat 0g		
Cholesterol 30mg	10%	
Sodium 180mg	8%	
Total Carbohydrate 33g	12%	
Dietary Fiber 6g	21%	
Total Sugars 13g		
Includes 10g Added Sugars	s <b>20</b> %	
Protein 25g		
Vitamin D 2mcg	10%	
Calcium 442mg	35%	
Iron 3mg	15%	
Potassium 381mg	8%	
*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.		