

HEALTHY HOLIDAY NOG

Unsweetened Almond Milk, Yogurt, Cinnamon
& Organic Chai Spices with 20g Vanilla Whey Protein



YOGURT

HELPS REDUCE
INFLAMMATION

CHAI
SPICES

CINNAMON

PROTEIN

GREAT SOURCE OF
PROTEIN

SHAKE OF THE MONTH



“HEALTHY HOLIDAY NOG”

6 OZ	UNSWEETENED VANILLA ALMOND MILK
½ SCP	FLAVOR FUSIONS - SPICED CHAI
½ SCP	POWDERED YOGURT
1 SCP	VANILLA WHEY PROTEIN
½ TSP	CINNAMON
12 OZ	ICE

Nutrition Facts

servings per container

Serving size 20 fl. oz. (591 ml)
(388g)

Amount per serving

Calories 280

% Daily Value*

Total Fat 4g 5%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 420mg 18%

Total Carbohydrate 33g 12%

Dietary Fiber 1g 4%

Total Sugars 25g

Includes 18g Added Sugars 36%

Protein 27g

Vitamin D 2mcg 10%

Calcium 462mg 35%

Iron 1mg 6%

Potassium 477mg 10%

*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.