

Nutrition Facts

Serving Size 1 Packet (82g)

Servings Per Container 14

Amount Per Serving

Calories 300 **Calories from Fat** 45

		% Daily Value*
Total Fat	5g	8%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	340mg	14%
Potassium	920mg	26%
Total Carbohydrate	25g	8%
Dietary Fiber	6g	24%
Sugars	1g	
Protein	40g	

Vitamin A	100%	Vitamin C	830%
Calcium	50%	Iron	10%
Vitamin D	50%	Vitamin E	100%
Vitamin K	50%	Thiamin	50%
Riboflavin	50%	Niacin	50%
Vitamin B6	50%	Folate	50%
Vitamin B12	50%	Biotin	50%
Pantothenic Acid	50%	Phosphorus	35%
Iodine	50%	Magnesium	120%
Zinc	50%	Selenium	100%
Copper	25%	Manganese	25%
Chromium	50%	Molybdenum	50%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

INGREDIENTS: FS Tru-Pro™ (Whey Protein Isolate, Whey Protein Concentrate, Calcium Caseinate, Milk Protein Isolate, L-Glutamine, Taurine, Tyrosine, Aminogen Enzyme), FS Energy™ (Glucose Polymers, Hydrolyzed Oat Flour, Fibersol [Soluble Fiber], Polydextrose), High Oleic Sunflower Oil, FS Vitamin and Mineral Blend (Potassium Chloride, Magnesium Oxide, Tricalcium Phosphate, Sodium Ascorbate, Zinc Amino Acid Chelate, d-Alpha Tocopheryl Acetate, Niacinamide, Iron Amino Acid Chelate, Selenium Amino Acid Chelate, d-Calcium Pantothenate, Copper Amino Acid Chelate, Manganese Amino Acid Chelate, Molybdenum Amino Acid Chelate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Hydrochloride, Chromium Picolinate, Vitamin D3, Folic Acid, Biotin, Potassium Iodide, Vitamin K, and Cyanocobalamin), Natural & Artificial Flavors, Carrageenan, Soy Lecithin, Cellulose Gum, Salt, Beta Carotene, Sucralose, FS Probiotic Blend (Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus paracasei, Bifidobacterium bifidum, Bifidobacterium breve, Bifidobacterium lactis).

Nutrition Facts

Serving Size 1 Packet (85g)

Servings Per Container 14

Amount Per Serving

Calories 300 **Calories from Fat** 45

		% Daily Value*
Total Fat	5g	8%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	350mg	15%
Potassium	1570mg	45%
Total Carbohydrate	25g	8%
Dietary Fiber	6g	24%
Sugars	3g	
Protein	40g	

Vitamin A	100%	Vitamin C	830%
Calcium	50%	Iron	10%
Vitamin D	50%	Vitamin E	100%
Vitamin K	50%	Thiamin	50%
Riboflavin	50%	Niacin	50%
Vitamin B6	50%	Folate	50%
Vitamin B12	50%	Biotin	50%
Pantothenic Acid	50%	Phosphorus	35%
Iodine	50%	Magnesium	120%
Zinc	50%	Selenium	100%
Copper	25%	Manganese	25%
Chromium	50%	Molybdenum	50%

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INGREDIENTS: FS Tru-Pro™ (Whey Protein Isolate, Whey Protein Concentrate, Calcium Caseinate, Milk Protein Isolate, L-Glutamine, Taurine, Tyrosine, Aminogen Enzyme), FS Energy™ (Glucose Polymers, Hydrolyzed Oat Flour, Fibersol [Soluble Fiber], Polydextrose), Dutch-Processed Cocoa, High Oleic Sunflower Oil, FS Vitamin and Mineral Blend (Potassium Chloride, Magnesium Oxide, Tricalcium Phosphate, Sodium Ascorbate, Zinc Amino Acid Chelate, d-Alpha Tocopheryl Acetate, Niacinamide, Iron Amino Acid Chelate, Selenium Amino Acid Chelate, d-Calcium Pantothenate, Copper Amino Acid Chelate, Manganese Amino Acid Chelate, Molybdenum Amino Acid Chelate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Hydrochloride, Chromium Picolinate, Vitamin D3, Folic Acid, Biotin, Potassium Iodide, Vitamin K, and Cyanocobalamin), Natural & Artificial Flavors, Honey Powder, Carrageenan, Soy Lecithin, Cellulose Gum, Salt, Beta Carotene, Sucralose, FS Probiotic Blend (Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus paracasei, Bifidobacterium bifidum, Bifidobacterium breve, Bifidobacterium lactis).