

CRACKER JAX

This shake satisfies with Milk, decadent Salted Caramel, nutty PB-Lite & Oats blended with 20g Vanilla Whey Protein.

GOOD SOURCE OF
HEALTHY FATS

MILK

SALTED
CARAMEL

PB-LITE

OATS

PROTEIN

PROMOTES HEALTHY
MUSCLES



“CRACKER JAX”

6 OZ SKIM MILK
1 SCP SALTED CARAMEL
1 SCP PB-LITE
1/2 SCP OATMEAL
1 SCP VANILLA WHEY PROTEIN
12 OZ ICE

Nutrition Facts

Serving Size 20 fl oz
Servings Per Container

Amount Per Serving

Calories 390 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 440mg **18%**

Total Carbohydrate 50g **17%**

Dietary Fiber 3g **12%**

Sugars 30g

Protein 34g

Vitamin A 8% • Vitamin C 0%

Calcium 25% • Iron 2%

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

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4