

# RED VELVET

Your choice of Milk blended with Vanilla Cream, Dark Chocolate, Nutrient-Dense Beets, Vanilla Extract & 20g Chocolate Whey Protein

GREAT SOURCE OF  
**FIBER**

MILK

VANILLA  
CREAM

BEETS

DARK  
CHOCOLATE

PROTEIN

RICH IN  
**POTASSIUM**



# “RED VELVET”

6 OZ	MILK
1 SCP	VANILLA CREAM (OR YOGURT LOVER'S CHOICE)
3/4 SCP	CHOCOHOLIC'S CHOICE
1 TSP	DRIED BEETS
1/4 TSP	VANILLA EXTRACT
1 SCP	CHOCOLATE WHEY PROTEIN
12 OZ	ICE

Nutrition Facts		
Serving Size 20 fl. oz. (591 ml)		
Servings Per Container		
Amount Per Serving		
<b>Calories</b> 410	<b>Calories from Fat</b> 70	
% Daily Value*		
<b>Total Fat</b> 8g		<b>12%</b>
Saturated Fat 6g		<b>30%</b>
Trans Fat 0g		
<b>Cholesterol</b> 5mg		<b>2%</b>
<b>Sodium</b> 430mg		<b>18%</b>
<b>Total Carbohydrate</b> 60g		<b>20%</b>
Dietary Fiber 2g		<b>8%</b>
Sugars 42g		
<b>Protein</b> 28g		
Vitamin A 8%	•	Vitamin C 2%
Calcium 25%	•	Iron 8%
*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