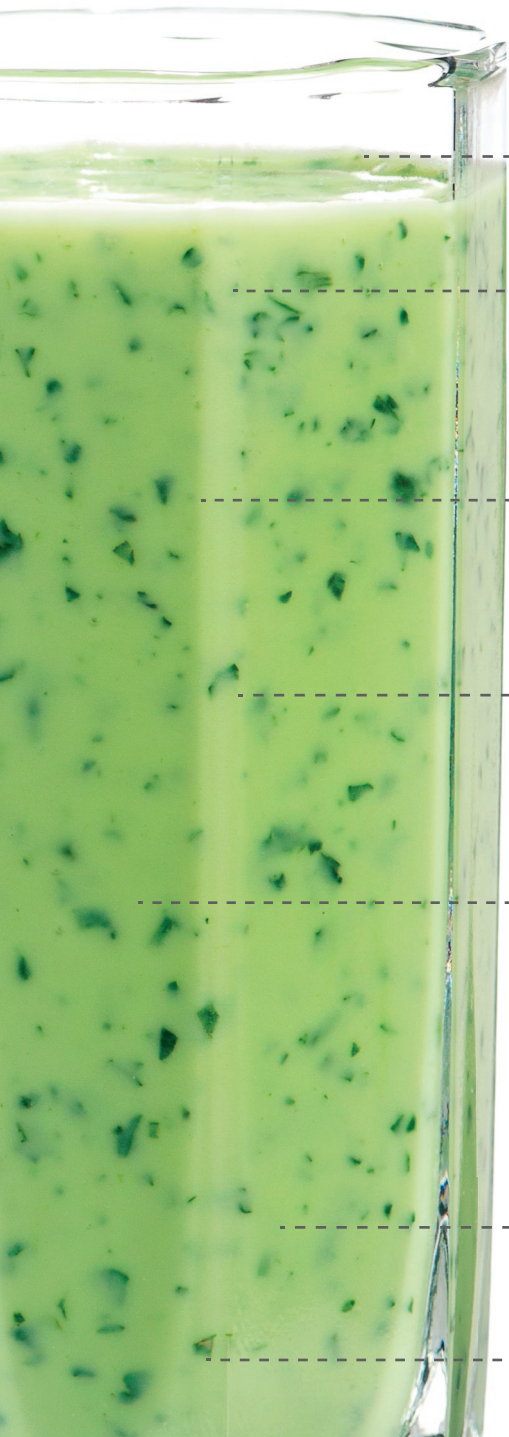


TENDER GREENS

Your choice of Milk, Antioxidant-Filled Kale, Iron-Rich Spinach, Banana, Flax Seed Oil, Vanilla Bean & Honey blended with 20g Vanilla Whey Protein



MILK

KALE

HONEY

SPINACH

BANANA

FLAX
SEED OIL

PROTEIN

RICH IN
ANTIOXIDANTS

HIGH IN IRON



“TENDER GREENS”

- 6 OZ CHOICE OF MILK
- 4 FREEZE-DRIED BANANA PIECES
(OR 3” FRESH BANANA)
- ½ SCP FREEZE-DRIED KALE
- ½ SCP FREEZE-DRIED SPINACH
- 1 TBSP FLAX SEED OIL
- ¼ TSP VANILLA EXTRACT
- 1 TBSP HONEY
- 1 SCP VANILLA WHEY PROTEIN
- 12 OZ ICE

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories 400		Calories from Fat 140	
		% Daily Value*	
Total Fat 15g			23%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 100mg			4%
Total Carbohydrate 41g			14%
Dietary Fiber 2g			8%
Sugars 31g			
Protein 27g			
Vitamin A 45%		• Vitamin C 30%	
Calcium 25%		• Iron 4%	
*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			