

VANILLA BEAN

Your choice of Milk, Fiber-Rich Banana, Creamy Vanilla Yogurt & Vanilla Bean blended with 'Get Regular,' Flax Seed Oil & 30g Vanilla Whey Protein

MILK

VANILLA YOGURT

VANILLA BEAN

GET REGULAR

PACKED WITH
PROTEIN

FLAX SEED OIL

PROTEIN

REDUCES
ANXIETY



“VANILLA BEAN”

6 OZ	CHOICE OF MILK
4	FREEZE DRIED BANANA PIECES (OR 3" FRESH BANANA)
1 SCP	GET REGULAR/FIBER BLEND
1/2 SCP	YOGURT LOVERS CHOICE
1 TSP	FLAX SEED OIL
1/2 TSP	VANILLA EXTRACT
1 1/2 SCPS	VANILLA WHEY PROTEIN
12 OZ	ICE

Nutrition Facts

Serving Size 20 fl oz
Servings Per Container

Amount Per Serving

Calories 610 Calories from Fat 220

% Daily Value*

Total Fat 24g **37%**

 Saturated Fat 4.5g **23%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 340mg **14%**

Total Carbohydrate 68g **23%**

 Dietary Fiber 7g **28%**

 Sugars 37g

Protein 32g

Vitamin A 15% • Vitamin C 0%

Calcium 30% • Iron 15%

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

		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