DIRECTIONS: For best results, mix 1 level scoop with 8 ounces of cold water 3 times daily (e.g., morning, afternoon, and evening). To eliminate lumps, mix in a blender.

STORAGE: Keep tightly closed in a cool, dry place.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure. or prevent any disease.

WARNING: Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs. Keep out of reach of children.

ALLERGY INFORMATION: Contains milk- and sov-based ingredients.

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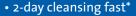
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chocolate flavored

2-Day Fast







- Fast and safe weight loss*
- Great taste!

WEIGHT management

INGREDIENTS: Fructose, whey protein isolate, natural and artificial flavors, sov protein isolate, cocoa powder, soybean

Serving Size 1 Scoop (28 g) Servings Per Container 6.5

Amount Per Serving

Calories 110 Calories from Fat 10

	% Daily Value*
Total Fat 1 g	2%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 40 mg	2%
Potassium 353 mg	10%
Total Carbohydrate 19 g	6%
Dietary Fiber 2 g	8%
Sugars 16 g	1
Protein 6 q	12%

20% • Niacin

40% • Copper

Pantothenic 25% • Calcium

Phosphorous 15% • Indine

Molybdenum 50%

15% • Vitamin C 30% • Vitamin D

25% • Vitamin B12 50% • Biotin

100% • Vitamin K 25% • Thiamine 67%

35% • Vitamin B6 33%

45% • Magnesium 28%

63% • Manganese 21%

palmitate, vitamin D, folic acid, and sodium molybdate. **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 Less than 65 a Less than 20 g Cholesterol Less than 300 mg Sodium Less than 2,400 mg 2,400 mg Potassium 3,500 mg 3,500 mg Total Carbobydrate 300 a Dietary Fiber

oxide, dl-alpha tocopheryl acetate, ferrous fumarate, sodium ascorbate, kelp, zinc oxide, niacinamide, copper citrate. biotin, calcium-d-pantothenate, phytonadione, manganese sulfate, thiamine mononitrate, pyridoxine HCI,

riboflavin, cyanocobalamin, vitamin A

oil, quar gum, potassium chloride,

dicalcium phosphate, magnesium

† Daily Value (DV) not established

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

NET WT 6.42 OZ (182 G)

Formula[®]

NUTRITIONAL SHAKE MIX