

# Dutch Chocolate Nutrimeal™

**Directions:** For a rich, creamy shake, combine 3 scoops with 10–12 ounces of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds. It's perfect for replacing one or more meals a day!

## Nutrition Facts

Serving Size 3 scoops (60 g)

Servings per Container 9

### Amount Per Serving

**Calories** 230

Calories from Fat 70

### % Daily Value\*

**Total Fat** 7g 11%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 400mg 17%

**Potassium** 590mg 17%

**Total Carbohydrate** 32g 11%

Dietary Fiber 8g 32%

Soluble Fiber 3g

Insoluble Fiber 5g

Sugars 17g

**Protein** 15g 30%

Vitamin A 15% • Vitamin C 25%

Calcium 25% • Iron 20%

Vitamin D 35% • Vitamin E 20%

Thiamin 30% • Riboflavin 35%

Niacin 20% • Vitamin B6 30%

Folate 20% • Vitamin B12 10%

Phosphorus 40% • Iodine 30%

Magnesium 25% • Zinc 20%

Copper 20% • Manganese 20%

Molybdenum 25%

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

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat. fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

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

**Ingredients:** Protein Blend [Soy Protein Isolate, Whey Protein Isolate, Pea Protein Isolate, Rice Protein Concentrate], Fructose, Sunflower Oil, Natural Flavors, Maltodextrin, Soy Fiber, Oat Fiber, Gum Arabic, Cane Fiber, Oligofructose, Potassium Phosphate, Prune Powder (Prune, Calcium Stearate), Tricalcium Phosphate, Magnesium Citrate, Sodium Caseinate (a milk derivative), Cellulose Gum, Salt, Xanthan Gum, Inulin, Soy Lecithin, Tocopherols (to protect flavor), Silicon Dioxide, Wheat Bran, Ascorbic Acid (Vitamin C), Zinc Gluconate, D-Alpha Tocopheryl Acetate (Vitamin E), Niacinamide (Niacin), Potassium Iodide, Vitamin A Palmitate, Molybdenum Citrate, Cholecalciferol (Vitamin D), Manganese Citrate, Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Copper Gluconate, Cyanocobalamin (Vitamin B12), Riboflavin (Vitamin B2), Ferrous Fumarate, Thiamin Hydrochloride (Vitamin B1).

**Contains:** soybean, milk, wheat.

**Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, and shellfish.**