

French Vanilla

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 290 mL–340 mL 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

| | Per 100 g | Per Serving (60 g) |
|-----------------------------|--------------------|----------------------|
| Energy/Calories | 432 kcal (1814 kJ) | 259 kcal (1087.8 kJ) |
| Total Carbohydrate | 54.8 g | 32.9 g |
| Dietary Fibre | 13.8 g | 8.3 g |
| Protein | 25.2 g | 15 g |
| Fat | 12.3 g | 7.4 g |
| Monounsaturated Fatty Acids | 9.3 g | 5.6 g |
| Polyunsaturated Fatty Acids | 1.3 g | 0.8 g |
| Saturated Fatty Acids | 1.3 g | 0.8 g |
| Trans Fatty Acid | 0.1 g | 0.03 g |
| Cholesterol | 0.2 mg | 0.1 mg |
| Calcium | 519.2 mg | 311.5 mg |
| Sodium | 526 mg | 315.6 mg |
| Magnesium | 153 mg | 91.8 mg |
| Iron | 8.5 mg | 5.1 mg |
| Zinc | 5.7 mg | 3.4 mg |
| Vitamin E | 5.8 mg | 3.5 mg |
| Thiamin (Vitamin B1) | 0.5 mg | 0.3 mg |
| Vitamin C | 16.8 mg | 10.1 mg |
| Niacin | 4.3 mg | 2.6 mg |
| Riboflavin | 0.8 mg | 0.5 mg |
| Vitamin B6 | 0.7 mg | 0.4 mg |
| Vitamin A | 321.5 µg | 192.9 µg |
| Vitamin D | 4.2 µg | 2.5 µg |
| Folic Acid | 134.7 µg | 80.8 µg |
| Vitamin B12 | 0.8 µg | 0.5 µg |

INGREDIENTS: SOY PROTEIN ISOLATE, CRYSTALLINE FRUCTOSE, HIGH OLEIC SUNFLOWER OIL, MALTODEXTRIN, SOY, POWDERED CELLULOSE, NATURAL FLAVOUR (VANILLA POWDER), OLIGOFRUCTOSE POWDER, GUM ARABIC, PRUNE POWDER, POTASSIUM PHOSPHATE, CALCIUM CARBONATE, SODIUM CASEINATE, XANTHAN GUM, INULIN, SOY LECITHIN, SILICON DIOXIDE, NATURAL TOCOPHEROLS, CELLULOSE GUM, SALT, MAGNESIUM OXIDE, ZINC GLUCONATE, ASCORBIC ACID (VITAMIN C), FERROUS FUMERATE, POTASSIUM IODIDE, D-ALPHA-TOCOPHERYL ACETATE (VITAMIN E), NIACINAMIDE, VITAMIN A PALMITATE, CHOLECALCIFEROL (VITAMIN D3), FOLIC ACID, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN HYDROCHLORIDE (VITAMIN B1), CYANOCOBALAMIN (VITAMIN B12).

CONTAINS STABILIZER, ANTI-CAKING AGENTS, EMULSIFIERS AND THICKENER AS PERMITTED FOOD CONDITIONER AND PERMITTED FLAVOURING SUBSTANCE.

CONTAINS: SOYBEAN AND MILK. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, EGGS, WHEAT, SESAME, AND SHELLFISH.

†FOR OUR CUSTOMERS SENSITIVE TO GLUTEN: NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. HOWEVER, FRENCH VANILLA NUTRIMEAL IS PRODUCED IN A FACILITY THAT MANUFACTURES OTHER FOODS THAT DO CONTAIN GLUTEN.

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