

Naturally good nutrition and great taste. No artificial flavors, sweeteners, colors, or preservatives added.

The protein in Shaklee Meal Shakes is biologically complete. It provides balanced proportions of each of the nine essential amino acids that cannot be made by the body, and therefore must be present in the diet for proper growth and maintenance. In fact, Shaklee Meal Shakes contain all the amino acids naturally present in protein, including the essential and nonessential amino acids.

 Please go to [shaklee.com/nongmo](http://shaklee.com/nongmo) for the Shaklee non-GMO policy.



ITEM #20321

PRODUCT SOLD BY WEIGHT ONLY, NOT BY VOLUME. SETTLING WILL OCCUR IN SHIPPING AND HANDLING.

NG855A

# Shaklee® Meal Shakes

## Creamy and Nutritious Shake

A delicious, naturally flavored source of protein



**French Vanilla**  
NATURALLY FLAVORED

**16 SERVINGS**

NET WEIGHT  
(1 LB. 3.2 OZ.) 544 g

## Nutrition Facts

16 servings per container  
Serving size **1/4 Cup (34 g)**

	Mix Alone	1/4 Cup Mix + Low-Fat Milk
<b>Calories</b>	<b>120</b>	<b>220</b>
	% DV*	% DV*
<b>Total Fat</b>	0.5 g <b>1%</b>	3 g <b>4%</b>
Saturated Fat	0 g <b>0%</b>	1.5 g <b>8%</b>
Trans Fat	0 g	0 g
<b>Cholesterol</b>	< 5 mg <b>1%</b>	15 mg <b>5%</b>
<b>Sodium</b>	80 mg <b>3%</b>	190 mg <b>8%</b>
<b>Total Carbohydrate</b>	23 g <b>8%</b>	35 g <b>13%</b>
Dietary Fiber	3 g <b>11%</b>	3 g <b>11%</b>
Soluble Fiber	3 g	3 g
Total Sugars	16 g	29 g
Incl. Added Sugars	10 g <b>20%</b>	10 g <b>20%</b>
<b>Protein</b>	7 g <b>14%</b>	15 g <b>30%</b>

	Mix Alone	1/4 Cup Mix + Low-Fat Milk
Vitamin D	1 mcg (40 IU) <b>5%</b>	4 mcg <b>20%</b>
Calcium	200 mg <b>15%</b>	500 mg <b>40%</b>
Iron	6.3 mg <b>35%</b>	6.3 mg <b>35%</b>
Potassium	230 mg <b>4%</b>	600 mg <b>15%</b>
Vitamin A	380 mcg <b>40%</b>	520 mcg <b>60%</b>
Vitamin C	18 mg <b>20%</b>	18 mg <b>20%</b>
Vitamin E	7 mg <b>45%</b>	7 mg <b>45%</b>
Thiamin	0.5 mg <b>40%</b>	0.5 mg <b>40%</b>
Riboflavin	0.2 mg <b>15%</b>	0.6 mg <b>45%</b>
Niacin	7 mg <b>45%</b>	7 mg <b>45%</b>
Vitamin B <sub>6</sub>	0.6 mg <b>35%</b>	0.7 mg <b>40%</b>
Folate	225 mcg DFE <b>60%</b> (135 mcg folic acid)	225 mcg DFE <b>60%</b> (135 mcg folic acid)
Vitamin B <sub>12</sub>	1.2 mcg <b>50%</b>	2.4 mcg <b>100%</b>
Biotin	105 mcg <b>350%</b>	105 mcg <b>350%</b>
Pantothenic Acid	3 mg <b>60%</b>	3 mg <b>60%</b>
Phosphorus	150 mg <b>10%</b>	380 mg <b>30%</b>
Iodine	53 mcg <b>35%</b>	53 mcg <b>35%</b>
Magnesium	100 mg <b>25%</b>	126 mg <b>30%</b>

	Mix Alone	1/4 Cup Mix + Low-Fat Milk
Zinc	4.5 mg <b>40%</b>	5.5 mg <b>50%</b>
Selenium	25 mcg <b>45%</b>	32 mcg <b>60%</b>
Copper	0.7 mg <b>80%</b>	0.7 mg <b>80%</b>
Manganese	0.7 mg <b>30%</b>	0.7 mg <b>30%</b>
Chromium	42 mcg <b>120%</b>	42 mcg <b>120%</b>
Molybdenum	26 mcg <b>60%</b>	26 mcg <b>60%</b>
Chloride	120 mg <b>6%</b>	120 mg <b>6%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** NONFAT DRY MILK, FRUCTOSE, MALTODEXTRIN, SOLUBLE CORN FIBER, CALCIUM SODIUM CASEINATE, NATURAL FLAVOR, MAGNESIUM OXIDE, SUNFLOWER LECITHIN, XANTHAN GUM, ASCORBIC ACID, SELENIUM YEAST, CHROMIUM YEAST, FERROUS FUMARATE, D-ALPHA-TOCOPHERYL ACETATE, MOLYBDENUM YEAST, NIACINAMIDE, VITAMIN A PALMITATE, ZINC OXIDE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, MANGANESE SULFATE, VITAMIN B<sub>12</sub>, PYRIDOXINE HYDROCHLORIDE, VITAMIN D, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN, RIBOFLAVIN, POTASSIUM IODIDE.

**DIRECTIONS:** For a creamy and nutritious 220-calorie shake, mix ¼ cup of powder into 8 fluid ounces of cold low-fat milk. For a richer, frothier shake with 310 calories, mix ½ cup of powder with 8 fluid ounces of cold whole milk and several ice cubes in a blender.

**A delicious, nutritious, convenient meal the whole family will love:**

- A wholesome instant breakfast
- A delicious, inexpensive meal in a hurry
- A nutrition-packed meal supplement for athletes
- A delectable snack any time of day
- An ideal meal for people watching their weight or controlling total fat, cholesterol, and sodium

When prepared as directed, one serving provides essential vitamins and minerals and 30% of the Daily Value of protein, plus trace minerals and 3 grams of dietary fiber. Tastes so good, it's hard to believe it's so good for you!

Manufactured in a facility that may also process peanuts, tree nuts, milk, egg, soy, wheat, and fish.

Distributed by Shaklee Corporation  
4747 Willow Road, Pleasanton, CA 94588  
Product questions: 925.734.3638

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# Shaklee® Meal Shakes

## Creamy and Nutritious Shake

A delicious, naturally flavored source of protein



**Bavarian Cocoa**  
NATURALLY FLAVORED

**16 SERVINGS**

NET WEIGHT  
(1 LB. 3.2 OZ.) 544 g

## Nutrition Facts

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<b>Total Carbohydrate</b>	23 g <b>8%</b>	35 g <b>13%</b>
Dietary Fiber	3 g <b>11%</b>	3 g <b>11%</b>
Soluble Fiber	3 g	3 g
Total Sugars	18 g	31 g
Incl. Added Sugars	11 g <b>22%</b>	11 g <b>22%</b>
<b>Protein</b>	7 g <b>14%</b>	15 g <b>30%</b>

	Mix Alone	1/4 Cup Mix + Low-Fat Milk
Vitamin D	1 mcg (40 IU) 5%	4 mcg 20%
Calcium	200 mg 15%	500 mg 40%
Iron	6.3 mg 35%	6.3 mg 35%
Potassium	280 mg 6%	640 mg 15%
Vitamin A	380 mcg 40%	520 mcg 60%
Vitamin C	18 mg 20%	18 mg 20%
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