

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.

GMO Please go to 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.

NO083A

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

| | 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 | 230 mg 4% | 600 mg 15% |
| Vitamin A | 380 mcg 40% | 520 mcg 60% |
| Vitamin C | 18 mg 20% | 18 mg 20% |
| Vitamin E | 7 mg 45% | 7 mg 45% |
| Thiamin | 0.5 mg 40% | 0.5 mg 40% |
| Riboflavin | 0.2 mg 15% | 0.6 mg 45% |
| Niacin | 7 mg 45% | 7 mg 45% |
| Vitamin B ₆ | 0.6 mg 35% | 0.7 mg 40% |
| Folate | 225 mcg DFE 60% (135 mcg folic acid) | 225 mcg DFE 60% (135 mcg folic acid) |
| Vitamin B ₁₂ | 1.2 mcg 50% | 2.4 mcg 100% |
| Biotin | 105 mcg 350% | 105 mcg 350% |
| Pantothenic Acid | 3 mg 60% | 3 mg 60% |
| Phosphorus | 150 mg 10% | 380 mg 30% |
| Iodine | 53 mcg 35% | 53 mcg 35% |
| Magnesium | 100 mg 25% | 126 mg 30% |

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

*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 B₁₂, 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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