Nutrition Facts

4 servings per container

Serving size **1 bottle (11 fl. oz.) (325 mL)**

Amount per serving

Calories **180**

	% Daily Value**
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 330mg	14%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 40g	76%

Vitamin D 0.2mcg 0% • Calcium 710mg 50%

Iron 1.7mg 10% • Potassium 400mg 8%

**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: Water, Protein Blend (Milk Protein Isolate, Calcium Caseinate, Sodium Caseinate), Cocoa Powder (Processed with Alkali), Natural and Artificial Flavors, Sunflower Oil, Potassium Phosphate, Sunflower Lecithin, Salt, Sodium Citrate, Cellulose Gel, Sugar, Cellulose Gum, Sucralose, Acesulfame Potassium, Calcium Chloride.

Contains milk ingredients.

Made in a facility that also processes tree nuts, soy and fish.

From the makers of America's #1 Selling Muscle Development Protein Powder brand, Body Fortress® High Protein Shakes are crafted with quality ingredients that will help you reach your fitness goals.^

Delicious & convenient – perfect for before or after a workout. Our must try shakes are low fat and packed with 40g of protein to help support lean muscle and strength.

Directions for Adult Use: Drink one Body Fortress 40g shake carton per day to boost daily high protein and calorie needs. Consume approximately 1 gram of protein per pound of body weight from all dietary sources per day to best support building and maintaining lean muscle and strength.*

Notice: For weight reduction, use only as directed in the Body Fortress diet plan on www.bodyfortress.com. Do not use in diets supplying less than 400 calories per day without medical supervision.

*Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

^Source: IRI, MULO, 52 WE 3/29/20, excluding online sales.

◊Source: IRI, MULO, 52 WE 07/12/20, excluding online sales. Leading Protein Brand Protein Shakes have 30g of protein per 11 fl. oz.

Non GMO · Gluten Free · Low Lactose · UD

Carefully Manufactured for
United States Nutrition, Inc.
Bohemia, NY 11716 U.S.A.
1-800-215-5980

81373 01A B100065

0 74312 00647 0