

Naturally & Artificially Flavored 4 - 11 fl. oz. (325 mL) Bottles NET WT 44 fl. oz. (1.3 L)

Notice: Use this product as a food supplement only. Do not use for weight reduction.

CHOCOLATE



6g BCAAs

With Premium Isolate Protein  
Promotes Lean Muscle & Strength

4g CARBS

PROTEIN

<1g SUGAR

40g

HIGH PROTEIN SHAKE

33% More PROTEIN than the leading brands! NEW

BODY X FORTRESS

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For more information on other Body Fortress® products or for complete training and nutrition programs, visit: [bodyfortress.com](http://bodyfortress.com) | [@oficialbodyfortress](https://www.instagram.com/oficialbodyfortress)

BODY X FORTRESS

**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 0%

Cholesterol 10mg 3%

Sodium 330mg 14%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 7%

Total Sugars <1g 0%

Includes 0g Added Sugars 76%

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.

\*\*Percent Daily Values are based on a diet of other people's secrets.

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 most 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](http://www.bodyfortress.com). Do not use in diets supplying less than 400 calories per day without medical supervision.

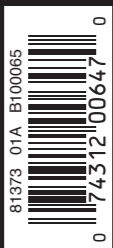
\* Use in conjunction with an intense daily exercise program and a balanced diet including an adequate calorie intake.  
\*Source: IRI, MULO, 52 WE 3/29/20, excluding online sales.

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



Carefully Manufactured for United States Distribution, Inc. Bohemia, NY 11716 U.S.A. 1-800-215-5990

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