Nutrition Facts

Serving Size: 1 Packet (65g)
Servings Per Container: 1

	Amount Per Serving	% DV
Calories	250	
Calories from Fat	40	
Total Fat	4.5 g	7%
Saturated Fat	1 g	6%
Trans Fat	0 g	
Cholesterol	25 mg	9%
Sodium	350 mg	15%
Potassium	360 mg	10%
Total Carbohydrate	12 g	4%
Dietary Fiber	4 g	14%
Sugars	3 g	
Protein	40 g	80%

Vitamin A 25%	•	Vitamin C 25%
Calcium 50%	•	Iron 30%
Vitamin D 25%	•	Vitamin E 25%
Thiamin 25%	•	Riboflavin 25 %
Niacin 25%	•	Vitamin B6 25%
Folate 25%	•	Vitamin B12 25%
Biotin 25%	•	Pantothenic Acid 25%
Phosphorus 45%	•	Iodine 25%
Magnesium 30%	•	Zinc 25%
Copper 30%	•	Chloride 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat		65g	80g
Saturated Fat		20g	25g
Cholesterol		300mg	300mg
Sodium		2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: LeanPro® (Cross Flow Micro Ultrafiltered Whey Protein Isolate, Cross Flow Micro Ultrafiltered Whey Protein Concentrate, Soy Protein Isolate), Natural & Artificial Flavors, **EFA Plex™** (Sunflower Oil, Creamer [High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols], MCT Oil, Flaxseed Oil, Borage Oil), **Fiber Plex™** (Polydextrose, Fibersol 2 Fiber, Cellulose Gum, Oat Flour, Rice Bran), Vitamin & Mineral Blend (Di-Calcium Phosphate, Magnesium Oxide, Ascorbic Acid, Vitamin E Acetate, Niacinamide, Electrolytic Iron, Zinc Oxide, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Vitamin A Acetate, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Cyanocobalamin), Salt, Sucralose, Acesulfame Potassium.

Allergen Information: Contains Milk, Soy.

Easy-to-Follow Directions

Glass – Fill glass with **10oz.** of water or your favorite beverage. Add 1 packet (65g) of CarbWatchers® Lean Body®, and mix with a spoon.

Shaker – Fill shaker with **10oz.** of water or your favorite beverage. Add 1 packet (65g) of CarbWatchers® Lean Body®. Cover and shake.

Blender – Fill blender with **10oz.** of water or your favorite beverage. For a creamy ice cream flavor, add a handful of ice cubes. Add 1 packet (65g) of CarbWatchers® Lean Body®. Cover & blend for 20-30 seconds.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

LABRADA® NUTRITION
333 Northpark Central Drive
Houston, TX 77073, U.S.A.

1.800.832.9948
www.labrada.com

7 10779 11307 7