



The dramatic growth in the number of fancy coffee shops has brought with it a huge problem: instead of drinking a simple zero-calorie cup of plain Joe, consumers are downing up to a third of their daily allotment of calories in a single large beverage that's loaded with fat, carbs, and calories. And that's before they even get to work! No wonder so many people have weight problems! The real issue with these drinks is that they become habitual, and the pounds pile on as a result. Drinks like cocoa, that were once a holiday treat, are now readily available every day. That's why we made Down East Hot Chocolate. With a full 15 grams of protein, 1 sugar carb and 90 calories, it provides a delicious alternative to regular cocoa – one that's a good source of protein and an excellent source of calcium. And if you want the mocha version, just add it to your coffee! Why risk the consequences of high calorie cocoa, when you can get the Carefully Calibrated version through the Silhouette Solution?

If it's not Carefully Calibrated, it's not your silhouette solution™

Ingredients: Protein blend (calcium caseinate (derived from milk), hydrolyzed gelatin, gelatin), creamer (glucose syrup, sodium caseinate, hydrogenated coconut oil, potassium phosphate), cocoa (processed with alkali), maltodextrin, salt, natural and artificial flavors, xanthan gum, guar gum, sodium alginate, calcium phosphate, carrageenan, magnesium phosphate, malt extract (wheat), silicon dioxide, sucralose and acesulfame-K (non-nutritive sweeteners), soy lecithin. **Allergen Statement:** May contain eggs.

Nutrition Facts

Serving Size: 1 packet 0.88 oz (25g)
Serving per container: 7

Amount/Serving		Calories from fat 10	
Calories 90		% Daily Value*	
Total Fat 1.5g			2%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 300mg			13%
Potassium 150mg			4%
Total Carbohydrate 5g			2%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 15g			17%
Vitamin A			0%
Vitamin C			0%
Calcium			25%
Iron			14%

* 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	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

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