



## Nutrition Facts

Serving Size: 1 packet 1.16 oz (33g) Servings per container: 7

Amount/Serving		% Daily Value*
<b>Calories</b> 110	Calories from fat 25	
		<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g		<b>4%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		
<b>Cholesterol</b> 30mg		<b>10%</b>
<b>Sodium</b> 440mg		<b>18%</b>
<b>Potassium</b> 620mg		<b>18%</b>
<b>Total Carbohydrate</b> 8g		<b>3%</b>
Dietary Fiber 1g		<b>4%</b>
Sugars 4g		
<b>Protein</b> 15g		<b>30%</b>
Vitamin A		20%
Vitamin C		40%
Calcium		30%
Iron		20%
Vitamin D		25%
Vitamin E		30%
Vitamin K		20%
Thiamin		25%
Riboflavin		25%
Niacin		45%
Vitamin B6		25%
Folate		25%
Vitamin B12		20%
Biotin		25%
Pantothenic acid		15%
Phosphorus		15%
Iodine		10%
Magnesium		15%
Zinc		15%
Copper		15%
Manganese		20%
Chromium		20%
Molybdenum		35%
Selenium		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	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

**T**omato soup is an all-American standard, but it's usually loaded to the edge of the bowl with simple sugars, causing the blood sugar to spike and the fat-making process to begin. In just the same way as the Mediterranean diet is often lauded for its health-giving qualities, our Mediterranean Tomato Soup gets high praise for its composition. It's 100% vegetarian, and second, it comes with 15 grams of protein, 4 grams of sugars and a blend of vitamins and minerals. That makes it an excellent source of protein, and it staves off hunger. Furthermore, the portion is very precisely controlled, so you'll get exactly what you need. Why risk store-bought "sugar tomato" soup 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 (whey protein concentrate, soy protein isolate, milk protein concentrate, sodium caseinate), dehydrated vegetables (tomato, onion, garlic), sunflower oil, maltodextrin, vitamin and mineral mix (vitamin A as palmitate, cholecalciferol, vitamin E as acetate, biotin, folic acid, niacinamide, calcium pantothenate, cyanocobalamin, riboflavin, pyridoxine hydrochloride, dicalcium phosphate, chromium chloride, copper gluconate, potassium iodide, reduced iron, magnesium carbonate, manganese sulfate, sodium molybdate, zinc sulfate), natural and artificial flavors, tricalcium phosphate, xanthan gum, guar gum, sodium alginate, potassium chloride, potassium citrate, calcium lactate, salt, potassium bicarbonate, dipotassium phosphate, citric acid, hydrolyzed corn protein, spice, silicon dioxide, lycopene extract color, mono- and diglycerides, disodium inosinate and guanylate, tocopherol (antioxidant). **Allergen Statement:** May contain eggs and wheat.