



Nutrition Facts

Serving Size: 1 packet 1.13 oz (32g) Servings per container: 7

Amount/Serving		% Daily Value*
Calories 110	Calories from fat 25	
		% Daily Value*
Total Fat 2.5g		4%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 30mg		10%
Sodium 520mg		22%
Potassium 620mg		18%
Total Carbohydrate 8g		3%
Dietary Fiber 1g		4%
Sugars 1g		
Protein 15g		30%
Vitamin A		15%
Vitamin C		25%
Calcium		25%
Iron		20%
Vitamin D		25%
Vitamin E		25%
Vitamin K		20%
Thiamin		25%
Riboflavin		25%
Niacin		45%
Vitamin B6		25%
Folate		20%
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

Everybody knows chicken soup is good for body and soul, and while many people think of it as a winter offering, it's perfect for any time of year. But it can be high in fat, high in carbs (if it has noodles), and high in calories. Ours is different. Named after a New England town near our offices, our Newbury Chicken Cream Soup is vegetarian, and comes with 15 grams of protein, 1 gram of sugar, and a blend of vitamins and minerals. That makes it an excellent source of protein, so it nourishes the body while it staves off hunger. Furthermore, the portion is very precisely controlled, so you'll get exactly what you need. Why risk store-bought chicken 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), maltodextrin, tapioca starch, sunflower oil, dehydrated vegetables (onion, leek), 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 flavors, xanthan gum, guar gum, sodium alginate, tricalcium phosphate, potassium chloride, potassium citrate, yeast extract, potassium bicarbonate, hydrolyzed corn protein, dipotassium phosphate, salt, spices, silicon dioxide, turmeric extract color, mono- and diglycerides, disodium inosinate and guanylate, tocopherol (antioxidant). **Allergen Statement:** May contain eggs and wheat.