



Nutrition Facts

Serving Size: 1 packet 1.02 oz (29g) Servings per container: 7

Amount/Serving		% Daily Value*		% Daily Value*
Calories 100	Calories from fat 15		Vitamin E	25%
			Vitamin K	20%
			Thiamin	25%
Total Fat 1.5g		2%	Riboflavin	25%
Saturated Fat 1g		5%	Niacin	40%
Trans Fat 0g			Vitamin B6	25%
Cholesterol 40mg		13%	Folate	20%
Sodium 230mg		10%	Vitamin B12	20%
Potassium 320mg		9%	Biotin	25%
Total Carbohydrate 8g		3%	Pantothenic acid	15%
Dietary Fiber 2g		8%	Phosphorus	8%
Sugars 6g			Iodine	10%
Protein 15g		30%	Magnesium	15%
Vitamin A		15%	Zinc	15%
Vitamin C		25%	Copper	15%
Calcium		10%	Manganese	20%
Iron		15%	Chromium	20%
Vitamin D		25%	Molybdenum	35%

* 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

Shakes are a common staple for people working on dropping weight. They're easy, they're fast, and perfect for breakfast or a snack. Too many shakes are chalky, floury, gritty and flavorless. We wanted shakes that were not only smooth and delicious, but properly configured for weight loss. So if you examine your Strawberry Symphony Shake, you'll find it comes with a full 15 grams of protein, 6 sugar carbs and 100 calories. It's fortified with lots of vitamins and minerals, and is an excellent source of protein. Mix it using your Silhouette Solution blender bottle for easy use anywhere, or add ice in an electric blender at home for a cool treat! Why risk the consequences of carb-laden store shakes, 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 (derived from milk), calcium caseinate, sodium caseinate), fructose, fructooligosaccharide, natural and artificial flavors, vitamin and mineral blend (vitamin A as palmitate, cholecalciferol, vitamin E as acetate, biotin, folic acid, niacinamide, calcium pantothenate, thiamine mononitrate, cyanocobalamin, riboflavin, pyridoxine hydrochloride, dicalcium phosphate, chromium chloride, copper gluconate, potassium iodide, reduced iron, magnesium carbonate, manganese sulfate, sodium molybdate, zinc sulfate), sunflower oil, maltodextrin, cellulose gum, xanthane gum, carrageenan, guar gum, dipotassium phosphate, potassium chloride, potassium citrate, silicon dioxide, beet juice color, sucralose (non nutritive sweetener), soy lecithin, mono- and diglycerides, tocopherols (antioxidant). **Allergen Statement:** May contain eggs and wheat.