

# My SMART SHAKE™

## SOY

### NUTRITION FACTS

Serving Size: 2 scoops (39 g)

Servings Per Container 14

#### Amount Per Serving

**Calories** 150

Calories from Fat 50

#### % Daily Value\*

**Total Fat** 6 g 9%

Saturated Fat 5 g\*\* 25%

Trans Fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 280 mg 12%

**Potassium** 350 mg 10%

**Total Carbohydrate** 12 g 4%

Dietary Fiber 8 g 32%

Soluble Fiber 4 g

Insoluble Fiber 3 g

Sugars 0 g

**Protein** 18 g 36%

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 15%

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

\*\*Amount in Shake: 2 scoops provides 5 g Saturated Fat sourced from the added MCTs and coconut oil.

	Calories:	2,000	2,500
Total fat	Less than	65 g	80 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

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

**INGREDIENTS:** SOY PROTEIN ISOLATE, GLUTEN FREE† OAT BRAN, ORGANIC AGAVE INULIN, CANE FIBER, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES, GUM ARABIC, GUAR GUM, XANTHAN GUM, NATURAL VANILLA FLAVOR, SEA SALT, POTASSIUM PHOSPHATE, STEVIA.

**CONTAINS:** SOY, TREE NUT (COCONUT)

†NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, EGG, FISH, SHELLFISH, TREE NUTS, WHEAT, GLUTEN, AND SOY.

This is a sealed container. Do not use if container is broken.

**USANA Health Sciences, Inc.**

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Made in USA

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**STORE AT ROOM TEMPERATURE (25°C)**