

# ORGANIC CHOCOLATE FLAVOR M'LIS—INSTANT MEAL

- ✓ **Amazing Taste!**
- ✓ **Great for Breakfast or Between Meals**
- ✓ **Glucose Management & Weight Control**
- ✓ **Instantly Mixes With Cold Water**
- ✓ **All-Natural Sweeteners**
- ✓ **Balanced Ratio of Fat, Carbs, Fiber and Protein**
- ✓ **Lactose and Gluten Free**
- ✓ **Digestive Enzyme & ProBiotic Blend**

**INGREDIENTS:** LOW GLYCEMIC PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), ORGANIC BROWN RICE POWDER, FIBERSOURCE PLUS™ (GLUCOMANNAN FIBER, CARAGEENAN FIBER, ACACIA FIBER, CHICORY ROOT FIBER, GUAR GUM FIBER), HIGH-OLEIC SUNFLOWER OIL, CONJUGATED LINOLEIC ACID (CLA), VITAMIN AND MINERAL BLEND, STEVIA, LO HAN EXTRACT, XYLITOL (CF), DIGESTIVE ENZYME BLEND (AMYLASE, CELLULASE, LIPASE, PROTEASE) ENTERIC COATED PROBIOTIC BLEND (ACIDOPHILUS & BIFIDUS), OMEGA 3 FATTY ACIDS (EFA'S), ORGANIC NATURAL FLAVORS, CITRUS BIOFLAVONOIDS, TRACE MINERALS.

**Directions:** Mix 2 level scoops with 8-10 oz of cold water or milk. For best results, shake for 30 seconds in a M'lis sipper bottle. Use up to 3 times a day to help maintain healthy glucose management.

**Important Notice:** It is recommended that anyone involved in any weight-loss or weight-control program should consult their physician.

**Note:** Contains Milk Proteins (Lactose Free).

**Keep in a cool, dry place. Keep out of the reach of children.**

These statements have not been evaluated by the FDA. This product is not intended to treat, prevent or cure any disease. If you are pregnant or nursing consult a health care professional before use.



## INSTANT MEAL CHOCOLATE SHAKE

SMOOTH MIXING  
GLUCOSE MANAGEMENT  
WEIGHT CONTROL

22.75 OZ. (645 G.) – 15 SERVINGS

### SUPPLEMENT FACTS

Serving Size: 2 level scoops (43 grams)

Servings per container: 15

#### Amount per Serving

Calories 180    Calories from fat 27    % Daily Value\*

<b>Total Fat</b> 3g	5%	<b>Total Carbohydrates</b> 10g	3%
Saturated Fat 1g	5%	Dietary Fiber 5g	20%
Mono-Unsaturated Fat 2g	6%	Soluble Fiber 5g	**
Trans Fat 0g	0%	Impact Carbs 5g	**
<b>Cholesterol</b> 58mg	19%	Sugar 0g	
<b>Sodium</b> 186mg	8%	<b>Protein</b> 20g	40%
<b>Vitamin A</b> 5000iu	100%	<b>Biotin</b> 60mcg	20%
<b>Vitamin B1</b> 1.8mg	120%	<b>Calcium Citrate</b> 300mg	30%
<b>Vitamin B2</b> 2.0mg	118%	<b>Chromium</b> 40mcg	33%
<b>Vitamin B5</b> 10mg	100%	<b>Folic Acid</b> 300mcg	75%
<b>Vitamin B6</b> 2mg	100%	<b>Iron</b> 1mg	6%
<b>Vitamin B12</b> 7mcg	117%	<b>Magnesium</b> 250mg	63%
<b>Vitamin C</b> 300mg	500%	<b>Niacinamide</b> 20mg	100%
<b>Vitamin D</b> 150iu	38%	<b>Potassium</b> 250mg	7%
<b>D-Alpha Vitamin E</b> 35iu	117%	<b>Vitamin K</b> 105mg	131%
<b>Omega 3 Fatty Acids</b> 28mg	†	<b>Xylitol</b> 400mg	†
<b>Probiotic Blend</b> (8 Bill. units) 30mg	†	<b>Digestive Enzyme Blend</b> 100 mg	†
<b>Alanine</b> 1.51g	†	<b>Lysine</b> 2.69g	†
<b>Arginine</b> 0.75g	†	<b>Methionine</b> 0.63g	†
<b>Aspartic Acid</b> 3.26g	†	<b>Phenylalanine</b> 0.97g	†
<b>Cystine</b> 0.77g	†	<b>Proline</b> 1.76g	†
<b>Glutamic Acid</b> 5g	†	<b>Serine</b> 1.49g	†
<b>Glycine</b> 0.55g	†	<b>Theronine</b> 1.98g	†
<b>Histidine</b> 0.59g	†	<b>Tryptophan</b> 0.47g	†
<b>Isoleucine (BCAA)</b> 1.64g	†	<b>Tyrosine</b> 0.91g	†
<b>Leucine (BCAA)</b> 3.12g	†	<b>Valine (BCAA)</b> 1.64g	†

\*Percent Daily Values based on a 2,000 calorie diet. †Daily Value not established

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Trans Fat 0g	0%	Impact Carbs 5g	**
<b>Cholesterol</b> 46mg	15%	Sugar 0g	
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