

This delicious, high-protein vanilla shake can help satisfy your hunger while delivering essential nutrition your body needs to support healthy weight loss.\* Vanilla Fresh is a good source of fiber.

Each serving of Vanilla Fresh contains:\*

- 20 g of wholesome plant protein to maintain lean muscle
- 24 essential vitamins and minerals
- Probiotics to help promote digestive health
- NO artificial flavors, colors, preservatives, or sweeteners
- Certified Low Glycemic Index

## Supplement Facts

Serving Size: 1 Packet (47.5 g)

Amount Per Serving	% Daily Value†	
<b>Calories</b>	200	
Calories from Fat	50	
<b>Total Fat</b>	6 g	9%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Monounsaturated Fat	1.5 g	
Polyunsaturated Fat	2 g	
<b>Cholesterol</b>	0 mg	
<b>Total Carbohydrate</b>	16 g	5%
Dietary Fiber	3 g	12%
Sugars	6 g	**
<b>Protein</b>	20 g	40%
Vitamin A (as beta-carotene/vitamin A palmitate)	1750 IU	35%
Vitamin C (as calcium ascorbate)	21 mg	35%
Vitamin D (as cholecalciferol)	140 IU	35%
Vitamin E (as <i>d</i> -alpha-tocopheryl acetate)	10.5 IU	35%
Vitamin K1 (as phytonadione)	28 mcg	35%
Thiamine (as thiamin mononitrate)	0.53 mg	35%

Amount Per Serving	% Daily Value†	
Riboflavin	0.60 mg	35%
Niacin (as niacinamide)	7 mg	35%
Vitamin B6 (as pyridoxine hydrochloride)	0.70 mg	35%
Folic acid	140 mcg	35%
Vitamin B12 (as cyanocobalamin)	2.10 mcg	35%
Biotin	105 mcg	35%
Pantothenic acid (as calcium d-pantothenate)	3.50 mg	35%
Calcium (as dicalcium phosphate)	350 mg	35%
Iodine (as potassium iodine)	52.5 mcg	35%
Magnesium (as magnesium oxide)	140 mg	35%
Zinc (as zinc sulfate)	5.25 mg	35%
Selenium (as selenium HVP chelate)	24.5 mcg	35%
Copper (as copper HVP chelate)	0.70 mg	35%
Manganese (as manganese HVP chelate)	0.70 mg	35%
Chromium (as chromium picolinate)	42 mcg	35%
Molybdenum (as sodium molybdate)	26.25 mcg	35%
Sodium	220 mg	9%
Potassium	100 mg	3%

†Percent Daily Values are based on a 2,000 calorie diet

\*\*Daily Value (DV) not established.

**OTHER INGREDIENTS:** Oat protein, Pea protein, Agave (*Agave tequilana*) fruit, Maize fiber, Medium chain triglycerides, Natural vanilla flavor (with other natural flavors), Xanthan gum, *Lactobacillus sporogenes* (*Bacillus coagulans*), Stevia leaf extract, Potato protein extract, Luo Han Guo (fruit).

**ALLERGEN STATEMENT:** This product is manufactured in a plant that also processes milk, egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, and soy ingredients.

**DISTRIBUTED BY:** Beachbody, LLC, Santa Monica, CA 90404 • 1 (800) 818-5174

**DIRECTIONS:** Combine 1 packet (47.5 g) of Vanilla Fresh in 10 oz. of distilled water in a blender. Blend until creamy. Best consumed within 30 minutes. See Meal Planner for complete preparation instructions.

**STORAGE:** Keep in a cool, dry place.

**WARNING:** Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**