

Supplement Facts

Serving Size: 1 Packet (47 g)

Amount Per Serving	% Daily Value	
Calories	200	
Total Fat	6 g	8% [†]
Saturated Fat	2 g	10% [†]
Polyunsaturated Fat	2 g	**
Monounsaturated Fat	2 g	**
Total Carbohydrate	14 g	5% [†]
Dietary Fiber	4 g	14% [†]
Total Sugars	6 g	**
Includes 6 g Added Sugars		12% [†]
Protein	20 g	31% [†]
Vitamin A (as beta-carotene)	135 mcg RAE	15%
Vitamin C (as calcium ascorbate)	31.5 mg	35%
Vitamin D2 (as ergocalciferol) [280 IU]	7 mcg	35%
Vitamin E (as <i>d</i> -alpha-Tocopheryl Succinate)	5.25 mg TE	35%
Vitamin K2 (as menaquinone-7)	30 mcg	25%
Vitamin B1 (as thiamine mononitrate)	0.42 mg	35%
Vitamin B2 (as riboflavin)	0.455 mg	35%
Niacin (as niacinamide)	5.6 mg	35%
Vitamin B6 (as pyridoxine hydrochloride)	0.595 mg	35%

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

Amount Per Serving	% Daily Value	
Folate (as methyltetrahydrofolic acid)	140 mcg DFE	35%
Vitamin B12 (as methylcobalamin)	0.84 mcg	35%
Biotin	10.5 mcg	35%
Pantothenic acid (as calcium D-pantothenate)	1.75 mg	35%
Calcium (as calcium phosphate, dibasic)	230 mg	18%
Iron	4 mg	22%
Phosphorous (as calcium phosphate, dibasic)	340 mg	27%
Iodine (as potassium iodide)	52.5 mcg	35%
Magnesium (as magnesium oxide)	160 mg	38%
Zinc (as zinc sulfate)	3.85 mg	35%
Selenium (as sodium selenate)	19.25 mcg	35%
Copper (as copper gluconate)	0.315 mg	35%
Manganese (as manganese sulfate)	0.81 mg	35%
Chromium (as chromium picolinate)	12.25 mcg	35%
Molybdenum (as sodium molybdate)	15.75 mcg	35%
Sodium	300 mg	13%
Potassium	80 mg	2%
Alpha-Linolenic Acid (omega-3)	500 mg	**

**Daily Value (DV) not established.

OTHER INGREDIENTS: Pea protein, Organic cane sugar, Non-GMO soluble corn fiber, Flax (seed), Medium chain triglycerides, Organic sunflower oil, Natural flavors, Xanthan gum, *Bacillus coagulans*, Stevia leaf extract.

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

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

DIRECTIONS: Combine 1 packet (47 g) of Vanilla Fresh with 10 oz of cold water. Best consumed within 30 minutes. See Program Guide for complete instructions.

STORAGE: Store 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.**

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