





Nutritic 14 servings per co Serving size		act	:S				2 s	coops (!	51.8 g)
Amount Per Serving	Per 2 scoops dry powder		As prepared with 8 fl. oz. vitamin A & D fortified skim milk			Per 2 scoops dry powder		As prepared with 8 fl. oz. vitamin A & D fortified skim milk	
Calories	1	180	2	260			% DV*		% DV*
-					Thiamin	0.4 mg	35%	0.6 mg	50%
Total Fat		% DV*		% DV*	Riboflavin	0.6 mg	45%	1 mg	80%
Saturated Fat	6 g 1.5 q	8%	6 g	8%	Niacin	6.6 mg	40%	6.8 mg	45%
Trans Fat		8%		8%	Vitamin B6	0.7 mg	40%	0.8 mg	45%
Cholesterol	0 g 55 mg	18%	0 g 60 mg	20%	Folate	215 mcg E (129 mcg f		230 mcg (129 mcg f	
Sodium	170 ma	7%	270 mg	12%	Vitamin B12	2.1 mcg	90%	3.3 mcg	140%
Total Carbohydrate	19 q	7%	30 a	11%	Biotin	87 mca	290%	87 mca	290%
Dietary Fiber	10 a	36%	10 g	36%	Pantothenic Acid	3.6 ma	70%	3.6 ma	70%
Total Sugars	2 q		14 g		Phosphorus	350 ma	30%	590 ma	45%
Incl. 0 g Added Sugars		0%		0%	lodine	49 mca	35%	49 mca	35%
Protein	18 g	32%	26 g	52%	Magnesium	245 mg	60%	270 mg	60%
					Zinc	4.9 mg	45%	5.9 mg	50%
Vitamin D	3.2 mcg	15%	6.2 mcg	30%	Selenium	22 mcg	40%	22 mcg	40%
Calcium	470 mg	35%	760 mg	60%	Copper	0.6 mg	70%	0.6 mg	70%
Iron	0.5 mg	2%	0.6 mg	4%	Manganese	0.7 ma	30%	0.7 ma	30%
Potassium	690 mg	15%	1,070 mg	25%	Chromium	39 mcg	110%	39 mcg	110%
Vitamin A	580 mcg	60%	720 mcg	80%	Molybdenum	24 mcg	50%	24 mca	50%
Vitamin C	19 mg	20%	19 mg	20%	* The % Daily Value (DV) tells	_	utrient in a serv		buter to a
Vitamin E	6.6 mg	45%	6.6 mg	45%	daily diet. 2,000 calories a day is used for general nutrition advice.				

BENEFITS:

- Provides 18 grams of protein per serving.
- Provides 10 grams of fiber per serving.
- Provides 24 essential vitamins and minerals per serving.
- No added sugar.
- Great taste.





TLS® NUTRITION SHAKES **COOKIES & CREAM**

Code: 6422 Canister (14 Servings)

WHAT MAKES TLS NUTRITION SHAKES UNIQUE?

Indulge your tastebuds with TLS® Cookies & Cream Nutrition Shakes, a great nutritional alternative for active lifestyles. Formulated to deliver an optimal balance of protein, carbohydrates and fats in every serving, along with 10 grams of fiber and 24 essential vitamins and minerals, all with just six grams of fat per serving!

Whether you want to lose weight or build lean muscle, TLS Nutrition Shakes provide a quick and easy snack between meals to satisfy hunger and an alternative to fast food. TLS Nutrition Shakes deliver the energy and nutrition you need.

Contact Name

Phone Number

Email Address

Website

Address

City/State/ZIP