

MySMARTSHAKE Protein Bases

A high-protein foundation for your MySmartShake

MySmartShake is a convenient way to customize your diet, and Protein Bases are where your MySmartShake begins. Choose a plant-based protein, a whey protein, or a soy protein. After selecting your base, add a Flavor Optimizer and/or a Booster to customize your shake...or simply enjoy as is!

Whichever base you choose, you'll receive high-quality, complete protein with no added sugars. These options are also an excellent source of dietary fiber to help you feel fuller, longer. They include a small amount of saturated fat from coconut oil, which is a beneficial fat. You'll receive the benefits of medium-chain triglycerides (MCTs) from coconut oil, which are healthy fatty acids.*

For those with additional dietary concerns, these products are not genetically engineered, contain clean ingredients, have a low glycemic impact, and are gluten free.† Each base has a light vanilla flavor, but feel free to add a Flavor Optimizer or blend in fresh fruits to make your shake taste just the way you like it.

PLANT

- 150 calories
- 18 g protein
- 0 g sugar
- 8 g fiber



WHEY

- 150 calories
- 18 g protein
- 0 g sugar
- 8 g fiber



SOY

- 150 calories
- 18 g protein
- 0 g sugar
- 8 g fiber



†No gluten-containing ingredients are used in this product. Manufactured on equipment that also processes products containing milk, egg, peanuts, soy, tree nuts, sesame, wheat, and gluten.

MySmart™ Plant

ITEM #206

NUTRITION FACTS			
Serving Size: 2 scoops (39 g)			
Servings Per Container 14			
Amount Per Serving			
Calories		150	
Calories from Fat		45	
		% Daily Value*	
Total Fat	6 g		9%
Saturated Fat	4 g**		20%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	310 mg		13%
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	25%
*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 4 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	Less than	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: PROTEIN BLEND (PEA PROTEIN ISOLATE, POTATO PROTEIN ISOLATE), GLUTEN FREE! OAT BRAN, ORGANIC AGAVE INULIN, CANE FIBER, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES, GUM ARABIC, POTASSIUM PHOSPHATE, GUAR GUM, XANTHAN GUM, SEA SALT, NATURAL FLAVORS.

CONTAINS: TREE NUT (COCONUT) AND TRACE AMOUNTS OF SOY. †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. STORE AT ROOM TEMPERATURE (25°C)

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MySmart™ Whey

ITEM #207

NUTRITION FACTS			
Serving Size: 2 scoops (39 g)			
Servings Per Container 14			
Amount Per Serving			
Calories		150	
Calories from Fat		45	
		% Daily Value*	
Total Fat	6 g		9%
Saturated Fat	5 g**		25%
Trans Fat	0 g		
Cholesterol	45 mg		15%
Sodium	200 mg		8%
Potassium	340 mg		10%
Total Carbohydrate	13 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	10%	Iron	4%
*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	Less than	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: WHEY PROTEIN CONCENTRATE, GLUTEN FREE! OAT BRAN, ORGANIC AGAVE INULIN, CANE FIBER, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES, GUM ARABIC, POTASSIUM PHOSPHATE, XANTHAN GUM, GUAR GUM, SEA SALT, NATURAL FLAVORS, STEVIA.

CONTAINS: MILK, 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.

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MySmart™ Soy

ITEM #205

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	2%	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	Less than	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 CONCENTRATE, GLUTEN FREE! OAT BRAN, ORGANIC AGAVE INULIN, CANE FIBER, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES, GUM ARABIC, XANTHAN GUM, GUAR GUM, SEA SALT, POTASSIUM PHOSPHATE, NATURAL FLAVORS, 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.

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*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.

