

Nutrition Facts

Serving Size with Water 2 Scoops (52.6g)

Servings Per Container with Water 16

Serving Size with Skim Milk 1 Scoop (26.3g)

Servings Per Container with Skim Milk 32

Amount Per Serving	2 Scoops Mixed With 8oz Water	1 Scoop Mixed With 8oz Skim Milk
Calories	200	180
Calories from Fat	35	20

	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat	4g	6%	2g	3%
Saturated Fat	1g	5%	0.5g	3%
Trans Fat	0g	0%	0g	0%
Cholesterol	25mg	8%	15mg	5%
Sodium	180mg	8%	190mg	8%
Potassium	250mg	7%	420mg	12%
Total Carbohydrate	24g	8%	24g	8%
Dietary Fiber	7g	28%	4g	16%
Sugars	8g		16g	
Protein	16g	32%	16g	32%

% Daily Value	Water	Skim Milk	% Daily Value	Water	Skim Milk
Vitamin A	15%	20%	Vitamin B ₆	80%	45%
Vitamin C	170%	80%	Folate	70%	35%
Calcium	10%	35%	Vitamin B ₁₂	80%	60%
Iron	15%	8%	Biotin	35%	15%
Vitamin D ₃	80%	70%	Pantothenic Acid	35%	25%
Vitamin E	70%	30%	Phosphorus	10%	30%
Thiamin	35%	20%	Magnesium	10%	15%
Riboflavin	35%	40%	Selenium	25%	20%
Niacin	35%	15%	Copper	8%	5%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram Fat 9 Carbohydrates 4 Protein 4

INGREDIENTS: whey protein concentrate, rice syrup solids, natural flavor, Fibersol-2® (resistant maltodextrin), essential fatty acid complex (flaxseed, sunflower creamer [sunflower oil, maltodextrin, calcium caseinate, sodium caseinate, dipotassium phosphate, guar gum, mono- and diglycerides, potassium citrate, silicon dioxide]), cocoa powder (processed with alkali), organic cane sugar, brown rice flour, cellulose gum, Vemma formula ([ascorbic acid, plant-sourced trace mineral blend, d-alpha tocopheryl acetate, niacinamide, calcium d-pantothenate, pyridoxine HCL, riboflavin USP, beta-carotene, thiamin HCL, folic acid, d-biotin, cholecalciferol, cyanocobalamin], mangosteen extract, mangosteen fruit, organic glyconutrient-rich aloe vera gel, organic decaffeinated green tea extract, Selenium Select 5000 DCP [L-selenomethionine 0.5%]), xanthan gum, soy lecithin (an emulsifier), sodium chloride, Reb-A (stevia extract)

CONTAINS MILK AND SOY LECITHIN (<1%)

NO ARTIFICIAL SWEETENERS, COLORS, FLAVORS, TRANS FAT OR HIGH FRUCTOSE CORN SYRUP

Recommended Use:

With Water: Mix 2 scoops of Vemma Bod•ē Shake with 8 fl oz of cold, purified water. Mix well in shaker bottle or with ice in blender until smooth.

With Skim Milk: Mix 1 scoop of Vemma Bod•ē Shake with 8 fl oz of skim milk. Mix well in shaker bottle or with ice in blender until smooth.

†As part of the Vemma Bod•ē Transformation Plan