



### Nutrition Facts

4 servings per container  
Serving size 1 bottle (11 fl. oz.) (325 mL)

Amount per serving	% Daily Value**
<b>Calories 180</b>	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 10mg	3%
Sodium 510mg	22%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars <1g	0%
Includes 0g Added Sugars	76%
Protein 40g	76%
Vitamin D 0.2mcg 0%	• Calcium 630mg 50%
Iron 0.3mg 2%	• Potassium 160mg 4%

\*\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Water, Protein Blend (Milk Protein Isolate, Calcium Caseinate, Sodium Caseinate), Natural and Artificial Flavors, Sodium Citrate, Sunflower Oil, Salt, Sunflower Lecithin, Potassium Phosphate, Cellulose Gel, Sugar, Cellulose Gum, Sucralose, Acesulfame Potassium.  
Contains milk ingredients.  
Made in a facility that also processes tree nuts, soy and fish.

From the makers of America's #1 Selling Muscle Development Protein Powder brand, Body Fortress™ High Protein Shakes are created with quality ingredients that will help you reach your fitness goals.

Delicious & convenient – perfect for before or after a workout. Our most try shakes are low fat and packed with 40g of protein to help support lean muscle and strength.

**Directions for Adult Use:** Drink one Body Fortress 40g shake once per day to reach an optimal high protein and calorie needs. Consume approximately 1 gram of protein per pound of body weight from all dietary sources per day to best support building and maintaining lean muscle and strength.\*

Notice: For weight reduction, use only as directed in the Body Fortress diet plan on [www.bodyfortress.com](http://www.bodyfortress.com). Do not use in diets supplying less than 400 calories per day without medical supervision.

\* Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

\*Source: IRI, MULTO, 52 WE 3/29/20, excluding online sales.

©Source: IRI, MULTO, 52 WE 07/12/20, excluding online sales. Leading Protein Brand Protein Shakes have 50g of protein per 11 fl. oz.

**Non-GMO** **Gluten Free** **Low Lactose**

Carefully Manufactured for  
Lactose Intolerance  
Bohemia, NY 11716 U.S.A.  
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