



PRIMARY BENEFITS OF NUTRAMETRIX TLS NUTRITION SHAKES:

- Provides 18 grams of protein per serving
- Provides 10 grams of fiber per serving
- Provides over one-third the RDA of 22 vitamins and minerals per serving
- No added sugar
- Great taste

Available in Creamy Vanilla and Chocolate Delight, nutraMetrix TLS Nutrition Shakes are thick and rich, with a mildly sweet flavor that helps to satisfy cravings. Mixing well with milk or water, nutraMetrix TLS Nutrition Shakes can be blended with ice for a thicker consistency, and can also be combined with fruit or other ingredients.

What Makes nutraMetrix TLS Nutrition Shakes Unique?

nutraMetrix TLS Nutrition Shakes provide a great nutritional alternative for active lifestyles. Available in two delicious flavors, nutraMetrix TLS Nutrition Shakes are formulated to deliver an optimal balance of protein, carbohydrates and fats in every serving, along with 10 grams of fiber and over one-third the recommended daily allowance (RDA) of fiber and 22 different vitamins and minerals—all with just six grams of fat per serving!

Whether you want to lose weight or build lean muscle, nutraMetrix TLS Nutrition Shakes provide a quick and easy snack between meals to satisfy hunger, and an alternative to fast food. As an excellent source of protein, and with 10 grams of fiber per serving, nutraMetrix TLS Nutrition Shakes deliver the energy and nutrition you need.

What are the advantages of a lean protein diet?

Protein provides much-needed nourishment while also blunting hunger pangs, enabling you to feel fuller for longer without becoming deprived of necessary nutrients.

Are the nutraMetrix TLS Nutrition Shakes vegetarian?

Yes. nutraMetrix TLS Nutrition Shakes only utilize whey and pea proteins. Whey protein is derived from milk, and pea protein is a plant-based source of low-fat protein.

Additional benefits of nutraMetrix TLS Nutrition Shakes:

- ✓ **Gluten Free** – the finished product contains no detectable gluten
- ✓ **No Detectable GMOs** – the finished product contains no detectable genetically modified organism

Directions for use: for a creamy shake, add 2 scoops of powder to 8 fl. oz. of cold water or skim milk. Mix vigorously until smooth. For optimum taste, mix in a blender. If needed, adjust amount of liquid to desired level of thickness. Best served chilled or over ice. Drink and enjoy!

For more information, please contact:

Nutrition Facts				
Serving Size: 2 Scoops (49.3 g)				
Servings Per Container: 14				
Amount Per Serving	Without Milk	Combined with 8 fl. oz. Skim Milk (with added Vitamins A & D)		
Calories	190	270		
Calories From Fat	50	50		
	% Daily Value*		% Daily Value*	
Total Fat	6 g	9%	6 g	9%
Saturated Fat	1.5 g	8%	1.5 g	8%
Trans Fat	0 g	0%	0 g	0%
Cholesterol	55 mg	18%	60 mg	20%
Sodium	180 mg	8%	280 mg	12%
Potassium	700 mg	20%	1,090 mg	31%
Total Carbohydrate	16 g	5%	28 g	9%
Dietary Fiber	10 g	40%	10 g	40%
Sugars	2 g		14 g	
Protein	18 g	36%	26 g	52%
Vitamin A	35%		45%	
Vitamin C	35%		35%	
Calcium	45%		80%	
Iron	0%		0%	
Vitamin D	35%		60%	
Vitamin E	35%		35%	
Thiamin	35%		40%	
Riboflavin	35%		60%	
Niacin	35%		35%	
Vitamin B6	35%		35%	
Folate	35%		40%	
Vitamin B12	35%		60%	
Biotin	35%		35%	
Pantothenic Acid	35%		45%	
Phosphorus	40%		60%	
Iodine	35%		35%	
Magnesium	60%		70%	
Zinc	35%		40%	
Selenium	35%		45%	
Copper	35%		35%	
Manganese	35%		35%	
Chromium	35%		35%	
Molybdenum	35%		35%	
* 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	65 g	80 g	
Saturated Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	
Calories per gram				
Fat 9	Carbohydrate 4		Protein 4	

Ingredients: Whey protein concentrate, Fibersol® -21 (maltodextrin), sunflower oil creamer, cocoa powder, magnesium citrate, dicalcium phosphate, potassium citrate, gum blend (cellulose gum, xanthan gum, carrageenan), natural vanilla flavor, sodium chloride, silicon dioxide, sucralose, ascorbic acid, d-alpha-tocopheryl acetate, sodium molybdate, biotin, niacinamide, zinc oxide, d-calcium pantothenate, retinyl palmitate, sodium selenite, manganese sulfate, copper citrate, chromium dinicotinate, glycinate, cholecalciferol, pyridoxine HCL riboflavin, thiamin mononitrate, cyanocobalamin, folic acid, potassium iodide, apple pectin, citrus pectin, rice bran and pea protein isolate.

Contains: Milk and soy.

Manufactured on equipment which processes products containing milk, egg, soybeans, wheat, shellfish, fish oil, tree nuts and peanut butter flavor.