

# Nutrition Facts

Serving Size: 32.5 g (1 scoop)

Servings Per Container: 30

	Amount per Serving	Whey	w/1 Cup Skim Milk
<b>Calories</b>		125	210
		% Daily Value**	
<b>Total Fat</b>	1 g *	2%	2%
Saturated Fat	0 g	0%	0%
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg	0%	2%
<b>Sodium</b>	60 mg	3%	7%
<b>Potassium</b>	140 mg	4%	15%
<b>Total Carbohydrate</b>	12 g	4%	8%
Dietary Fiber	6 g	24%	24%
Insoluble Fiber	3.5 g		
Sugars	6 g		
<b>Protein</b>	14 g	28%	45%
Vitamin A	2500 IU	50%	60%
Vitamin C	30 mg	50%	50%
Calcium	300 mg	30%	60%
Iron	4.5 mg	25%	25%
Vitamin D	1000 IU	250%	280%
Vitamin E	15 IU	50%	50%

	Amount per Serving	Whey	w/1 Cup Skim Milk
		% Daily Value**	
Thiamin	0.75 mg	50%	60%
Riboflavin	0.85 mg	50%	80%
Niacin	10 mg	50%	50%
Vitamin B6	1 mg	50%	50%
Folic Acid	200 mcg	50%	50%
Vitamin B12	1000 mcg	16670%	16690%
Biotin	150 mcg	50%	50%
Pantothenic Acid	5 mg	50%	60%
Phosphorus	200 mg	20%	45%
Iodine	105 mcg	70%	70%
Magnesium	80 mg	20%	25%
Zinc	7.5 mg	50%	60%
Selenium	21 mcg	30%	40%
Manganese	5 mg	250%	250%
Chromium	18 mcg	15%	15%
Molybdenum	20 mcg	25%	25%

\*Amount in Slender FX™ Shake. A serving of Youngevity® Slender FX™ Shake plus skim milk provides 1 g fat, 5 mg cholesterol, 163 mg sodium, 522 mg potassium, 24 g carbohydrate (18 g sugars) and 22 g protein.

\*\*Percent Daily Values are based on a 2,000 calorie diet.

**OTHER INGREDIENTS:** Slender FX™ Custom Protein Blend (Micro-filtered whey [milk] protein concentrate, pea protein, rice sprouts protein, quinoa protein, chia protein, flax protein), microcrystalline cellulose, RejuvaSweet™ (Naturally Sweet Branched and Linear Chain Cellular Energy Concentrates [organic brown rice syrup solids, citric acid, organic rice bran], Organic Evaporated Cane Juice, Fructooligosaccharides, Stevia), di-calcium phosphate, natural vanilla flavor, sunflower lecithin, xanthan gum, potassium citrate, Vitamin B12, magnesium oxide, guar gum, psyllium, maltodextrin, spirulina, Slender FX™ Metabolism Boosting Botanical Blend (70% Standardized *Garcinia cambogia*, 20% standardized *Coleus forskohlii*, 30% catechin-standardized Green Tea, glutamine), choline bitartrate, inositol, Vitamin C, Vitamin E (d-alpha tocopheryl acetate), apple pectin, biotin, zinc oxide, niacinamide, manganese sulfate, Vitamin A (palmitate), calcium pantothenate, lecithin, lemon bioflavonoids, ergocalciferol, papaya, chlorophyll, pyridoxine HCl, riboflavin, thiamine HCl, ferrous fumarate, folic acid, bromelain, chromium chloride, potassium iodide, sodium molybdate and sodium selenite.