

# SHAKE NUTRITION AT A GLANCE

20 oz.	Peanut Buster	Strawberry Lean	The Caffeinator	PB Cup Lite	Banana Nut Blast Lite	Slenderberry
Calories	290	190	280	270	260	210
Fat	10g	4g	7g	6g	6g	4g
Carbohydrates	13g	16g	23g	28g	27g	21g
Sugar	2g	10g	17g	18g	5g	10g
Protein	39g	22g	32g	27g	28g	22g

20 oz.	Body Shredder	Tropical Shredder
Calories	280	260
Fat	5g	9g
Carbohydrates	25g	24g
Sugar	8g	16g
Protein	31g	22g

20 oz.	Strawberry Slam	Java Jolt	Berry, Berry Good	Chocolate Frosty	Mango Berry Burst	Hawaiian Harvest
Calories	320	390	310	340	330	320
Fat	2g	11g	3g	7g	2.5g	4.5g
Carbohydrates	54g	54g	53g	28g	55g	49g
Sugar	42g	41g	33g	19g	47g	40g
Protein	21g	23g	21g	41g	22g	21g

20 oz.	Chocolate Thinny Mint	Cracker Jax	Organic Cookie Crunch	Red Velvet Cupcake	I Love Veggies	Tender Greens
Calories	320	340	400	320	330	360
Fat	7g	6g	4.5g	4.5g	4.5g	17g
Carbohydrates	33g	44g	34g	40g	51g	30g
Sugar	19g	29g	21g	27g	40g	24g
Protein	31g	28g	38g	29g	22g	22g

20 oz.	Mo' Mass	Peanut Butter Cup	Cardio Extreme	Banana Nut Blast
Calories	650	530	410	520
Fat	21g	22g	4g	22g
Carbohydrates	85g	35g	73g	31g
Sugar	31g	21g	36g	7g
Protein	32g	49g	21g	50g

# SHAKE NUTRITION AT A GLANCE

<b>20 oz.</b>	<b>The Pink Panther</b>	<b>Coffee Chai Delight</b>	<b>Dutch Apple Pie</b>	<b>Caramel Coconut Delight</b>	<b>Fruit Bomb</b>	<b>Flex On The Beach</b>
<b>Calories</b>	680	330	430	490	280	410
<b>Fat</b>	18g	7g	7g	11g	2.5g	7g
<b>Carbohydrates</b>	101g	47g	69g	74g	41g	66g
<b>Sugar</b>	45g	33g	47g	56g	30g	51g
<b>Protein</b>	30g	22g	23g	24g	22g	22g
<b>20 oz.</b>	<b>The Milky Whey</b>	<b>A Whole Latte Caramel</b>	<b>Pina Colada Swirl</b>	<b>Chocolate Covered Strawberry</b>	<b>The Paranoia</b>	
<b>Calories</b>	360	370	320	320	690	
<b>Fat</b>	9g	6g	3.5g	4g	20g	
<b>Carbohydrates</b>	46g	58g	51g	47g	104g	
<b>Sugar</b>	24g	48g	44g	38g	57g	
<b>Protein</b>	24g	22g	21g	22g	26g	

# SHAKE NUTRITION AT A GLANCE

12 oz.	Peanut Buster	Strawberry Lean	The Caffeinator	PB Cup Lite	Banana Nut Blast Lite	Slenderberry
Calories	180	140	220	150	190	150
Fat	6g	2.5g	5g	3.5g	4g	2.5g
Carbohydrates	8g	13g	22g	15g	14g	14g
Sugar	1g	8g	17g	9g	3g	6g
Protein	25g	16g	21g	15g	24g	16g

12 oz.	Body Shredder	Tropical Shredder
Calories	190	190
Fat	3g	6g
Carbohydrates	17g	18g
Sugar	6g	9g
Protein	21g	16g

12 oz.	Strawberry Slam	Java Jolt	Berry, Berry Good	Chocolate Frosty	Mango Berry Burst	Hawaiian Harvest
Calories	260	320	250	170	260	250
Fat	2g	8g	2.5g	3.5g	2.5g	3g
Carbohydrates	38g	41g	37g	14g	39g	34g
Sugar	29g	31g	23g	10g	30g	24g
Protein	21g	22g	21g	21g	21g	21g

12 oz.	Chocolate Thinny Mint	Cracker Jax	Organic Cookie Crunch	Red Velvet Cupcake	I Love Veggies	Tender Greens
Calories	200	210	230	190	200	190
Fat	4.5g	4g	7g	3g	3g	9g
Carbohydrates	20g	28g	18g	22g	34g	17g
Sugar	10g	19g	11g	14g	27g	10g
Protein	21g	16g	24g	19g	11g	11g

12 oz.	Mo' Mass	Peanut Butter Cup	Cardio Extreme	Banana Nut Blast
Calories	420	270	290	260
Fat	11g	11g	3g	11g
Carbohydrates	59g	17g	51g	16g
Sugar	22g	10g	24g	4g
Protein	22g	25g	15g	25g

# SHAKE NUTRITION AT A GLANCE

<b>12 oz.</b>	<b>The Pink Panther</b>	<b>Coffee Chai Delight</b>	<b>Dutch Apple Pie</b>	<b>Caramel Coconut Delight</b>	<b>Fruit Bomb</b>	<b>Flex On The Beach</b>
<b>Calories</b>	320	140	210	250	130	220
<b>Fat</b>	9g	3g	3.5g	6g	1g	3.5g
<b>Carbohydrates</b>	48g	22g	35g	37g	19g	37g
<b>Sugar</b>	23g	16g	23g	28g	15g	27g
<b>Protein</b>	14g	6g	12g	12g	11g	11g
<b>12 oz.</b>	<b>The Milky Whey</b>	<b>A Whole Latte Caramel</b>	<b>Pina Colada Swirl</b>	<b>Chocolate Covered Strawberry</b>	<b>The Paranoia</b>	
<b>Calories</b>	200	190	160	160	370	
<b>Fat</b>	4.5g	3g	1.5g	2g	11g	
<b>Carbohydrates</b>	27g	29g	25g	24g	56g	
<b>Sugar</b>	14g	24g	22g	19g	30g	
<b>Protein</b>	12g	11g	10g	11g	13g	