

# YOR SHAKE™

## Vanilla

### Nutrition Facts

Serving Size: 2 level scoops (35 g)  
Servings Per Container: 14

Amount Per Serving		% Daily Value*	
<b>Calories</b>	140		
<b>Calories from Fat</b>	35		
<b>Total Fat</b>	4 g		6%
Saturated Fat	1 g		5%
Trans Fat	0 g		
<b>Cholesterol</b>	30 mg		10%
<b>Sodium</b>	310 mg		13%
<b>Potassium</b>	340 mg		10%
<b>Total Carbohydrate</b>	7 g		2%
Dietary Fiber	2 g		7%
Sugars	1 g		
<b>Protein</b>	20 g		40%
Vitamin A	25%	Vitamin C	35%
Calcium	20%	Iron	0%
Vitamin D	45%	Vitamin E	20%
Thiamin	35%	Riboflavin	35%
Niacin	35%	Vitamin B6	30%
Folate	35%	Vitamin B12	45%
Biotin	40%	Pantothenic Acid	35%
Phosphorus	20%	Iodine	35%
Magnesium	15%	Zinc	20%
Selenium	35%	Copper	20%
Manganese	40%	Chromium	40%
Molybdenum	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.

\*\* Daily Value (DV) not established.

	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
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

#### Naturally Occurring Amino Acids Per Serving \*\*

Alanine	928 mg	Lysine	1,849 mg
Arginine	728 mg	Methionine	450 mg
Aspartic Acid	2,179 mg	Phenylalanine	811 mg
Cysteine	435 mg	Proline	557 mg
Glutamic Acid	3,787 mg	Serine	1,080 mg
Glycine	459 mg	Threonine	1,236 mg
Histidine	439 mg	Tryptophan	346 mg
Isoleucine	1,244 mg	Tyrosine	732 mg
Leucine	2,138 mg	Valine	1,185 mg

\*\* Naturally occurring amounts of amino acids may vary.

### DIRECTIONS

**First:** Pour 8-12 oz of cold water into a blender or YOR Shaker Cup.

**Second:** Add 2 level scoops of YOR Shake™.

**Third:** Blend or shake vigorously for 15-30 seconds.

**INGREDIENTS:** Protein blend (whey protein concentrate, soy protein isolate, milk protein isolate, calcium caseinate), sunflower oil, maltodextrin, natural & artificial flavors, medium chain triglycerides, gum blend (xanthan gum, guar gum, carrageenan), potassium chloride, sodium chloride, sodium phosphate, calcium carbonate, magnesium oxide, AMINOGEN® (protease derived from *Aspergillus oryzae* and *Aspergillus niger*), ascorbic acid, sucralose, L-glutamine, L-carnitine, L-lysine HCl, L-arginine HCl, lactase, molybdenum amino acid chelate, CARBOGEN® (amylase, cellulase, and hemicellulase derived from *Aspergillus oryzae* and *Aspergillus niger*), calcium phosphate, biotin, choline bitartrate, YOR NDS™ PATENT PROTECTED BLEND (Biodiastase (amylase, protease, cellulase), Newlase (protease, lipase), YORzyme™ (protease, cellulase), Lipase AP-12), d-alpha-tocopheryl acetate, niacinamide, copper amino acid chelate, zinc oxide, vitamin A palmitate, green tea extract, calcium d-pantothenate, manganese amino acid chelate, beta-carotene, folic acid, cholecalciferol, calcium amino acid chelate, calcium ascorbate, magnesium amino acid chelate, magnesium aspartate, magnesium phosphate, potassium iodide, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, cyanocobalamin, chromium amino acid chelate, chromium polynicotinate, sodium selenate, chromium picolinate.

**Allergen Information:** Contains milk and soy. Manufactured in a facility that processes egg, milk, fish, shellfish, tree nuts, wheat, and soy.

**Storage:** Store in a cool, dry place away from moisture, sunlight, and excessive heat. Always keep tightly sealed.

### KEEP OUT OF REACH OF CHILDREN

**Attention:** Read product usage on label prior to use. Do not use if the safety seal is broken, damaged, or appears to have been tampered with. Not for use by children under 12 years of age. Persons under the age of 18 should not use without clearance from a physician. Consult your physician if you are pregnant, nursing, taking prescription drugs, or have any medical conditions.

To report product satisfaction, adverse effects, or other comments, please call us at: (949) 681-6090.

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