

# SLMsmart Health Shake - Chocolate



## Description

Take the guesswork out of eating right and achieve your ideal weight with Synergy SLMsmart™ Health Shake. This delicious shake mix offers more benefit per sip with nutrient rich, smart calories that instantly fuel your body and keep it running at high efficiency for hours.

## Benefits

- Balanced array of carbohydrates, fats, and protein
- Time released energy
- Keeps you feeling full for up to four hours
- Supports lean muscle mass
- Little-to-no glycemic effect (raising blood sugar) after consumption

## Recommended Uses

Mix three (2) rounded scoops into 10 ounces of milk or water.

## Ingredients

- Time-released Protein Blend— featuring three protein sources, whey, soy and casein, this blend has been formulated to assure a true time-release. This can promote satiety for up to four hours. The amino acids from whey protein appear in the blood almost immediately after consumption. Those from soy protein are next, as soy protein has been shown to be a “medium-release” facilitating longer term distribution of the amino acids. The amino acids from casein appear last.
- Time-released Energy Blend — the healthy carbohydrates and fat found in Synergy SLMsmart Health Shake have been specifically added and formulated to allow energy to be released at different time intervals. For carbohydrates, fast releasing energy has been included in the form of maltodextrin, and slower-releasing energy in the form of fructose. For fat, some comes as fast releasing energy from medium-chain triglycerides and some as slow-releasing energy from sunflower and canola oil. With these time-released sources of energy, you feel satisfied until the next meal.
- Vitamin Mineral Blend — containing the essential nutrients normally found in a balanced meal, Health Shake is able to act as a true meal replacement by offering this blend.

## Nutrition Facts

Serving Size 3 rounded scoops (65g)  
Servings Per Container 15

Amount Per Serving		
<b>Calories 260</b>		Calories from Fat 60
		<b>%Daily Value*</b>
<b>Total Fat</b>	6 g	9%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
<b>Cholesterol</b>	15 mg	5%
<b>Sodium</b>	170 mg	7%
<b>Potassium</b>	200 mg	6%
<b>Total Carbohydrate</b>	27 g	9%
Dietary Fiber	5 g	20%
Sugars	11 g	
<b>Protein</b>	26 g	52%

Vitamin A 35%	•	Vitamin C 35%
Calcium 8%	•	Iron 35%
Vitamin D 35%	•	Vitamin E 35%
Vitamin K 35%	•	Thiamin 35%
Riboflavin 35%	•	Niacin 35%
Vitamin B6 35%	•	Folate 35%
Vitamin B12 35%	•	Biotin 35%
Pantothenic Acid 35%	•	Iodine 35%
Magnesium 4%	•	Zinc 35%
Selenium 35%	•	Copper 35%
Manganese 35%	•	Chromium 35%
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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9	•	Carbohydrate 4	•	Protein 4
-------	---	----------------	---	-----------

**INGREDIENTS:** Milk protein isolate, maltodextrin, soy protein isolate, fructose, whey protein concentrate, sunflower oil, cocoa powder, chicory inulin, canola oil, natural flavors, medium chain triglycerides, salt, potassium citrate, guar gum, xanthan gum, carrageenan, stevia extract, vitamin mineral blend (ascorbic acid, vitamin E acetate, ferrous fumarate, sodium selenate, biotin, niacinamide, vitamin A palmitate, zinc oxide, copper gluconate, d-calcium pantothenate, phytonadione (vitamin K), manganese sulfate, vitamin D, folic acid, potassium iodide, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, sodium molybdate, cyanocobalamin, chromium chloride).

**Allergens:** Contains Milk, Soy.