

# SLMSMART HEALTH SHAKE

Providing a time-released energy and protein blend superior to the competition, SLMsmart Health Shake has the power to deliver results.

## VANILLA FLAVOR

Item# 74046  
34 oz. Canister

Take the guesswork out of eating right and achieve your ideal weight with Synergy's 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

- Delivers a balanced array of carbohydrates, fats, and protein for 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

## KEY INGREDIENTS

**Protein Blend:** The SLMsmart Meal Replacement features three protein sources: whey, soy and casein. Proteins contribute to the growth and maintenance of muscle mass. The amino acids from whey protein appear in the blood almost immediately after consumption. Soy protein amino acids appear next followed by casein protein. Together, these power-packed ingredients will leave your body feeling satisfied and ready to tackle the day.

**Energy Blend:** The healthy carbohydrates and fats found in SLMsmart Meal Replacement were strategically formulated to fuel your metabolism and give you the energy that life's demands require. Maltodextrin, canola oil and sunflower oil are just a few of the ingredients that will help you maintain your energy levels, stay satisfied and achieve your target weight.

**Vitamin & Mineral Blend:** Because SLMsmart Meal Replacement contains essential nutrients found in a balanced meal, including Calcium, Iron, Potassium and B Vitamins, it is able to act as an effective alternate to your normal breakfast, lunch or dinner routine.

## RECOMMENDED USE

Mix 3 rounded scoops into 10 ounces of milk or water.



Nutrition Facts	
15 servings per container	
<b>Serving size</b>	<b>3 Scoops (65g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 12g	
Includes 11g Added Sugars	<b>22%</b>
<b>Protein</b> 26g	<b>52%</b>
Vitamin D 3.5mcg	20%
Calcium 280mg	20%
Iron 6.3mg	35%
Potassium 250mg	6%
Vitamin A 530mcg	60%
Vitamin C 21mcg	25%
Vitamin E 19mg	130%
Vitamin K 28mcg	25%
Thiamin 0.52mg	45%
Riboflavin 0.59mg	45%
Niacin 7mg	45%
Vitamin B <sub>6</sub> 0.7mg	40%
Folate 230mcg DFE (138mcg folic acid)	60%
Vitamin B <sub>12</sub> 2.1mcg	90%
Biotin 105mcg	350%
Pantothenic Acid 3.5mg	70%
Iodine 52.5mcg	35%
Magnesium 15mg	4%
Zinc 5.3mg	50%
Selenium 24.5mcg	45%
Copper 0.7mg	80%
Manganese 0.7mg	30%
Chromium 42mcg	120%
Molybdenum 26.3mcg	60%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Milk Protein Isolate, Maltodextrin, Soy Protein Isolate, Fructose, Whey Protein Concentrate, Chicory Inulin, Soluble Vegetable Fiber, Sunflower Oil, Natural Flavors, Canola Oil, Medium Chain Triglycerides, Potassium Citrate, Sea Salt, Sodium Caseinate, Steviol Glycosides, Guar Gum, Xanthan Gum, Carrageenan, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Ferrous Fumarate, Biotin, Sodium Selenate, Vitamin A Palmitate, Niacinamide, Zinc Oxide, D-Calcium Pantothenate, Copper Gluconate, Phytonadione, Cholecalciferol, Manganese Sulfate, Folic Acid, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Sodium Molybdate, Cyanocobalamin, Chromium Chloride.

Contains: Milk, Soy.

\*As with any nutritional product, please consult your physician before use, especially if pregnant, lactating, or have a known medical condition. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.