



# Fit & Happy Shake™ Mocha

Fit & Happy Shake Mocha is a delicious way to give your body the protein and nutrients it needs for healthy weight loss! We start with the most bioavailable protein available – whey protein concentrate – and add vital prebiotics and probiotics to support your gut health. This Keto-friendly shake offers vitamins, fiber, medium-chain triglycerides (MCT's) and a natural carb blocker to help you look and feel your best!

Fit & Happy Shake offers the fuel your body needs with just over 100 calories and none of the artificial junk found in most protein shakes. This delicious mocha flavor makes the perfect base for smoothies and recipes or a quick shake anytime of the day. With NO artificial sweeteners, flavors, GMO's or preservatives, you can feel good about how you are nourishing your body as you reach your goals!

**How to Use:** For healthy weight management and nutrition, mix 1 serving (full level scoop) of Fit & Happy Mocha with 8 fl. oz. of cold water for a snack; for a full meal mix with milk, milk alternative, or add nut butter or fruit. Enjoy 1-2 times daily. For weight loss support, replace 1 meal/day with a shake.



Item #: 47000999  
 \$99.95 Retail Price  
 \$89.95 SmartShip

Supplement Facts				
Serving Size: 1 Full Level Scoop (27.2 grams)				
Servings per Container: 28				
	Powder		with 8 fl oz nonfat milk	
	Amount Per Serving	%Daily** Value	Amount Per Serving	%Daily** Value
<b>Calories</b>			<b>118</b>	<b>198</b>
<b>Total Fat</b>	4 g	5%	4 g	5%
Saturated Fat	3 g	15%	3 g	15%
<b>Cholesterol</b>	32 mg	11%	37 mg	12%
<b>Sodium</b>	111 mg	5%	211 mg	8%
<b>Total Carbohydrates</b>	9 g	3%	21 g	7%
Dietary Fiber	6 g	21%	6 g	21%
Total Sugars	1.5 g		14 g	
<b>Protein</b>	12 g	24%	20 g	40%
Vitamin A (as Palmitate)	300 mcg	33%	450 mcg	50%
Vitamin C (as Ascorbic Acid)	30 mg	33%	30 mg	33%
Vitamin D (as Cholecalciferol)	7 mcg	33%	10 mcg	50%
Vitamin E (as DL-Alpha Tocopheryl Acetate)	5 mg	33%	5 mg	33%
Vitamin B1 (as Thiamine)	0.4 mg	33%	0.5 mg	33%
Vitamin B2 (as Riboflavin)	0.4 mg	33%	0.8 mg	47%
Vitamin B3 (as Niacinamide)	5 mg	33%	5.2 mg	33%
Vitamin B6 (as Pyridoxal 5-Phosphate)	0.5 mg	33%	0.6 mg	33%
Folic Acid (as L-Methylfolate Calcium)	133 mcg	33%	145 mcg	36%
Vitamin B12 (as Methylcobalamin)	0.8 mcg	33%	3 mcg	50%
Vitamin B5 (as Calcium D-Pantothenate)	2 mg	33%	3.7 mg	37%
Calcium	104 mg	8%	400 mg	40%
Potassium	188 mg	4%	570 mg	16%

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

**Ingredients:** Whey Protein Concentrate, Acacia Fiber, Coconut Oil Powder, Guar Gum, Alkalinized Cocoa Powder, Natural Flavor, Probiotic Blend (Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus rhamnosus, Bifidobacterium breve, Bifidobacterium longum and Lactobacillus casei), Fabenol® carb blocker (Proprietary White Kidney Bean Extract), Colombian Coffee Powder, Xanthan Gum, Sodium Bicarbonate, Pink Himalayan Salt, Silicon Dioxide and Stevia Leaf Extract.

**Contains:** Milk and may contain soy

**3 g Net Carbs\***

\*when mixed with water



gluten free



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