

SHAKE DOWN™

MEAL REPLACEMENT SHAKE

1.45 lbs / 660 g
Dietary Supplement

A.C.T.™ SHAKE DOWN™ is the ultimate supplement that allows you to sustain high energy levels throughout the day, physically, mentally and emotionally.

GREAT TASTE: Full-flavored natural variety of tastes available by combining with your choice of fruit to achieve a thick milkshake-style drink.

SUGGESTED USE: Mix 1 scoop with water, non-fat or 1% milk, or lowfat yogurt, and 1-2 cups of your favorite fruit, blend and drink.

WARNING: This supplement should not be taken as the sole source of nutrition and should be consumed with a nutritious diet. This product contains ingredients derived from soy, dairy and nuts. This product should be taken in conjunction with an appropriate exercise program. If you are pregnant, nursing or taking medications, consult your healthcare professional before using this product.

KEEP OUT OF THE REACH OF CHILDREN.

INGREDIENTS: Soy Protein Isolate, Milk Protein Isolate, Cocoa, Whey Protein Concentrate, Tricalcium Phosphate, Magnesium Carbonate, Non-Dairy Creamer, Natural & Artificial Flavors, FOS/Inulin, Sodium Chloride, Malto-dextrin, Xanthum Gum, Guar Gum, Potassium Citrate, Iron Pyrophosphate, Sucralose, Zinc Lactate, Ascorbic Acid, Vitamin E (d-alpha tocopheryl acetate), Beta Carotene, Nicotinamide, Copper Gluconate, Molybdenum Citrate, Calcium Pantothenate, Vitamin D3, Pyridoxine HCl, Riboflavin, Thiamin HCl, Folic Acid, Biotin, Chromium Amino Nicotinate, Selenomethionine and Vitamin B-12.

Supplement Facts

Serving Size: approx. 22 grams (1 scoop)
Servings Per Container: 30

Chocolate Flavor

	Amount per Serving	% Daily Value*
Calories	77	
Calories From Fat	9	
Total Fat	1 g	1%
Cholesterol	3 mg	1%
Total Carbohydrates	2 g	1%
Dietary Fiber	1 g	4%
Sugars	0 g	**
Protein	15 g	30%
Vitamin A (as beta carotene)	1750 IU	35%
Vitamin C (as ascorbic acid)	21 mg	35%
Vitamin D-3 (as cholecalciferol)	140 IU	35%
Vitamin E (as d-alpha tocopheryl acetate)	10.5 IU	35%
Vitamin K	28 mcg	35%
Vitamin B-1 (as thiamine hydrochloride)	0.5 mg	33%
Vitamin B-2 (as riboflavin)	0.595 mg	35%
Vitamin B-3 (as niacinamide)	7 mg	35%
Vitamin B-6 (as pyridoxine HCl)	0.7 mg	35%
Folic Acid	140 mcg	35%
Vitamin B-12 (as cyanocobalamin)	2 mcg	33%
Biotin	105 mcg	35%
Vitamin B-5 (pantothenic acid as calcium pantothenate)	3 mg	30%
Calcium (from calcium phosphate and naturally occurring)	350 mg	35%
Iron (from iron phosphate)	6 mg	33%
Magnesium (from magnesium carbonate)	140 mg	35%
Zinc (from zinc lactate)	5 mg	33%
Selenium (from l-selenomethionine)	24 mcg	34%
Copper (from copper gluconate)	700 mcg	35%
Chromium (from chromium amino nicotinate)	42 mcg	35%
Molybdenum (from molybdenum citrate)	25 mcg	33%
Sodium	230 mg	9%
Potassium	210 mg	6%

*Daily Value based on a 2,000 calorie diet for adults and children over 4 years of age. **Daily Value not established

Your daily values may be higher or lower depending on your calorie needs:

	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 Carbohydrates	300 g	375 g
Dietary Fiber	25 g	30 g

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



Manufactured in the USA for:
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