

# CHOCOLATE FLAVOR NOURISHAKE®

The delicious, nutritious “perfect start”  
to an energy-filled day!



NUTRITIONALS  
Nature • Science

Ideal for the entire family, NouriShake offers naturally good nutrition and great taste in every glass. Designed to support optimum cellular nutrition, NouriShake provides a balanced ratio of protein, carbohydrates, and fiber by supplying all 22 amino acids involved in human nutrition, a blend of simple and complex carbohydrates for sustained energy release, and as much fiber per serving as a slice of whole wheat bread!

- Exceptionally high quality protein.
- Naturally sweetened with fructose and grape juice concentrate.
- Low in fat and cholesterol.
- No wheat or corn.
- Low lactose (when mixed with juice).
- Natural plant-derived enzyme system to support digestion.
- When mixed with milk, provides approximately 1/3 the Daily Value for protein and 1/2 the Daily Value for calcium.

#### Tastes so good...and so good for you!

Every creamy, delicious glass of NouriShake is backed by 4 decades of nutritional expertise, scientific research, and consumer testing. Start your day with NouriShake—an important part of GNLD's Energy Program!

#### Directions:

- Using a shaker or blender, mix 2 heaping tablespoons (30 g) of NouriShake in 8 fl. oz. of chilled 1% lowfat milk or your favorite juice. NouriShake is most satisfying when served very cold!
- For more variety, taste, and nutrition, add fresh or frozen fruit. For an even frothier, thicker drink, add a few ice cubes while blending.

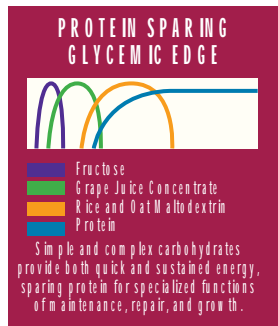
**INGREDIENTS:** NONFAT MILK SOLIDS, FRUCTOSE, CALCIUM SODIUM CASEINATE, COCOA POWDER, ISOLATED SOY PROTEIN, RICE AND OAT MALTODEXTRIN, OAT FIBER, GRAPE JUICE CONCENTRATE, NATURAL AND ARTIFICIAL FLAVORS, RICE PROTEIN, PECTIN, LECITHIN, SAFFLOWER OIL, CARRAGEENAN, TRICALCIUM PHOSPHATE, PAPAIN, BROMELAIN, AMYLASE, LIPASE, LACTASE.

NOT SOLD IN RETAIL STORES

Available Exclusively From GNLD Distributors

Distributed by: **GNLD International, LLC**  
Fremont, California 94538 U.S.A.  
**Golden Neo-Life Diamite International, Ltd.**  
Bridgetown, Barbados, W.I.  
Kingston, Jamaica, W.I.  
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# CHOCOLATE FLAVOR NOURISHAKE®

## PROTEIN DRINK MIX

*For Optimum Cellular Energy*

NET WT. 19 OZ. (540g)

### Nutrition Facts

Serving Size: 2 Heaping Tablespoons (30 g)

Servings Per Container: 18

Amount Per Serving	Shake Mix	Shake Mix with 8 fl. oz. 1% Lowfat Milk
<b>Calories</b>	110	220
Calories from Fat	10	35
<b>Amount in Mix</b>		
<b>% Daily Value*</b>		
<b>Total Fat</b>	Less than 1 g	<b>2%</b>
Saturated Fat	0 g	<b>0%</b>
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	<b>0%</b>
<b>Sodium</b>	115 mg	<b>5%</b>
<b>Potassium</b>	290 mg	<b>8%</b>
<b>Total Carbohydrate</b>	18 g	<b>6%</b>
Dietary Fiber	2 g	<b>8%</b>
Sugars	13 g	
Other Carbohydrate	3 g	
<b>Protein</b>	9 g	<b>18%</b>
Vitamin A	0%	10%
Vitamin C	0%	4%
Calcium	20%	50%
Iron	0%	0%
Vitamin D	0%	20%
Thiamine	0%	6%
Riboflavin	4%	30%
Vitamin B 6	0%	6%
Vitamin B12	2%	20%
Pantothenic Acid	0%	8%
Phosphorus	20%	35%
Magnesium	6%	15%
Zinc	0%	8%

\*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	65 g	80 g	
Sat. Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2400 mg	2400 mg	
Potassium	Less than	3500 mg	3500 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	
Protein		50 g	65 g	

Made in U.S.A.



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