

**DIRECTIONS:** For best results, mix 1 level scoop with 8 ounces of cold water 3 times daily (e.g., morning, afternoon, and evening). To eliminate lumps, mix in a blender.

**STORAGE:** Keep tightly closed in a cool, dry place.

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

**WARNING:** Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs. Keep out of reach of children.

**ALLERGY INFORMATION:** Contains milk- and soy-based ingredients.

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**chocolate flavored**

# 2-Day Fast Formula®



- 2-day cleansing fast\*
- Fast and safe weight loss\*
- Great taste!

**WEIGHT**  
management

**NET WT 6.42 OZ (182 G)**

**NUTRITIONAL SHAKE MIX**

## Nutrition Facts

Serving Size 1 Scoop (28 g)  
Servings Per Container 6.5

### Amount Per Serving

**Calories** 110      **Calories from Fat** 10

### % Daily Value\*\*

|                                |            |
|--------------------------------|------------|
| <b>Total Fat</b> 1 g           | <b>2%</b>  |
| Saturated Fat 0 g              | <b>0%</b>  |
| <b>Cholesterol</b> 0 mg        | <b>0%</b>  |
| <b>Sodium</b> 40 mg            | <b>2%</b>  |
| <b>Potassium</b> 353 mg        | <b>10%</b> |
| <b>Total Carbohydrate</b> 19 g | <b>6%</b>  |
| Dietary Fiber 2 g              | <b>8%</b>  |
| Sugars 16 g                    | <b>†</b>   |
| <b>Protein</b> 6 g             | <b>12%</b> |

|                  |      |             |     |            |     |
|------------------|------|-------------|-----|------------|-----|
| Vitamin A        | 15%  | Vitamin C   | 30% | Vitamin D  | 25% |
| Vitamin E        | 100% | Vitamin K   | 25% | Thiamine   | 67% |
| Riboflavin       | 20%  | Niacin      | 35% | Vitamin B6 | 33% |
| Folate           | 25%  | Vitamin B12 | 50% | Biotin     | 10% |
| Pantothenic Acid | 25%  | Calcium     | 16% | Iron       | 35% |
| Phosphorous      | 15%  | Iodine      | 45% | Magnesium  | 28% |
| Zinc             | 40%  | Copper      | 63% | Manganese  | 21% |
| Molybdenum       | 50%  |             |     |            |     |

**INGREDIENTS:** Fructose, whey protein isolate, natural and artificial flavors, soy protein isolate, cocoa powder, soybean oil, guar gum, potassium chloride, dicalcium phosphate, magnesium oxide, dl-alpha tocopheryl acetate, ferrous fumarate, sodium ascorbate, kelp, zinc oxide, niacinamide, copper citrate, biotin, calcium-d-pantothenate, phytonadione, manganese sulfate, thiamine mononitrate, pyridoxine HCl, riboflavin, cyanocobalamin, vitamin A palmitate, vitamin D, folic acid, and sodium molybdate.

\*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

† Daily Value (DV) not established

|                    | 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 | 2,400 mg | 2,400 mg |
| Potassium          |           | 3,500 mg | 3,500 mg |
| Total Carbohydrate |           | 300 g    | 375 g    |
| Dietary Fiber      |           | 25 g     | 30 g     |
| Protein            |           | 50 g     | 65 g     |

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