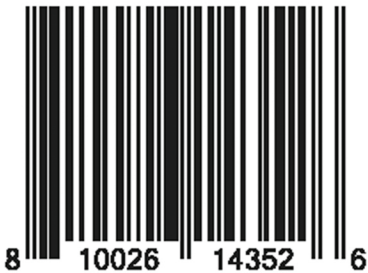


# Survival Shake Chocolate

## Prepare

- 1 Open pouch, remove oxygen absorber.
- 2 Add 1 Cup Mix to 1 1/2 cups (12 oz) of cold water and mix well.



Distributed by 4Patriots, LLC  
2920 Berry Hill Dr., Suite 300  
Nashville, TN 37204  
4patriots.com | (800) 304-4202

Contains a bioengineered food ingredient.

NET WT. 32.4 oz (2 lb 0.43 oz) (919g)  
Makes 8 Servings

## Nutrition Facts

8 Servings Per Container  
Serving Size 1 Cup (115g) Dry  
(about 1 1/2 Cup prepared)

Amount per Serving

**Calories** **480**

	% Daily Value
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 13g	<b>65%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 61g	<b>22%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 37g	
Includes 31g Added Sugars	<b>62%</b>
<b>Protein</b> 29g	<b>41%</b>
Vitamin D 18mcg	90%
Calcium 322mg	25%
Iron 3mg	15%
Potassium 899mg	20%
Vitamin A 1130mcg	130%
Vitamin C 1mg	2%
Riboflavin 0.1mg	8%
Vitamin B <sub>12</sub> 0.5mcg	20%
Phosphorus 482mg	40%
Magnesium 83mg	20%
Zinc 1mg	10%
Copper 0.4mg	45%
Manganese 0.4mg	15%

\* 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.

V1.6

INGREDIENTS: whey protein (whey protein concentrate, sunflower oil lecithin), sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), modified food starch, nonfat dry milk, cocoa, non-iodized salt, vitamin A palmitate, silicon dioxide, vitamin D3.

Contains: Milk, Soy.