



VANILLA

INTENDED BENEFITS

- SUPPORT DIGESTION AND GUT HEALTH
- LEAVE YOU FEELING FULL AND SATIATED
- SUPPORT WEIGHT MANAGEMENT
- INCREASE STRENGTH
- BE A CONVENIENT WAY TO MEET YOUR DIETARY REQUIREMENTS



Supplement Facts

30 servings per container

Serving size 1 scoop (36 grams)

Amount Per Serving

Calories 135

		% Daily Value*
Total Fat	4 g	6%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	90 mg	4%
Potassium	50 mg	1%
Total Carbohydrate	5 g	2%
Dietary Fiber	2 g	8%
Total Sugars	1 g	**
Includes 0 g Added Sugars	0 g	**
Protein	20 g	38%
Calcium	60 mg	6%
Iron	1.2 mg	7%
CSW Complete Protein Blend	19,550 mg	**
Low Lactose Milk Protein Isolate, Whey Protein Isolate		
CSW Phytonutrient Blend	10,250 mg	**
Cold Milled Flaxseed, Nutrients from natural whole food concentrate of [spinach, broccoli, carrot, beet, tomato, shiitake mushroom, apple, cranberry, pomegranate, orange, grape, strawberry]		
L-Glutamine	3000 mg	**
Vitamin A 50%	Vitamin B2 50%	
Vitamin C 50%	Vitamin B3 50%	
Vitamin D 50%	Vitamin B5 50%	
Vitamin E 50%	Vitamin B6 50%	
Vitamin K1 50%	Vitamin B7 50%	
Vitamin B1 50%	Vitamin B9 50%	

*The % Daily Value (DV) 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.

† Daily Value not established

Other Ingredients: Natural Flavors, Inulin (Chicory Extract), Xanthan Gum, Stevia



SIMPLY NUTRITIONAL

Well-balanced meal replacement

CSSIMPLY SENSIBLE





Increase Strength*



Muscle Recovery*



Gut Health*



Weight Management*



Would it be too mundane to say this shake is awesome? Well, here is the simple truth...Simply Sensible Meal Replacement Shakes can act as a meal replacement component for many sensible plans to achieve weight loss goals, build and recover muscle, and fulfill daily nutritional needs, all while feeling satiated! The scoop is just shy of a 1/2 cup, but it power punches 4.5 servings of fruits and vegetables in every serving! The blend of quality ingredients is designed to provide the essential nutrients of a well-balanced meal while simultaneously curbing hunger, increasing energy, and promoting muscle recovery.



Every scoop of Simply Sensible Meal Replacement has 20 grams of protein. Yes, 20 grams of protein is then happily married with cold milled flaxseed so it provides an omega-rich fatty acid that is intended to accelerate weight loss. This blend of protein, vitamins, and natural minerals is intended to satisfy the body's immediate needs and cravings while also providing a solid foundation of overall health. So, if you work hard, work out, are a mom, an athlete, a rocket scientist, or a rocket scientist athlete mom, it makes sense! Enjoy the scoop!

*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.