Truvy Shake



Where does a healthy lifestyle start? With your eating habits. Unfortunately, habits are sometimes the hardest obstacle to tackle. If this sounds like you, then you've come to the right place. Our new protein shakes are packed with everything you need and, most importantly, nothing you don't. Our whey shakes are a great source of complete protein and are absolutely delicious! Available in our Vava Vanilla or Chocolate Coco Crème flavors that are just so thick and rich, they even taste great when you mix them with water. Are you drooling yet?

How to Use Truvy Shakes

Drink Truvy Shakes as a start to your day, or anytime during the day! Drink before and after a workout or use as a base in a smoothie or mix with your favorite milk, almond milk or yogurt. Truvy Shake is a powerful support for: satiety, healthy snacking, and building and maintaining muscle when combined with exercise.

Outstanding Benefits

- Feel fuller longer*
- Helps build & maintain muscle after exercise*
- Healthy fiber for a healthy gut*

Our Key Ingredients

- 20 g of high quality whey protein per 8 oz serving
- Lactase for lactose digestion support
- Good source of fiber
- Only 6 net carbs
- Low sugar
- Gluten and soy free

Coco

Nutrition Facts

20 servings per container
Serving Size **2 scoops (46g)**

Amount per serving
Calories **155**

	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 220mg	**9%**
Total Carbohydrate 13g	**5%**
Dietary Fiber 7g	**25%**
Total Sugars 3g	
Includes 1g Added Sugars	**2%**
Protein 20g	

Vitamin D 0mcg 0% • Calcium 130mg 10%
Iron 1.5mg 8% • Potas. 350mg 9%

* 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.

Ingredients: Whey Protein (whey protein concentrate, non-GMO sunflower lecithin), Sunflower Oil Creamer (Sunflower Oil, Maltodextrin, milk protein concentrate, Dipotassium Phosphate, Potassium Citrate, Guar Gum, Silicon Dioxide), Resistant Maltodextrin (from non-GMO corn), Cocoa Processed with Alkali, Natural Flavors, Organic Cane Sugar, Xanthan Gum, Coconut Oil Creamer (Coconut Oil, tapioca fiber, Sodium Caseinate, sunflower lecithin, Silicon Dioxide), Sea Salt, Stevia Leaf Extract, Lactase.

Contains: Milk

Vava

Nutrition Facts

20 servings per container
Serving Size **2 scoops (42g)**

Amount per serving
Calories **145**

	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 170mg	**7%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 6g	**21%**
Total Sugars 3g	
Includes 1g Added Sugars	**2%**
Protein 20g	

Vitamin D 0mcg 0% • Calcium 125mg 10%
Iron 0mg 0% • Potas. 180mg 4%

* 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.

Ingredients: Whey Protein (whey protein concentrate, non-GMO sunflower lecithin), Sunflower Oil Creamer (Sunflower Oil, Maltodextrin, milk protein concentrate, Dipotassium Phosphate, Potassium Citrate, Guar Gum, Silicon Dioxide), Resistant Maltodextrin (from non-GMO corn), Natural Flavors, Organic Cane Sugar, Xanthan Gum, Coconut Oil Creamer (coconut oil, tapioca fiber, sodium caseinate, sunflower lecithin, silicon dioxide), Sea Salt, Stevia Leaf Extract, Lactase.

Contains: Milk

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*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.