

ExpressFast is optimally balanced with Essential Nutrients

Nutrition Facts

Serving Size 33 g
Servings per container 35

Per Pack	% Daily Value	5 Packs	% 5 Packs
Calories 118		590	
Calories from fat 5		25	
Total fat 0.6g	0.9%	3g	4.6%
Saturated Fat 0.3g	1.5%	1.5g	7.5%
Trans Fat 0g		0g	
Cholesterol 4.5mg	1.5%	22.5mg	7.5%
Sodium 220mg	14.6%	1100mg	73%
Potassium 600mg	12.8%	3000mg	64%
Total Carbs 13.6g	4.5%	68g	23%
Dietary Fiber 0.8g	3.2%	4g	16%
Sugars 12g		60g	
Protein 14.5g	29%	72.5g	145%

Vitamin A 12%	Vitamin C 60%
Calcium 28%	Iron 23%

*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
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbs		300g
Dietary Fiber		25g

INGREDIENTS:

Nonfat dry milk powder, Egg white powder, Cocoa powder, Flax seed powder, Plant Sterols, Choline Bitartrate, Inositol, Magnesium Citrate, Ascorbic Acid, Potassium Chloride, Grape Seed Extract, Panax Ginseng, Niacinamide, Ferrous Sulfate, Calcium d-pantothenate, Zinc Sulfate, dl-alpha-Tocopheryl Acetate, Pyridoxine HCL, Riboflavin, Lycopene, Thiamin Mononitrate, Manganese Sulfate, Silicon Dioxide, Cyanocobalamin, Palmitate, Copper Gluconate, Cholecalciferol, Folic Acid, Biotin, Potassium Iodide, Phytoandione, Chromium Polynicotinate, Sucralose, Sodium Molybdate, Boron Amino Acid Chelate, Stannous Chloride, Vanadyl Sulfate, Nickelous Sulfate.

Allergen Information: Contains Milk and Eggs

Nutrient

• Vitamin A	Palmitate
• Vitamin B1	Thiamin Mononitrate
• Vitamin B2	Riboflavin
• Vitamin B6	Pyridoxine HCL
• Vitamin B12	Cyanocobalamin
• Vitamin C	Ascorbic Acid
• Vitamin D3	Cholecalciferol
• Vitamin E	dl-alpha-Tocopheryl Acetate
• Vitamin K1	Phytonadione
• Biotin	Biotin
• Folic Acid	Folic Acid
• Niacin	Niacinamide
• Pantothenic Acid	Calcium d-Pantothenate
• Boron	Boron Amino Acid Chelate
• Calcium	Tricalcium Phosphate
• Chromium	Chromium Polynicotinate
• Copper	Copper Gluconate
• Iodine	Potassium Iodide
• Iron	Ferrous Sulfate
• Magnesium	Magnesium Citrate
• Manganese	Manganese Sulfate
• Molybdenum	Sodium Molybdate
• Nickel	Nickelous Sulfate
• Phosphorus	Tricalcium Phosphate
• Potassium	Potassium Chloride
• Selenium	Sodium Selenite
• Silicon	Silicon Dioxide
• Sodium	Sodium
• Tin	Stannous Chloride
• Vanadium	Vanadyl Sulfate
• Zinc	Zinc Sulfate
• Choline	Choline Bitartrate
• Ginseng	Panax Ginseng
• Inositol	Inositol
• Lycopene	Lycopene
• Omega 3	Alpha Linolenic Acid
• Omega 6	Alpha Linoleic Acid
• Phytosterol	Plant Sterols
• Proanthocyanidins	Grape Seed Extract

* Daily Value not established

Per Pack	% RDA	5 Packs	% RDA
600 IU	12	3000 IU	60
0.9 mg	60	4.5 mg	300
1.02 mg	60	5.1 mg	300
1.2 mg	60	6 mg	300
4.5 mcg	75	22.5 mcg	375
40 mg	60	200 mcg	300
200 IU	50	1000 IU	250
12 IU	40	60 IU	200
25 mcg	30	125 mcg	150
60 mcg	20	300 mcg	100
90 mcg	22	450 mcg	110
8 mg	40	40 mg	200
3 mg	30	15 mg	150
12 mcg	*	60 mcg	*
280 mg	28	1.4 g	140
30 mcg	25	150 mcg	125
0.26 mg	13	1.3 mg	65
30 mcg	20	150 mcg	100
4.2 mg	23	21 mg	115
50 mg	12.5	255 mg	65
0.9 mg	45	4.5 mg	225
15 mcg	20	75 mcg	100
1 mcg	*	5 mcg	*
240 mg	35	1.2 g	120
600 mg	12.8	3000 mg	64
16 mcg	22	80 mcg	110
0.8 mg	*	4 mg	*
220 mg	14.6	1100 mg	73
2 mcg	*	10 mcg	*
2 mcg	*	10 mcg	*
3 mg	20	15 mg	100
88 mg	16	440 mg	80
10 mg	*	50 mg	*
50 mg	*	250 mg	*
1 mg	*	5 mg	*
100 mg	*	500 mg	*
40 mg	*	200 mg	*
160 mg	*	800 mg	*
10 mg	*	50 mg	*

Amino Acid Per Pack

Alanine	.7 g
Arginine	.7 g
Aspartic acid	1.3 g
Cystine	.2 g
Glutamic acid	2.6 g
Glycine	.4 g
Histidine	.4 g
Isoleucine	.9 g
Leucine	1.4 g
Lysine	1.1 g
Methionine	.4g
Phenylalanine	.8 g
Proline	1.1 g
Serine	.9 g
Threonine	.7 g
Tryptophan	.2 g
Tyrosine	.7 g
Valine	1.0 g



Enhanced with...

- Omega 3
- Flax Seed
- Lycopene
- Grape Seed Extract
- Plant Sterols

DIRECTIONS: Add packet contents to 8 oz of cold water, mix thoroughly and enjoy!

Under the supervision of your physician, use 5 times a day as a complete nutritional replacement, eating no other food.

Eat one well balanced meal per day (per USDA Dietary Guidelines), in addition to the 5 *ExpressFast* beverages, if you are not under physician supervision.

Smooth Chocolate