

# ExpressFast is optimally balanced with Essential Nutrients

## Nutrition Facts

Serving Size 31 g  
Servings per container: 35

Per Pack	% Daily Value	5 Packs	% 5 Packs
<b>Calories</b> 114		570	
Calories from fat 3		15	
<b>Total fat</b> .4g	.6%	2.0g	3%
Saturated Fat .1g	.5%	.5g	2.5%
Trans Fat 0g		0g	
<b>Cholesterol</b> 4.5mg	1.5%	22.5mg	7.5%
<b>Sodium</b> 220mg	14.6%	1100mg	73%
<b>Potassium</b> 500mg	10.6%	2500mg	53%
<b>Total Carbs</b> 12.5g	4.2%	62.5g	21%
Dietary Fiber .14g	5.6%	.7g	2.8%
Sugars 12g		60g	
<b>Protein</b> 14g	28%	70g	140%

Vitamin A 12% • Vitamin C 60%  
Calcium 28% • Iron 20%

\*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, Flax seed powder, Natural Vanilla 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, Cholecalciferol, Copper Gluconate, Folic Acid, Biotin, Potassium Iodide, Phytoandione, Chromium Polynicotinate, Sodium Molybdate, Sucralose, Boron Amino Acid Chelate, Stannous Chloride, Vanadyl Sulfate, Nickelous Sulfate.

Allergen Information: Contains Milk and Eggs

### Nutrient

Nutrient	Per Pack	% RDA	5 Packs	% RDA	
• Vitamin A	Palmitate	600 IU	12	3000 IU	60
• Vitamin B1	Thiamin Mononitrate	0.9 mg	60	4.5 mg	300
• Vitamin B2	Riboflavin	1.02 mg	60	5.1 mg	300
• Vitamin B6	Pyridoxine HCL	1.2 mg	60	6 mg	300
• Vitamin B12	Cyanocobalamin	4.5 mcg	75	22.5 mcg	300
• Vitamin C	Ascorbic Acid	40 mg	60	200 mcg	300
• Vitamin D3	Cholecalciferol	200 IU	50	1000 IU	250
• Vitamin E	DL-alpha-Tocopheryl Acetate	12 IU	40	60 IU	200
• Vitamin K1	Phytonadione	25 mcg	30	125 mcg	150
• Biotin	Biotin	60 mcg	20	300 mcg	100
• Folic Acid	Folic Acid	90 mcg	22	450 mcg	110
• Niacin	Niacinamide	8 mg	40	40 mg	200
• Pantothenic Acid	Calcium d-Pantothenate	3 mg	30	15 mg	150
• Boron	Boron Amino Acid Chelate	12 mcg	*	60 mcg	*
• Calcium	Tricalcium Phosphate	280 mg	28	1.4 g	140
• Chromium	Chromium Polynicotinate	24 mcg	40	120 mcg	100
• Copper	Copper Gluconate	0.18 mg	9	0.9 mg	45
• Iodine	Potassium Iodide	30 mcg	20	150 mcg	100
• Iron	Ferrous Sulfate	3.6 mg	20	18 mg	100
• Magnesium	Magnesium Citrate	40 mg	10	200 mg	50
• Manganese	Manganese Sulfate	0.8 mg	40	4 mg	200
• Molybdenum	Sodium Molybdate	15 mcg	20	75 mcg	100
• Nickel	Nickelous Sulfate	1 mcg	*	5 mcg	*
• Phosphorus	Tricalcium Phosphate	230 mg	23	1.15 g	115
• Potassium	Potassium Chloride	500 mg	10.6	2500 mg	53
• Selenium	Sodium Selenite	16 mcg	22	80 mcg	110
• Silicon	Silicon Dioxide	0.8 mg	*	4 mg	*
• Sodium	Sodium	220 mg	14.6	1100 mg	73
• Tin	Stannous Chloride	2 mcg	*	10 mcg	*
• Vanadium	Vanadyl Sulfate	2 mcg	*	10 mcg	*
• Zinc	Zinc Sulfate	3 mg	20	15 mg	100
• Choline	Choline Bitartrate	88 mg	16	440 mg	80
• Ginseng	Panax Ginseng	10 mg	*	50 mg	*
• Inositol	Inositol	250 mg	*	250 mg	*
• Lycopene	Lycopene	1 mg	*	5 mg	*
• Omega 3	Alpha Linolenic Acid	100 mg	*	500 mg	*
• Omega 6	Alpha Linoleic Acid	40 mg	*	200 mg	*
• Phytosterol	Plant Sterols	160 mg	*	800 mg	*
• Proanthocyanidins	Grape Seed Extract	10 mg	*	50 mg	*

\* Daily Value not established

Amino Acid	Per Pack
Alanine	.7 g
Arginine	.6 g
Aspartic acid	1.3 g
Cystine	.2 g
Glutamic acid	2.6 g
Glycine	.4 g
Histidine	.4 g
Isoleucine	.9 g
Leucine	1.3 g
Lysine	1.1 g
Methionine	.4 g
Phenylalanine	.8 g
Proline	1.0 g
Serine	.9 g
Threonine	.7 g
Tryptophan	.2 g
Tyrosine	.6 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.

 Creamy Vanilla