



# AFTERNOON SUSTAIN PROTEIN

A delicious weight management shake to help you curb appetites, reduce daily calories, and give your body the protein it needs to build healthy muscle. Sustain incorporates elements of the Mediterranean lifestyle like vegetable based proteins and Vitamin D3, while avoiding allergenic milk additives.

### P3: Powerful Pea Protein

The Mediterranean cultures rely heavily on vegetables for protein. Pea protein is one of the few “complete” proteins containing all 9 essential amino acids. It is naturally cholesterol free, and unlike soy, it contains no plant estrogens.

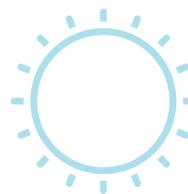


### Rich and Creamy Taste

Sustain has no sugars or artificial chemical sweeteners. Instead, it creates a delicious flavor through naturally sweet ingredients—mirroring the refreshing sensation of the Mediterranean way.

### The Riviera Effect

Mediterranean cultures enjoy a warm climate with lots of sunshine. Unfortunately, many of us are deprived of the essential vitamin that comes from healthy sun exposure. Sustain provides Vitamin D3 to support healthy skin, normal muscle function, and the immune system.\*\*



### Supplement Facts

Amount Per Serving		% Daily Value*
Serving Size 1 Stick Pack (25 g)	Servings Per Container 20	
Calories	90	
Calories from Fat	15	
Total Fat	2 g	3%
Saturated Fat	1 g	5%
Total Carbohydrates	9 g	3%
Dietary Fiber	4 g	16%
Sugars	0 g	†
Protein	10 g	20%
Vitamin A (as Retinyl Acetate)	1500 IU	30%
Vitamin C (Ascorbic Acid)	18 mg	30%
Vitamin D (as Cholecalciferol)	120 IU	30%
Vitamin E (as D-alpha Tocopheryl Succinate)	9 IU	30%
Thiamin (as Thiamin Hydrochloride)	0.45 mg	30%
Riboflavin	0.51 mg	30%
Niacin (Niacinamide)	6 mg	30%
Vitamin B6 (as Pyridoxine Hydrochloride)	0.6 mg	30%
Folic Acid	120 mcg	30%
Vitamin B12 (as Cyanocobalamin)	2 mcg	33%
Biotin	90 mcg	30%
Pantothenic Acid (as Calcium d-Pantothenate)	3 mg	30%
Calcium	440 mg	44%
Iron (as Amino Acid Chelate)	6 mg	33%
Phosphorus (as Dicalcium Phosphate)	300 mg	30%
Iodine (as Potassium Iodide)	45 mcg	30%
Magnesium (as Magnesium Oxide)	120 mg	30%
Zinc (as Zinc Oxide)	4.5 mg	30%
Selenium (as Amino Acid Chelate)	21 mcg	30%
Copper (as Copper Gluconate)	0.6 mg	30%
Manganese (as Manganese Gluconate)	0.68 mg	34%
Chromium (as Chromium Nicinate)	50 mcg	42%
Molybdenum (as Amino Acid Chelate)	28 mcg	37%
Sodium	180 mg	8%
Potassium	55 mg	2%

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**OTHER INGREDIENTS:** Pea protein, isomaltooligosaccharide, maltodextrin, medium chain triglycerides, natural flavors\*, rice flour, citric acid, tara gum, silicon dioxide, steviol glycosides, malic acid.

\*Adds a trivial amount of sugar

**SUGGESTED USE:** Mix one packet with 6-8 oz. of cold water or your favorite low calorie milk (we suggest unsweetened almond milk). Consume as your mid-morning or mid-afternoon snack. Use in conjunction with a calorie responsible meal plan and exercise.

**CAUTION:** Consult your doctor prior to use if you are nursing or pregnant, have a medical condition or when taking any medication. Do not use if inner seal is missing or damaged.

**KEEP OUT OF REACH OF CHILDREN.**

**STORAGE:** Store in a cool dry place.

\*\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, OR PREVENT ANY DISEASE.