

The Right Nutrient Balance Makes a Difference

Splenda Shakes are formulated with the right nutrient balance to help manage blood sugar.*

Each shake includes high-quality protein, carbohydrates including fiber, and healthy monounsaturated fats.



**The Right
Nutrient
Balance**

Use the comparison chart to make better nutrient swaps

	Limit Standard Diet Choices <small>More calories and added sugars, less protein and fiber</small>	Increase Balanced Nutrient Choices <small>Less calories and added sugars, more protein and fiber</small>
Breakfast		+ <p style="text-align: right;">Add Splenda Diabetes Care Shake</p>
Lunch		+ <p style="text-align: right;">Use Splenda Liquid Water Enhancer</p>
Snack		+ <p style="text-align: right;">Add Splenda Diabetes Care Shake</p>
Dinner		+ <p style="text-align: right;">Add Splenda Stevia Liquid to stay hydrated</p>



FREE recipes,
coupons and more!

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The Nutrition Facts Label

Use the Nutrition Facts Label as a daily tool to choose foods with the right nutrient balance that help manage blood sugar.*

Nutrition Facts			
Serving Size 1 Bottle (237 mL)			
Amount Per Serving		170	
Calories			
	% DV*		% DV*
Total Fat 9g	12%	Total Carbohydrate 15g	5%
Saturated Fat 1g	5%	Dietary Fiber 6g	23%
Trans Fat 0g		Total Sugars 0g	
Polyunsaturated Fat 2.5g		Includes 0g	
Monounsaturated Fat 6g		Added Sugars	0%
Cholesterol 15mg	6%	Protein 16g	32%
Sodium 180mg	8%		
Vitamin D 10mcg	50%	Vitamin C 90mg	100%
Calcium 390mg	30%	Vitamin B12 1.2mcg	50%
Iron 1.2mg	6%	Phosphorus 100mg	8%
Potassium 420mg	8%	Magnesium 55mg	15%

*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: WATER, MICROFILTERED MILK PROTEIN, CANOLA OIL, SHORT-CHAIN FRUCTOOLIGOSACCHARIDES, ALLULOSE AND LESS THAN 2% OF COCOA POWDER (PROCESSED WITH ALKALI), NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM CITRATE, SALT, SUNFLOWER LECITHIN, DIPOTASSIUM PHOSPHATE, GELLAN GUM, CARRAGEENAN, SPLENDA® SUCRALOSE
VITAMINS & MINERALS: MAGNESIUM PHOSPHATE, SODIUM ASCORBATE (VITAMIN C), VITAMIN D3, VITAMIN B12.
CONTAINS MILK



Start Here

How many servings?

Check Calories

Multiply number of servings you would eat x the calories per serving.

Get Less Of:

Added sugars, saturated fat and sodium are commonly overconsumed.

% Daily Value:

- 5% DV or less per serving is low.
- 20% DV or more per serving is high.

Get More Of:

Protein, fiber, vitamins and minerals are commonly under consumed.

**Only 170
Calories!**

**No Added
Sugars!**

**23% Fiber
32% Protein**

**16g Protein
6g Prebiotic
Fiber**

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