

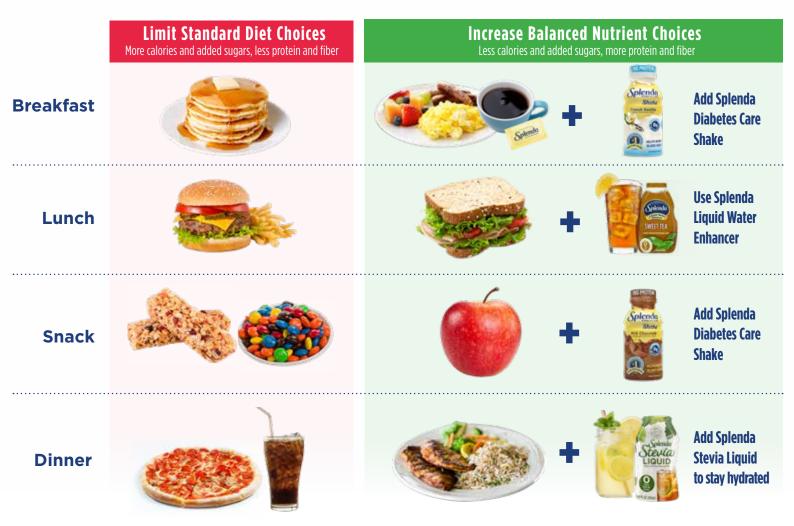
The Right Nutrient Balance Makes a Difference

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.



Use the comparison chart to make better nutrient swaps





FREE recipes, coupons and more!

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Shake

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 Servi	ng	170		
% DV*		% DV*		
Total Fat 9g Saturated Fat 1g	12% 5%	Total Carbohydrate 15g	5%	
Trans Fat 0g		Dietary Fiber 6g	23%	
Polyunsaturated Fat 2.5g		Total Sugars 0g		
Monounsaturated Fat 6g		Includes 0g		
Cholesterol 15mg	6%	Added Sugars	0%	
Sodium 180mg	8%	Protein 16g	32%	
Vitamin D 10mcg 50% Vitamin C 90			00%	
Calcium 390mg 30%		Vitamin B ₁₂ 1.2mcg 50%		
Iron 1.2mg 6%		Phosphorus100mg 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				

	Splens' Splenda "plenda
Start Here How many servings?	
Check Calories Multiply number of servings you would eat x the calories per serving.	Only 170 Calories!
Get Less Of: Added sugars, saturated fat and sodium are commonly overconsumed.	No Added Sugars!
 % Daily Value: 5% DV or less per serving is low. 20% DV or more per serving is high. 	23% Fiber 32% Protein
Get More Of: Protein, fiber, vitamins and minerals are commonly under consumed.	16g Protein 6g Prebiotic Fiber
 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	32% Protein 16g Protein 6g Prebiotic

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