



**BERNARD**  
FOOD INDUSTRIES, INC.®

**HI-PROTEIN, FORTIFIED  
STRAWBERRY MILK SHAKE PLUS**

REORDER 419047

*Bernard Food Industries, Inc. Milk Shake Plus -*  
Tastes like a soda fountain shake!

**GLUTEN FREE**

YIELD PER CASE: 288 – 1 cup servings

PACK SIZE: 6 @ 3 lb., 12 oz.

**Nutrition Facts**

48 servings per container

**Serving size 1 cup milk plus 35g mix**

<b>Amount/serving</b>	<b>Mix</b>		<b>Prepared</b>	
<b>Calories</b>	<b>130</b>		<b>280</b>	
	<b>% DV*</b>		<b>% DV*</b>	
<b>Total Fat</b>	<1g	<b>1%</b>	8g	<b>10%</b>
Saturated Fat	<1g	<b>1%</b>	5g	<b>28%</b>
Trans Fat	0g		0g	
<b>Cholesterol</b>	<5mg	<b>1%</b>	35mg	<b>12%</b>
<b>Sodium</b>	110mg	<b>5%</b>	240mg	<b>10%</b>
<b>Total Carb.</b>	24g	<b>9%</b>	35g	<b>13%</b>
Dietary Fiber	0g	<b>0%</b>	0g	<b>0%</b>
Total Sugars	24g		35g	
Incl. Added Sugars	14g	<b>28%</b>	14g	<b>28%</b>
<b>Protein</b>	7g		15g	
Vitamin D	3mcg	15%	5.5mcg	27%
Calcium	300mg	23%	600mg	46%
Iron	5mg	30%	5mg	30%
Potassium	320mg	7%	700mg	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: Whey Protein Concentrate, Dextrose, Sugar, Calcium Sulfate, Vitamin Mineral Blend (Vitamins A, B1, B2, B6, B12, C, D3, E, K1, Niacinamide, Folic Acid, Biotin, Pantothenic Acid, Iron, Iodine, Magnesium, Zinc, Copper, Chromium, Manganese, Molybdenum, Selenium), Silicon Dioxide, Sunflower Oil, Soy Lecithin, Carrageenan, Artificial Flavor, Red #40.  
Contains Milk, Soy