

## THE ES FIT STORY

We're on a mission to help people become stronger every day. We've taken an innovative approach to nutrition and packed all our expertise and passion into this line of supplements. Our supplements deliver the perfect blend of nutrition and taste. We use only the highest quality ingredients and each product is third party tested so you can use them with confidence to reach your fitness goals.

## KEY FEATURES

A complete meal replacement delivering a balance of vitamins, minerals, proteins, carbohydrates, fiber and fats to replace or supplement a healthy meal.\*

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**



**muscle  
growth**



**better  
recovery**



# ESFiT

## COMPLETE MR



**CINNAMON  
SWIRL**



NATURALLY/ARTIFICIALLY FLAVORED  
DIETARY SUPPLEMENT

NET WEIGHT  
2.25 LBS (1,022g)

## Supplement Facts

Serving Size: 50g (2 Scoops)  
Servings Per Container: 20

	Amount Per Serving	% Daily Value*
Calories	170	
Calories from Fat	25	
Calories from Sat. Fat	15	
Total Fat	3 g	5%
Saturated Fat	2 g	10%
Cholesterol	30 mg	10%
Total Carbohydrate	20 g	7%
Dietary Fiber	6 g	24%
Total Sugars	11 g	±
Protein	21 g	
Vitamin A	1328 IU	27%
Vitamin C	15 mg	25%
Vitamin E	7 IU	23%
Niacin	5 mg	25%
Folate	106 mcg	27%
Vitamin B12	1 mcg	17%
Biotin	79 mcg	26%
Pantothenic Acid	2 mg	20%
Calcium	104 mg	10%
Iron	1 mg	6%
Phosphorus	124 mg	12%
Iodine	20 mcg	13%
Magnesium	9 mg	2%
Zinc	1 mg	7%
Chromium	31 mcg	26%
Chloride	242 mg	7%
Sodium	300 mg	13%
Potassium	690 mg	20%
MCT Oil (Medium Chain Triglycerides)	1700 mg	**
Choline Bitartrate	108 mg	**
Inositol	20 mg	**

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

**INGREDIENTS:** Rich Protein Blend (Non-Fat Milk Powder, Whey Protein Concentrate, Calcium Caseinate, Flax Seed), Cocoa powder (Alkalized), Inulin (Chicory Root Powder), Maltodextrin, Natural Flavors, Xanthan Gum, Sodium Chloride, Vitamin Mineral Premix (Vitamin A Palmitate, Ascorbic Acid, dl-Alpha Tocopheryl Acetate, Thiamine Hydrochloride, Riboflavin, Niacinamide, Pyridoxine Hydrochloride, Folic Acid, Cyanocobalamin, Biotin, Calcium D-Pantothenate, Potassium Iodide, Zinc Sulfate, Copper Amino Acid Chelate, Manganese Sulfate, Chromium Amino Acid Chelate), Sucralose.

**ALLERGEN INFORMATION:** Contains: Milk.

**SUGGESTED USE:** Mix two level scoops in 8-12 oz. of water, milk, juice or your favorite beverage and stir.

**WARNING:** As with any supplement, consult your doctor before use. This product is only intended to be consumed by adults 18 years of age or older. Do not use if you are pregnant, nursing, trying to conceive, taking any medications, have any medical condition or anticipate surgery. Discontinue use and consult your doctor if any adverse reactions occur after use. Do not exceed daily recommended dosage on the label. Keep out of reach of children. Store at room temperature and avoid excessive heat. Tamper resistant: do not use product if seal around cap is broken.

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