

High Protein, Low Sugar Supplements Ready To Drink (RTD)

Eas 100% Whey



Contains milk and soy ingredients.

Ingredients:

Water, Whey Protein Concentrate, Whey Protein Hydrolysate. Less than 2% of: Vitamin & Mineral Blend (Potassium Citrate, Potassium Phosphate, Sodium Ascorbate, Calcium Carbonate, Magnesium Carbonate), Natural & Artificial Flavor, Vegetable Oil (High Oleic Sunflower Oil and/or Canola Oil), Cellulose Gum, Soy Lecithin, Liquid Sucralose, Acesulfame Potassium, Cellulose Gel, Carrageenan, Gellan Gum, and Red 3.

Manufacturer's Disclaimer

Notice: Use this product as a food supplement only. Do not use for weight reduction.

Calories	180
Protein	30
Sugar	1
Protein source	Whey
Ounces	11oz

Can Purchase online here:

https://www.allstarhealth.com/f/eas-100_whey_pure_whey_protein_shake_rtd.htm

<https://www.walmart.com/ip/Eas-100-Whey-Shakes-Rtd-Chocolate-4pk/50644390>

Can purchase in stores here:

CVS, Giant, Harris Teeter, Rite Aid, Shopper's, Target, Walgreens, Walmart, online

Ensure® Max Protein



Water, Milk Protein Concentrate, Calcium Caseinate, Cocoa Powder (Processed with Alkali). Less than 0.5% of: Vitamins & Minerals (Magnesium Phosphate, Sodium Ascorbate, Potassium Phosphate, Sodium Phosphate, Potassium Hydroxide, Choline Chloride, Ferrous Sulfate, dl-Alpha-Tocopheryl Acetate, Niacinamide, Zinc Sulfate, Calcium Pantothenate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Manganese Sulfate, Vitamin A Palmitate, Copper Sulfate, Folic acid, Potassium Iodide, Phylloquinone, Sodium Selenate, Vitamin D3, Sodium Molybdate, Biotin, Vitamin B12), Natural & Artificial Flavor, Inulin, Soluble Corn Fiber, Sunflower Oil, Salt, Cellulose Gel, Acesulfame Potassium, Cellulose Gum, Carrageenan, and Sucralose.

Contains milk ingredients.

Calories	150
Protein	30
Sugar	1
Protein source	Milk
Ounces	11 oz

NOTE: The Cafe Mocha has 100 milligrams of caffeine—as much as a cup of coffee†

Includes a blend of espresso flavor and chocolate flavor

Additional information: Gluten-free, Suitable for lactose intolerance, Halal, Kosher

Purchase online:

<https://abbottstore.com/ensure-max-protein-nutrition-shake-milk-chocolate-11-fl-oz-tetra-case-of-12-66899.html>

<https://ensure.com/nutrition-products/ensure-max-protein-shake/milk-chocolate>

<https://www.cvs.com/shop/ensure-max-protein-nutrition-shake-11-fl-oz-4-ct-prodid-2210102>

<https://www.amazon.com/Ensure-Max-Protein-Nutrition-Chocolate/dp/B0791Y2LMB>

<https://www.walmart.com/ip/Ensure-Max-Protein-Nutritional-Shake-30g-Protein-1g-Sugar-Milk-Chocolate-11-fl-oz-12-Pack/56959072>

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<https://www.walgreens.com/store/c/ensure-max-protein-nutrition-shake-ready-to-drink-milk-chocolate/ID=prod6381542-product>

Purchase in stores

CVS, Rite Aid, Shopper's, Target, Walgreens, Walmart, Weis, online

Equate



Calories	160
Protein	30
Sugar	1
Protein source	Milk
Ounces	11 oz

Purchase online:

- <https://www.walmart.com/ip/Equate-High-Performance-Protein-Shake-Chocolate-30g-Protein-11-Fl-Oz-12-Ct/14893015>
- <https://www.amazon.com/Performance-Protein-Shake-Vanilla-Count/dp/B07KP177Z6>

Purchase in stores:

Walmart

Fairlife



Calories	150
Protein	30
Sugar	2
Protein source	Milk
Ounces	11.5 oz

Purchase online:

- <https://fairlife.com/nutrition-plan/vanilla/>
- <https://www.samsclub.com/p/fairlife-nutrition-plan-chocolate-protien-shake/prod24381709>
- <https://www.amazon.com/Fairlife-Nutrition-Protein-Chocolate-Shake/dp/B07NF4L5C2>
- <https://www.bjs.com/product/fairlife-nutrition-plan-high-protein-chocolate-shake-12-pk/3000000000001504279>
- <https://www.walmart.com/ip/Fairlife-Nutrition-Plan-High-Protein-Chocolate-Shake-12-pk/463830446>

Garden of Life Organic Protein Plant Based Drink



Calories	190
Protein	21
Sugar	0 made with erythritol
Protein source	Pea Protein (non dairy, non soy)
Ounces	11.5 oz

Nutrition Facts	
1 serving per container	
Serving size	1 bottle (325 mL)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Erythritol 8g	
Protein 21g	42%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 3.6mg	20%
Potassium 180mg	4%

*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.

Store in a cool, dry place. Refrigerate after opening. Use within 48 hrs. Do not use if seal is damaged or missing.

Made without dairy or soy ingredients, added sugars, nor artificial colors, flavors, sweeteners or preservatives.

Manufactured in a facility that also processes dairy and soy.

5 grams of fat from Medium Chain Triglycerides (MCTs) per 325mL serving.

INGREDIENTS: Filtered Water, Organic Pea Protein, Organic Erythritol, Contains 2% or less of: Medium Chain Triglycerides (from Organic Coconut), Organic Rice Protein, Organic Acacia Gum, Organic Coconut Oil, Organic Natural Flavor, Organic Rebaudioside A, Sea Salt, Gellan Gum, Natural Flavor.

Contains: Tree Nuts (coconut).

Purchase online

- https://www.gardenoflife.com/content/product/organic-protein-plant-base-drink/?gclid=Cj0KCQjw4dr0BRCxARIsAKUNjWTCJPcNFtjZ0iBAc9ApU08DZfRmYruM2ZChxNLlj9MNNaxcwKIET_MaAtKIEALw_wcB
- <https://www.amazon.com/Garden-Life-Organic-Plant-Based-Protein/dp/B07YYWYG08>
- <https://www.vitaminshoppe.com/p/organic-plant-protein-rt-d-vanilla-4-drinks/gu-0025>
- <https://www.vitaminworld.com/organic-protein-plant-based-drink-vanilla-0070044242.html>

Orgain Organic Protein



Calories	150
Protein	26
Sugar	1 made with erythritol
Protein source	Grass Fed organic Milk Protein / Whey Protein
Ounces	14.0 oz

Purchase Online:

- <https://orgain.com/collections/nutrition-shakes>
- <https://www.amazon.com/Orgain-Organic-Protein-Chocolate-Non-GMO/dp/B01MZE5Y50>
- <https://www.cvs.com/shop/orgain-organic-nutritional-shakes-prodid-1010548>
- <https://www.walmart.com/ip/Orgain-Organic-Nutrition-All-In-One-Nutritional-Shake-Creamy-Chocolate-Fudge-16g-Protein-11-Fl-Oz-4-Ct/29825574>
- <https://www.vitaminshoppe.com/p/orgain-orgain-ready-to-drink-creamy-chocolate-fudge-12-drinks/o4-1001>
- <https://www.target.com/c/protein-drinks-beverages-food-beverage/orgain/-/N-4uez0Z4ydsz>
- <https://www.luckyvitamin.com/p-1232501-orgain-organic-ready-to-drink-grass-fed-protein-shake-creamy-chocolate-fudge-12-pack>
- <https://www.costco.com/orgain-clean-grass-fed-protein-shake-11-fl-oz-%2C-18-count.product.100399169.html>

Nutrition Facts
1 serving per container
Serving size 1 Bottle (14 FL OZ)

Amount per serving
Calories 150


	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 260mg	11%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Erythritol 7g	
Protein 26g	52%
Vitamin D 0mcg 0%	Calcium 750mg 60%
Iron 21mg 10%	Potassium 400mg 8%

*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:
FILTERED WATER, ORGAIN ORGANIC PROTEIN BLEND™ (GRASS FED ORGANIC MILK PROTEIN CONCENTRATE, ORGANIC WHEY PROTEIN CONCENTRATE), ORGANIC ERYTHRITOL, ORGANIC ALKALIZED COCOA, CONTAINS 1% OR LESS OF THE FOLLOWING: ORGANIC NATURAL FLAVORS, ORGANIC HIGH OLEIC SUNFLOWER OIL, ORGANIC SUNFLOWER LECITHIN, DISODIUM PHOSPHATE, TRICALCIUM PHOSPHATE, NATURAL FLAVORS, TRIPOTASSIUM CITRATE, SEA SALT, CELLAN GUM, ORGANIC STEVIA, ORGANIC INULIN, ORGANIC LOCUST BEAN GUM

CONTAINS: MILK

ORGANIC NON-GMO U D



Grass Fed

150
Calories

1g
Sugars

26g
Protein

3g
Net Carbs

CREAMY CHOCOLATE FLAVOR