

## Product Information: Myoplex® Lite Ready-to-Drink

For more information, contact your Abbott Nutrition Representative or visit  
[www.abbottnutrition.com](http://www.abbottnutrition.com)

# Myoplex® Lite Ready-to-Drink

- For those who seek to build muscle.
- 20 g of protein, featuring a blend of rapid and slowly digested proteins, designed to promote muscle protein synthesis.
- Includes 3.9 g of branched chain amino acids (BCAAs).
- Rapid release glucose polymer for fast glycogen replacement for depleted muscle.
- 23 vitamins and minerals for daily nutrition.
- An excellent source of eight B-vitamins for energy and protein metabolism.
- An excellent source of the antioxidant vitamins C and E, and selenium for immune support.
- 1.5 g Revigor® HMB®\*
  - Produced naturally in the body from the amino acid leucine.
  - Protects muscle tissue by reducing the breakdown of protein.
  - Preserves muscles by strengthening muscle cell integrity.
  - Promotes muscle growth by accelerating protein synthesis.
- Kosher.

\* Studies on adults initiating an exercise program.



## Ingredients

### French Vanilla Ready to Drink:

Water, Milk Protein Concentrate, Soy Protein Isolate, Pea Protein Concentrate, Corn Maltodextrin. Less than 2% of the Following: Short-Chain Fructooligosaccharides, Sugar, Vitamin & Mineral Blend (Potassium Phosphate, Potassium Citrate, Sodium Ascorbate, Magnesium Carbonate, Salt, Zinc Gluconate, dl-Alpha-Tocopheryl Acetate, Niacinamide, Manganese Gluconate, Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Chromium Chloride, Folic Acid, Beta-carotene, Vitamin D3, Biotin, Sodium Molybdate, Sodium Selenite, Potassium Iodide, Phytonadione, Cyanocobalamin), Calcium Beta-Hydroxy-Beta-Methylbutyrate, Corn Syrup Solids, High Oleic Sunflower Oil, Natural & Artificial Flavor, Cellulose Gum, Cellulose Gel, Carrageenan, Acesulfame Potassium, Gellan Gum, and Sucralose.

**Allergens:** Contains milk and soy ingredients.

## Availability

List Number	Item
50923	EAS Myoplex Lite Shake Chocolate Fudge / 11-fl-oz (330 mL) Carton / 18 ct
53344	EAS Myoplex Lite Shake Cookies & Cream / 11-fl-oz (330 mL) Carton / 6 x 4 ct
59134	EAS Myoplex Lite Shake Chocolate Fudge / 11-fl-oz (330 mL) Carton / 6 x 4 ct
59135	EAS Myoplex Lite Shake French Vanilla / 11-fl oz (330-mL) Carton / 6 x 4 ct
59159	EAS Myoplex Lite Shake Strawberry Cream / 11-fl oz (330-mL) Carton / 6 x 4 ct

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## Nutrition Information - French Vanilla Ready to Drink

	11 fl oz (330 mL)	
	Value	%RDI / %DV*
Calories from Fat	170	
Calories	20	
Fat, g	2	3
Saturated Fat, g	0.5	3
Trans Fat, g	0	
Cholesterol, mg	15	5
Sodium, mg	350	15
Potassium, mg	700	20
Carbohydrate, g	20	7
Dietary Fiber, g	3	12
Sugars, g	4	
Protein, g	20	40
Vitamin A		50
Vitamin C		100
Calcium		45
Iron		2
Vitamin D		50
Vitamin E		100
Vitamin K		50
Thiamin		50
Riboflavin		50
Niacin		50
Vitamin B6		50
Folate		90
Vitamin B12		40
Biotin		50
Pantothenic Acid		30
Phosphorus		40
Iodine		60
Magnesium		15
Zinc		50
Selenium		50
Manganese		45
Chromium		80
Molybdenum		50
Chloride		4

### French Vanilla Ready to Drink Footnotes & References

Per 11 fl oz (330 mL)

\*Percent Daily Values (%DV) are based on a 2,000 Calorie diet.

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## Preparation

### Use Instructions

- Drink within 30 minutes after your workout.
- Also works as a snack or part of 5-6 smaller meals per day.
- Use with a health diet and exercise program.
- Two servings per day recommended.

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