

## Product Category: Sports and Active Living

ZonePerfect® Carb Wise Powder  
ZonePerfect® Carb Wise Shake  
ZonePerfect® Classic Bars  
ZonePerfect® High Protein Shake  
ZonePerfect® Keto Bar  
ZonePerfect® Keto Mug Cake Mix  
ZonePerfect® Keto Shake  
ZonePerfect® Macros

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

## Product Category: ZonePerfect®

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## Product Information: ZonePerfect® Carb Wise Powder

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[www.abbottnutrition.com](http://www.abbottnutrition.com)

# ZonePerfect® Carb Wise Powder

- 1 Cut carbs, get lean.\*
- 1 3 - 5 g net carbs.†
- 1 30 g protein.
- 1 2.5 - 3 g fat.
- 1 3 g sugars.
- 1 160-170 Calories.
- 1 B-vitamins to support energy metabolism.
- 1 Gluten-free.
- 1 No added sugar.
- 1 No soy.

\* Studies show reduced-calorie, high-protein, reduced-carb diets can lead to improvements in body composition.

† Net Carb = Total Carb – Dietary Fiber – Sugar Alcohols (if any).



## Ingredients

### Powder Chocolate Ice Cream:

Whey Protein Concentrate, Milk Protein Isolate, Cocoa Powder (Processed with Alkali), Natural Flavors. Less than 2% of: Sea Salt, Sunflower Lecithin, Xanthan Gum, Sucralose, Acesulfame Potassium, and Vitamin & Mineral Blend (Ferrous Sulfate [Iron], dl-Alpha-Tocopheryl Acetate [Vit. E], Niacinamide [Vit. B3], Zinc Sulfate, Calcium Pantothenate [Vit. B5], Thiamine Hydrochloride [Vit. B1], Pyridoxine Hydrochloride [Vit. B6], Riboflavin [Vit. B2], Manganese Sulfate, Vitamin A Palmitate, Copper Sulfate, Folic Acid [Vit. B9], Potassium Iodide, Phylloquinone [Vit. K1], Cholecalciferol [Vit. D3], Sodium Selenate, Sodium Molybdate, Biotin [Vit. B7], Cyanocobalamin [Vit. B12]).

**Allergens:** Contains milk ingredients.

## Availability

List Number	Item
67247	ZonePerfect Carb Wise Protein Powder Chocolate Ice Cream / 22.4 oz (635 g) Can / 2 ct
67249	ZonePerfect Carb Wise Protein Powder Fruity Cereal / 22.4 oz (635 g) Can / 2 ct

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

## Nutrition Information - Powder Chocolate Ice Cream

	43 g (2 scoops)	
	Value	%RDI / %DV*
Calories	170	
Total Fat, g	3	4
Saturated Fat, g	1.5	8
Trans Fat, g	0	
Cholesterol, mg	50	17
Sodium, mg	150	7
Total Carbohydrate, g	6	2
Dietary Fiber, g	1	4
Total Sugars, g	3	
Added Sugars, g	0	0
Protein, g	30	60
Vitamin D, mcg	10	50
Calcium, mg	400	30
Iron, mg	6	35
Potassium, mg	370	8
Vitamin A		25
Vitamin E		25
Vitamin K		20
Thiamin		50
Riboflavin		40
Niacin		20
Vitamin B6		30
Folate, mcg DFE	80	20
Folic Acid, mcg	50	
Vitamin B12		110
Biotin		30
Pantothenic Acid		40
Phosphorus		20
Iodine		25
Magnesium		8
Zinc		35
Selenium		50
Copper		35
Manganese		25
Chromium		40
Molybdenum		70

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## Powder Chocolate Ice Cream Footnotes & References

### *Per 43 g (2 scoops)*

<sup>\*</sup>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.

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## Product Information: ZonePerfect® Carb Wise Shake

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

# ZonePerfect® Carb Wise Shake

- 1 Cut carbs, get lean.\*
- 1 150 Calories.
- 1 21 vitamins and minerals.
- 1 4 g net carbs.†
- 1 1-2 g sugars.
- 1 No added sugar.
- 1 No soy.
- 1 Gluten-free.

## Safety Precautions

- 1 Notice: For weight reduction, use only as directed at [www.zoneperfect.com/CW](http://www.zoneperfect.com/CW). Do not use in diets supplying less than 400 Calories per day without medical supervision.

\* Studies show reduced-calorie, high-protein, reduced-carb diets can lead to improvements in body composition.

† Net Carb = Total Carb - Dietary Fiber



## Ingredients

### Liquid Vanilla Ice Cream:

Water, Milk Protein Isolate, Calcium Caseinate. Less than 2% of: Natural & Artificial Flavors, Sunflower Oil, Inulin, Maltodextrin, Sucralose, Acesulfame Potassium, Cellulose Gel, Cellulose Gum, Carrageenan, and Vitamin & Minerals (Potassium Phosphate, Sodium Phosphate, Sodium Ascorbate [Vit. C], Sodium Chloride, Zinc Gluconate, dl-Alpha-Tocopheryl Acetate [Vit. E], Niacinamide [Vit. B3], Manganese Gluconate, Calcium Pantothenate [Vit. B5], Vitamin A Palmitate, Pyridoxine Hydrochloride [Vit. B6], Thiamine Hydrochloride [Vit. B1], Riboflavin [Vit. B2], Chromium Chloride, Folic Acid [Vit. B7], Beta-Carotene, Vitamin D3, Biotin [Vit. B7], Sodium Molybdate, Sodium Selenite, Potassium Iodide, Phylloquinone [Vit. K1], Cyanobobalamin [Vit. B12]).

**Allergens:** Contains milk ingredients.

## Availability

List Number	Item
67257	ZonePerfect Carb Wise Shake Orange Cream / 11 fl oz (330 mL) Carton / 3 x 4 ct
67276	ZonePerfect Carb Wise Shake Vanilla Ice Cream / 11 fl oz (330 mL) / 3 x 4 ct
67278	ZonePerfect Carb Wise Shake Chocolate Marshmallow / 11 fl oz (330 mL) / 3 x 4 ct

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



## Nutrition Information - Liquid Vanilla Ice Cream

	11 fl oz (330 mL)	
	Value	%RDI / %DV*
Calories	150	
Total Fat, g	1	1
Saturated Fat, g	0.5	3
Trans Fat, g	0	
Cholesterol, mg	25	8
Sodium, mg	220	10
Total Carbohydrate, g	5	2
Dietary Fiber, g	1	4
Total Sugars, g	1	
Added Sugars, g	0	0
Protein, g	30	60
Vitamin D, mcg	2	10
Calcium, mg	630	50
Potassium, mg	190	4
Vitamin A		35
Vitamin C		30
Vitamin E		30
Vitamin K		20
Thiamin		30
Riboflavin		35
Niacin		35
Vitamin B6		25
Folate		70
Folic Acid, mcg	170	
Vitamin B12		40
Biotin		200
Pantothenic Acid		30
Phosphorus		35
Iodine		30
Zinc		50
Selenium		35
Manganese		20
Chromium		150
Molybdenum		40
Chloride		8

### Liquid Vanilla Ice Cream Footnotes & References

#### Per 11 fl oz (330 mL)

\*Not a significant source of iron. 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.

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## Product Information: ZonePerfect® Classic Bars

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

# ZonePerfect® Classic Bars

Balanced nutrition with great taste

- 1 Snack and small meal replacement.
- 1 Excellent source of protein (10-15 g).
- 1 17-19 vitamins and minerals.\*
- 1 Rich in antioxidants.†

\* Except our gluten free Oatmeal Chocolate Chunk flavor.

† Vitamins C & E, and selenium



## Ingredients

### Bar Chocolate Peanut Butter:

Soy Protein Nuggets (Soy Protein Isolate, Tapioca Starch, Salt), Chocolate Flavored Coating (Sugar, Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Soy Lecithin, Natural Vanilla Flavor), Peanut Butter Layer (Corn Syrup, Peanut Butter [Peanuts, Sugar, Salt], Water, Sugar, Palm Kernel Oil, Peanut Flour, Milk Protein Isolate, Chicory Root Fiber, Bamboo Fiber, Beta-Carotene, Locust Bean Gum, Natural Flavor, Salt, Soy Lecithin, Xanthan Gum), Corn Syrup, Peanut Butter, Soy Protein Isolate, Gum Arabic, Liquid Fructose, Peanut Flour, Peanuts. Less than 2% of: Glycerin, Natural Flavor, Salt, and Vitamin & Mineral Blend (Calcium Phosphate, Ascorbic Acid [Vit. C], Magnesium Oxide, dl-Alpha-Tocopheryl Acetate [Vit. E], Niacinamide [Vit. B3], Zinc Oxide, Calcium Pantothenate [Vit. B5], Ferrous Fumarate [Iron], Pyridoxine Hydrochloride [Vit. B6], Vitamin A Palmitate, Riboflavin [Vit. B2], Thiamine Mononitrate [Vit. B1], Folic Acid [Vit. B9], Chromium Chloride, Biotin [Vit. B7], Sodium Selenite, Sodium Molybdate, Vitamin B12).

**Allergens:** Contains milk, peanut and soy ingredients. Manufactured in a facility that processes eggs, tree nuts and wheat.

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# ZonePerfect® Classic Bars

Balanced nutrition with great taste

## Availability

List Number	Item
56699	ZonePerfect Bar Sweet & Salty Cashew Pretzel / 1.58 oz (45 g) Bar / 3 x 12 ct
62836	ZonePerfect Bar Chocolate Chip Cookie Dough / 1.58 oz (45 g) Bar / 3 x 12 ct
63160	ZonePerfect Bar Chocolate Peanut Butter / 1.76 oz (50 g) Bar / 6 x 5 ct
63161	ZonePerfect Bar Chocolate Peanut Butter / 1.76 oz (50 g) Bar / 3 x 12 ct
63212	ZonePerfect Bar Double Dark Chocolate / 1.58 oz (45 g) Bar / 6 x 5 ct
63214	ZonePerfect Bar Double Dark Chocolate / 1.58 oz (45 g) Bar / 3 x 12 ct
63223	ZonePerfect Bar Dark Chocolate Almond / 1.58 oz (45 g) Bar / 6 x 5 ct
63225	ZonePerfect Bar Dark Chocolate Almond / 1.58 oz (45 g) Bar / 3 x 12 ct
63257	ZonePerfect Bar Fudge Graham / 1.76 oz (50 g) Bar / 6 x 5 ct
63259	ZonePerfect Bar Fudge Graham / 1.76 oz (50 g) Bar / 3 x 12 ct
63269	ZonePerfect Bar Chocolate Caramel Cluster / 1.76 oz (50 g) Bar / 6 x 5 ct
63278	ZonePerfect Bar Chocolate Mint / 1.76 oz (50 g) Bar / 6 x 5 ct
63282	ZonePerfect Bar Chocolate Mint / 1.76 oz (50 g) Bar / 3 x 12 ct
63297	ZonePerfect Bar Chocolate Chip Cookie Dough / 1.58 oz (45 g) Bar / 6 x 5 ct
63298	ZonePerfect Bar Chocolate Almond Raisin / 1.76 oz (50 g) Bar / 6 x 5 ct
63299	ZonePerfect Bar Chocolate Almond Raisin / 1.76 oz (50 g) Bar / 3 x 12 ct
63303	ZonePerfect Bar Strawberry Yogurt / 1.76 oz (50 g) Bar / 6 x 5 ct
63304	ZonePerfect Bar Strawberry Yogurt / 1.76 oz (50 g) Bar / 3 x 12 ct
63305	ZonePerfect Bar Sweet & Salty Cashew Pretzel / 1.58 oz (45 g) Bar / 6 x 5 ct
63308	ZonePerfect Bar Cinnamon Roll / 1.76 oz (50 g) Bar / 6 x 5 ct
63309	ZonePerfect Bar Cinnamon Roll / 1.76 oz (50 g) Bar / 3 x 12 ct
63505	ZonePerfect Bar Salted Caramel Brownie / 1.58 oz (45 g) Bar / 3 x 12 ct
63508	ZonePerfect Bar Salted Caramel Brownie / 1.58 oz (45 g) Bar / 6 x 5 ct
66037	ZonePerfect Bar Oatmeal Chocolate Chunk / 1.41 oz (40 g) Bar / 6 x 5 ct
66040	ZonePerfect Bar Oatmeal Chocolate Chunk / 1.41 oz (40 g) Bar / 3 x 12 ct
66742	ZonePerfect Bar Chocolate Peanut Butter / 1.76 oz (50 g) Bar / 2 x 10 ct
66743	ZonePerfect Bar Fudge Graham / 1.76 oz (50 g) Bar / 2 x 10 ct
66744	ZonePerfect Bar Chocolate Mint / 1.76 oz (50 g) Bar / 2 x 10 ct
66746	ZonePerfect Bar Chocolate Chip Cookie Dough / 1.58 oz (45 g) Bar / 2 x 10 ct
66749	ZonePerfect Bar Double Dark Chocolate / 1.58 oz (45 g) Bar / 2 x 10 ct
67717	ZonePerfect Bar Oatmeal Chocolate Chunk / 1.41 oz (40 g) Bar / 2 x 10 ct
67719	ZonePerfect Bar Strawberry Yogurt / 1.76 oz (50 g) Bar / 2 x 10 ct
67772	ZonePerfect Bar Chocolate Almond Raisin / 1.76 oz (50 g) Bar / 4 x 5 ct
67773	ZonePerfect Bar Chocolate Caramel Cluster / 1.76-oz (50-g) Bar / 4 x 5 ct
67774	ZonePerfect Bar Chocolate Chip Cookie Dough / 1.58 oz (45 g) bar / 4 x 5 ct
67775	ZonePerfect Bar Chocolate Mint / 1.76 oz (50 g) Bar / 4 x 5 ct
67776	ZonePerfect Bar Chocolate Peanut Butter / 1.76 oz (50 g) Bar / 4 x 5 ct
67777	ZonePerfect Bar Cinnamon Roll / 1.76 oz (50 g) Bar / 4 x 5 ct
67778	ZonePerfect Bar Dark Chocolate Almond / 1.58 oz (45 g) bar / 4 x 5 ct
67779	ZonePerfect Bar Double Dark Chocolate / 1.58 oz (45 g) Bar / 4 x 5 ct
67780	ZonePerfect Bar Fudge Graham / 1.76 oz (50 g) Bar / 4 x 5 ct

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# ZonePerfect® Classic Bars

Balanced nutrition with great taste

## Availability

List Number	Item
67781	ZonePerfect Bar Oatmeal Chocolate Chunk / 1.41 oz (40 g) Bar / 4 x 5 ct
67782	ZonePerfect Bar Salted Caramel Brownie / 1.58 oz (45 g) bar / 4 x 5 ct
67784	ZonePerfect Bar Strawberry Yogurt / 1.76 oz (50 g) Bar / 4 x 5 ct
67785	ZonePerfect Bar Sweet & Salty Cashew Pretzel / 1.58 oz (45 g) Bar / 4 x 5 ct

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1-800-227-5767



## Nutrition Information - Bar Chocolate Peanut Butter

	50 g (1 Bar)	
	Value	%RDI / %DV*
Calories	220	
Total Fat, g	8	10
Saturated Fat, g	4	20
Trans Fat, g	0	
Cholesterol, mg	<5	<1
Sodium, mg	270	12
Total Carbohydrate, g	24	9
Dietary Fiber, g	1	4
Total Sugars, g	15	
Added Sugars, g	13	26
Protein, g	14	28
Calcium, mg	170	10
Iron, mg	1.8	10
Potassium, mg	130	2
Vitamin A		25
Vitamin C		50
Vitamin E		20
Thiamin		25
Riboflavin		20
Niacin		60
Vitamin B6		40
Folate, mcg DFE	135	35
Folic Acid, mcg	80	
Vitamin B12		80
Biotin		200
Pantothenic Acid		50
Phosphorus		15
Magnesium		10
Zinc		35
Selenium		40
Chromium		110
Molybdenum		60

### Bar Chocolate Peanut Butter Footnotes & References

**Per 50 g (1 Bar)**

\* Not a significant source of vitamin D. 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.

## Product Information: ZonePerfect® High Protein Shake

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

# ZonePerfect® High Protein Shake

- 1 B-vitamins to support energy metabolism.
- 1 1 g sugar.
- 1 150 Calories.
- 1 30 g protein.

## Safety Precautions

- 1 Notice: For weight reduction, use only as directed at [www.zoneperfect.com/HP](http://www.zoneperfect.com/HP). Do not use in diets supplying less than 400 Calories per day without medical supervision.



## Ingredients

### Liquid Chocolate Marshmallow:

Water, Milk Protein Isolate, Calcium Caseinate. Less than 2% of: Cocoa (Processed with Alkali), Artificial Flavor, Sunflower Oil, Inulin, Maltodextrin, Sucralose, Acesulfame Potassium, Cellulose Gel, Cellulose Gum, Carrageenan, and Vitamin & Mineral Blend (Potassium Phosphate, Sodium Phosphate, Sodium Ascorbate [Vit. C], Sodium Chloride, Zinc Gluconate, dl-Alpha-Tocopheryl Acetate [Vit. E], Niacinamide [Vit. B3], Manganese Gluconate, Calcium Pantothenate [Vit. B5], Vitamin A Palmitate, Pyridoxine Hydrochloride [Vit. B6], Thiamine Hydrochloride [Vit. B1], Riboflavin [Vit. B2], Chromium Chloride, Folic Acid [Vit. B7], Beta-Carotene, Vitamin D3, Biotin [Vit. B7], Sodium Molybdate, Sodium Selenite, Potassium Iodide, Phylloquinone [Vit. K1], Cyanobobalamin [Vit. B12]).

**Allergens:** Contains milk.

## Availability

List Number	Item
67254	ZonePerfect High Protein Shake Chocolate Marshmallow / 11 fl oz (330 mL) Carton / 3 x 4 ct
67272	ZonePerfect High Protein Shake Vanilla Ice Cream / 11 fl oz (330 mL) Carton / 3 x 4 ct

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



# ZonePerfect® High Protein Shake

## Nutrition Information - Liquid Chocolate Marshmallow

	11 fl oz (330 mL)	
	Value	%RDI / %DV*
Calories	150	
Total Fat, g	1	1
Saturated Fat, g	0.5	2
Trans Fat, g	0	
Cholesterol, mg	25	8
Sodium, mg	280	12
Total Carbohydrate, g	6	2
Dietary Fiber, g	3	11
Total Sugars, g	1	
Added Sugars, g	0	0
Protein, g	30	60
Vitamin D, mcg	2	10
Calcium, mg	710	55
Potassium, mg	420	8
Vitamin A		35
Vitamin C		30
Vitamin E		30
Vitamin K		15
Thiamin		25
Riboflavin		35
Niacin		35
Vitamin B6		25
Folate		68
Folic Acid, mcg	160	
Vitamin B12		35
Biotin		200
Pantothenic Acid		30
Phosphorus		25
Iodine		25
Molybdenum		35
Zinc		10
Selenium		25
Chloride		8
Manganese		15
Chromium		100

### Liquid Chocolate Marshmallow Footnotes & References

#### Per 11 fl oz (330 mL)

\*Not a significant source of iron. 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.

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

## Product Information: ZonePerfect® Keto Bar

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

# ZonePerfect® Keto Bar

Designed to support your keto lifestyle

- 1 ZONEPERFECT KETO BAR
- 1 Designed to support your keto lifestyle.
- 1 3 - 4 g net carbs.\*
- 1 8 g protein
- 1 14 g fat.
- 1 Made with MCTs.
- 1 Gluten-free.
- 1 No artificial sweeteners.
- 1 No artificial flavors or colors.
- 1 Kosher.



## Safety Precautions

- 1 For results, use with a proper keto diet and an exercise program. Please consult a physician or health care professional prior to going keto.

\* *Net Carbs = Total Carbs - Fiber - Sugar Alcohols (glycerin, erythritol) - Allulose (a rare sugar that is not metabolized by the body so it does not impact blood sugar and provides minimal calories).*

## Ingredients

### Bar Peanut Butter Pie:

MCT Powder Blend (Medium Chain Triglycerides, Sodium Caseinate), Whey Protein Crisp (Whey Protein Isolate, Whey Protein Concentrate, Tapioca Starch, Calcium Carbonate), Allulose, Sugar Free Dark Chocolate Coating (Chocolate Liquor, Erythritol [sourced from plants], Chicory Root Fiber, Cocoa Butter, Potassium Phosphate, Vanilla, Stevia Leaf Extract), Glycerin (sourced from plants), Cocoa Butter, Chicory Root Fiber, Organic Coconut Oil, Peanut Butter, Whey Protein Concentrate, Gum Arabic, Natural Flavors. Less than 2% of: Salt, and Stevia Leaf Extract.

**Allergens:** Contains milk, peanut and soy ingredients. Manufactured in a facility that processes eggs, tree nuts and wheat.

## Availability

List Number	Item
67810	Zone Keto Bar Peanut Butter Pie / 1.41 oz (40 g) Bar / 4 x 5 ct
67813	Zone Keto Bar Chocolate Hazelnut / 1.41 oz (40 g) Bar / 4 x 5 ct

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

## Nutrition Information - Bar Peanut Butter Pie

	40 g (1 Bar)	
	Value	%RDI / %DV*
Calories	190	
Total Fat, g	14	18
Saturated Fat, g	10	52
Trans Fat, g	0	
Cholesterol, mg	10	3
Sodium, mg	140	6
Total Carbohydrate, g	13	5
Dietary Fiber, g	2	7
Total Sugars, g	1	
Added Sugars, g	1	2
Sugar Alcohols, g	3	
Protein, g	8	16

### Bar Peanut Butter Pie Footnotes & References

#### Per 40 g (1 Bar)

\* Not a significant source of vitamin D, calcium, iron, and potassium. 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.

## Product Information: ZonePerfect® Keto Mug Cake Mix

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

# ZonePerfect® Keto Mug Cake Mix

- 1 An indulgent snack to support your keto lifestyle.
- 1 9\* (Zesty Lemon ) to 11† (Chocolate Fudge) net carbs (as prepared).
- 1 Made with almond flour.
- 1 Keto friendly.
- 1 Mix with heavy cream.
- 1 Gluten-free.
- 1 Kosher.
- 1 Halal.



## Safety Precautions

- 1 For results, use with a proper keto diet and an exercise program. Please consult a physician or health care professional prior to going keto.

\* 20 g Total Carbs - 4 g Fiber - 7 g Erythritol = 9 g Net Carbs.

† 22 g Total Carbs - 4 g Fiber - 7 g Erythritol = 11 g Net Carbs.

## Ingredients

### Powder Chocolate Fudge:

Whey Protein Concentrate, Erythritol, Chocolate Powder (Unsweetened Chocolate [Processed with Alkali], Cocoa Powder [Processed with Alkali]), Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate [Processed with Alkali], Cocoa Butter, Soy Lecithin, Natural Flavor), Almond Flour, Creamer (High Oleic Sunflower Oil, Inulin, Sodium Caseinate, Sunflower Lecithin, Silicon Dioxide, Mixed Tocopherols [for Freshness]), Cocoa Powder (Processed with Alkali), Pasteurized Whole Egg Solids, Whey Protein Isolate (Whey Protein Isolate, Sunflower Lecithin), Natural Flavors, Semi-Sweet Chocolate Powder (Sugar, Unsweetened Chocolate [Processed with Alkali], Dextrose). Less than 2% of: Gum Blend (Xanthan Gum, Sodium Alginate, Guar Gum), Inulin, Sodium Bicarbonate, Sea Salt, and Stevia Leaf Extract.

**Allergens:** Contains almond, egg, milk and soy ingredients.

## Availability

List Number	Item
67566	ZonePerfect Keto Mug Cake Mix Chocolate Fudge / 1.62 oz (46 g) / 4 x 4 ct
67568	ZonePerfect Keto Mug Cake Mix Zesty Lemon / 1.58 oz (45 g) / 4 x 4 ct

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

# ZonePerfect® Keto Mug Cake Mix

## Nutrition Information - Powder Chocolate Fudge

	46 g (1 packet)		46 g (As prepared)	
	Value	%RDI / %DV*	Value	%RDI / %DV*
Calories	190		400	
Total Fat, g	11	14	33	42
Saturated Fat, g	4	20	18	90
Trans Fat, g	0		1	
Cholesterol, mg	120	40	190	63
Sodium, mg	300	13	320	14
Total Carbohydrate, g	20	7	22	8
Dietary Fiber, g	4	14	4	14
Total Sugars, g	4		6	
Added Sugars, g	3	6	3	6
Erythritol, g	7		7	
Protein, g	12	24	13	26

## Powder Chocolate Fudge Footnotes & References

### Per 46 g (1 packet)

\* Not a significant source of vitamin D, calcium, iron, and potassium. 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.

### Per 46 g (As prepared)

\* Not a significant source of vitamin D, calcium, iron, and potassium. 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.

## Preparation

### Instructions for Use:

- 1 Empty one packet into 10-16 oz microwave safe ceramic mug.
- 1 Add 4 Tbsp heavy cream.
- 1 Stir thoroughly until no clumps or dry powder are left.
- 1 Microwave on high for 60-90 seconds (Cooking times may vary. 1000-1200 watt microwave recommended).
- 1 Let stand 2 minutes to continue cooking. Allow to cool. Enjoy immediately.

### Caution:

- 1 Mug will be hot to the touch, use mug handle to remove from the microwave.
- 1 Do not eat raw batter.

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

## Product Information: ZonePerfect® Keto Shake

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



# ZonePerfect® Keto Shake

- 1 Designed to support your keto lifestyle.
- 1 Made with MCTs.
- 1 No artificial flavors or colors.
- 1 No artificial sweeteners.
- 1 No soy.
- 1 Gluten-free.
- 1 Kosher.
- 1 Halal.

## Safety Precautions

- 1 For results, use with a proper keto diet and an exercise program. Please consult a physician or health care professional prior to going keto.
- 1 Not intended as a sole source of nutrition.



## Ingredients

### Liquid Chocolate:

Water, Medium Chain Triglycerides (MCT Oil), Milk Protein Concentrate, Cocoa Powder (Processed with Alkali). Less than 1% of: Potassium Phosphate, Locust Bean Gum, Natural Flavors, Sunflower Lecithin, Salt, Gellan Gum, Sodium Ascorbate (Vitamin C - For Freshness), and Stevia Leaf Extract.

**Allergens:** Contains milk ingredients.

## Availability

List Number	Item
67260	ZonePerfect Keto Shake White Chocolate Coconut / 11 fl oz (325 mL) Carton / 3 x 4 ct
67263	ZonePerfect Keto Shake Pineapple Coconut / 11 fl oz (325 mL) Carton / 3 x 4 ct
67298	ZonePerfect Keto Shake Butter Coffee / 11 fl oz (325 mL) Carton / 3 x 4 ct
67790	ZonePerfect Keto Shake Chocolate / 11 fl oz (325 mL) Carton / 3 x 4 ct
67793	ZonePerfect Keto Shake Vanilla / 11 fl oz (325 mL) Carton / 3 x 4 ct

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

## Nutrition Information - Liquid Chocolate

	11 fl oz (325 mL)	
	Value	%RDI / %DV*
Calories	200	
Total Fat, g	18	23
Saturated Fat, g	17	85
Trans Fat, g	0	
Cholesterol, mg	10	3
Sodium, mg	200	9
Total Carbohydrate, g	4	1
Dietary Fiber, g	1	4
Total Sugars, g	0	
Added Sugars, g	0	0
Sugar Alcohols, g	0	
Protein, g	10	20
Calcium, mg	250	20
Potassium, mg	750	15

## Liquid Chocolate Footnotes & References

### Per 11 fl oz (325 mL)

\*Not a significant source of vitamin D and iron. 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.

## Preparation

### Instructions for Use:

- 1 Shake before using.
- 1 Serve cold.

## Storage & Handling

### Instructions for Use:

- 1 Refrigerate after opening.

## Product Information: ZonePerfect® Macros

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# ZonePerfect® Macros

Balanced nutrition bar with a purpose

- 1 40/30/30 proven macronutrient ratio for total body wellness.\*
- 1 CARBS: your body's main source of fuel.
- 1 PROTEIN: supports strong muscles and a lean body.
- 1 FAT: supports vitamin & mineral absorption.
- 1 1 - 2 g sugar.
- 1 15 g of protein.
- 1 18 vitamins & minerals.
- 1 Kosher Dairy

\* When used with a 40/30/30 lifestyle plan designed for weight loss and maintenance.



## Ingredients

### Bar Birthday Cake:

Soy Protein Nuggets (Soy Protein Isolate, Tapioca Starch, Salt), Yogurt Flavored Coating (Lactitol, Palm Kernel Oil, Polydextrose, Nonfat Yogurt Powder [Cultured Nonfat Milk], Calcium Caseinate, Titanium Dioxide, Soy Lecithin, Lactic Acid Powder [Modified Corn Starch, Lactic Acid], Monoglycerides, Acesulfame Potassium, Vanilla Extract), Maltitol, Marshmallow (Maltitol, Palm Kernel Oil, Corn Maltodextrin, Egg Whites, Glycerin, Titanium Dioxide, Soy Lecithin, Salt, Natural & Artificial Flavors), Soy Protein Isolate, Glycerin, Corn Maltodextrin, Palm Kernel Oil, High Oleic Safflower Oil, Sprinkles (Sugar, Corn Starch, Palm Oil and Palm Kernel Oil, Sunflower Lecithin, Confectioner's Glaze, Carnauba Wax Colored with Curcumin, Turmeric Color, Annatto, Beet Juice, Vegetable Juices, Beta-Carotene, Dextrin, Maltodextrin, Sodium Bicarbonate), Isomaltooligosaccharide (from Tapioca), Gum Arabic. Less than 2% of: Natural Flavors, Sucralose, Salt, and Vitamin & Mineral Blend (Calcium Phosphate, Ascorbic Acid [Vit. C], Magnesium Oxide, dl-Alpha-Tocopheryl Acetate [Vit. E], Niacinamide [Vit. B3], Zinc Oxide, Calcium Pantothenate [Vit. B5], Ferrous Fumarate [Iron], Pyridoxine Hydrochloride [Vit. B6], Vitamin A Palmitate, Riboflavin [Vit. B2], Thiamine Mononitrate [Vit. B1], Folic Acid [Vit. B9], Chromium Chloride, Biotin [Vit. B7], Sodium Selenite, Sodium Molybdate, Vitamin B12).

**Allergens:** Contains egg, milk and soy ingredients. Manufactured in a facility that processes peanuts, tree nuts and wheat.

## Availability

List Number	Item
67492	ZonePerfect Macros Bar White Chocolate Peanut Butter / 1.76 oz (50 g) Bar / 4 x 5 ct
67495	ZonePerfect Macros Bar White Chocolate Peanut Butter / 1.76 oz (50 g) Bar / 3 x 12 ct
67497	ZonePerfect Macros Bar Birthday Cake / 1.76 oz (50 g) Bar / 4 x 5 ct
67500	ZonePerfect Macros Bar Birthday Cake / 1.76 oz (50 g) bar / 3 x 12 ct
67502	ZonePerfect Macros Bar Blueberry Maple Waffle / 1.76 oz (50 g) Bar / 4 x 5 ct
67505	ZonePerfect Macros Bar Blueberry Maple Waffle / 1.76 oz (50 g) Bar / 3 x 12 ct
67507	ZonePerfect Macros Bar Fruity Cereal / 1.76 oz (50 g) Bar / 4 x 5 ct
67510	ZonePerfect Macros Bar Fruity Cereal / 1.76 oz (50 g) Bar / 3 x 12 ct
67889	ZonePerfect Macros Bar Chocolate Chip Muffin / 1.76 oz (50 g) bar / 4 x 5 ct
67892	ZonePerfect Macros Bar Lemon Pound Cake / 1.76 oz (50 g) bar / 4 x 5 ct
67895	ZonePerfect Macros Bar Cinnamon Toast Cereal / 1.76 oz (50 g) bar / 4 x 5 ct
67898	ZonePerfect Macros Bar Chocolate Cereal / 1.76 oz (50 g) bar / 4 x 5 ct

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## Nutrition Information - Bar Birthday Cake

	50 g (1 Bar)	
	Value	%RDI / %DV*
Calories	210	
Total Fat, g	7	9
Saturated Fat, g	5	25
Trans Fat, g	0	
Cholesterol, mg	0	0
Sodium, mg	220	10
Total Carbohydrate, g	21	8
Dietary Fiber, g	<1	<4
Total Sugars, g	1	
Added Sugars, g	1	2
Sugar Alcohols, g	8	
Protein, g	15	30
Calcium, mg	195	15
Iron, mg	2	10
Potassium, mg	40	0
Vitamin A		15
Vitamin C		40
Vitamin E		20
Thiamin		25
Riboflavin		10
Niacin		40
Vitamin B6		40
Folate, mcg DFE	135	35
Folic Acid, mcg	80	
Vitamin B12		70
Biotin		80
Pantothenic Acid		40
Phosphorus		15
Zinc		30
Selenium		30
Chromium		80
Molybdenum		30

### Bar Birthday Cake Footnotes & References

**Per 50 g (1 Bar)**

\*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. Not a significant source of vitamin D.