

# DinoShake®

## Delicious, nutritious and fun.

When most kids get home from school they head straight for the refrigerator. The window between the time the school bell rings and dinner is put on the table is big enough to cause a few hunger pangs, so be sure you have something delicious and nutritious to meet your kids high-energy needs.

Since snacks help round out a child's nutritional requirements and can provide as much as one-fourth of his or her daily calorie intake, be sure a DinoShake® is within reach. DinoShake® comes in two delicious flavors—Chocolicious and Wild Berry Blast—and is formulated with a multitude of vitamins and nutrients including calcium, iron, potassium and vitamins A, C, D, E and K.

When snacking, children often reach for the closest food at hand. If your cupboard is loaded with cookies and chips, that's what they'll grab. If you have a DinoShake® standing by, not only will they develop healthy snacking habits, they'll learn the importance of good health.

Starting the day with a nutritious and balanced breakfast is always a good idea, but for children, health experts say, it is essential for their well-being. School-age children must have a healthy breakfast in order to do their best in school.

To get your children off to a "smart start," include an Herbalife DinoShake® as part of a balanced breakfast. It's bound to be a hit any day of the week, and the great-tasting shake is an easy way to add essential vitamins, minerals and nutrients to your child's daily diet.

DinoShake® may also be used as a nutritious snack. So, when your children come home from school, and they want an afternoon treat, mix up a frothy shake. For variety, add your child's favorite fruit and not only will your child be happy, but you will too, knowing you've provided a perfectly healthy snack.

## Discussion Points

- Yummy-tasting: Kids love DinoShakes®! Whether they're made with juice or milk, with added fruit or not, your children will never it turn down.
- Convenient anytime: DinoShakes® are a great addition to a child's balanced breakfast. However, they can also be a wonderful after-school snack.
- Good for growing bodies: Contains all the essential vitamins, minerals and nutrients a growing body needs for good health.

## Did You Know?

Other popular brands don't live up to DinoShake®. When comparing the nutrition facts on our label with other brands, DinoShake® comes out on top. Not only does our powder contain 6 grams of high-powered protein—compared to only 1 gram in the others—it also has much less sugar and more of the essential vitamins, minerals and nutrients a growing body needs for good health.

## Fast Facts

- Mixes easily with milk or juice, and can even be added to cereal.
- Serve hot or cold.
- Two great flavors, Chocolicious and Wild Berry Blast.
- Use in conjunction with other Herbalife nutritional products for children.
- Not intended as a substitute for infant formula.

**Ingredients:** Fructose, calcium caseinate, whey powder, natural & artificial flavors, potassium phosphate, calcium phosphate, magnesium oxide, potassium citrate, licorice, ascorbic acid, dl- $\alpha$ -tocopheryl acetate, red 40, red 3, ferrous fumarate, sodium selenite, biotin, niacinamide, potassium iodide, zinc oxide, vitamin A palmitate, d-calcium pantothenate, copper sulfate, vitamin K, manganese sulfate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, chromium nicotinate, vitamin D3, cyanocobalamin, folic acid and sodium molybdate.



Chocolicious

## NUTRITION FACTS

Serving Size: 1 rounded scoop (21g).

Servings per container: 18

	Amount Per Serving	Powder	Powder with 8 fl. oz. 2% nonfat milk
Calories		80	200
Calories from fat		0	45
% Daily Value			
Total fat	0.5 g*	1%	8%
Saturated fat	0 g	0%	15%
Cholesterol	2 mg	<1%	7%
Sodium	60 mg	3%	8%
Potassium	280 mg	8%	19%
Total Carbohydrates	12 g	4%	8%
Dietary Fiber	0 g	0%	0%
Sugars	11 g		
Protein	6 g	12%	28%
Vitamin A		25%	35%
Vitamin C		25%	30%
Calcium		25%	60%
Iron		25%	25%
Vitamin D		25%	50%
Vitamin E		25%	25%
Vitamin K		25%	25%
Thiamin		25%	30%
Riboflavin		25%	50%
Niacin		25%	25%
Vitamin B6		25%	30%
Folic Acid		25%	30%
Vitamin B12		25%	40%
Biotin		25%	25%
Panthenic Acid		25%	35%
Phosphorus		25%	50%
Iodine		25%	25%
Magnesium		25%	35%
Zinc		25%	30%
Selenium		25%	25%
Copper		25%	25%
Manganese		25%	25%
Chromium		25%	25%
Molybdenum		25%	25%
Calories per gram: Fat 9 Carbohydrates 4 Protein 4			
Total Fat	Less Than	2,000	2,500
Sat. Fat	Less Than	65 g	80 g
Cholesterol	Less Than	20 g	25 g
Sodium	Less Than	300 mg	300 mg
Potassium		2,400 mg	2,400 mg
Total Carbohydrate		3,500 mg	3,500 mg
Dietary Fiber		300 g	375 g
Sugars		25 g	30 g
Protein		50 g	65 g

\*Amount in Powder. One cup Vitamin A&D fortified 2% lowfat milk contributes an additional 121 calories, 42 calories from fat, 4.7 g of fat, 3 g saturated fat, 19 mg cholesterol, 122 mg sodium, 377 mg potassium, 12 g total carbohydrate (12 g sugars), and 8 g protein.

\*\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions: For directions, see Wild Berry Blast label.

# Ordering Details

Chocolicious #0192

\$19.00

Wild Berry Blast

### NUTRITION FACTS

Serving Size: 1 rounded scoop (21g).

Servings per container: 18

	Amount Per Serving	Powder	Powder with 8 fl. oz. 2% nonfat milk
Calories		70	190
Calories from fat		0	45
% Daily Value			
Total fat	0 g*	1%	7%
Saturated Fat	0 g	0%	15%
Cholesterol	0 mg	0%	6%
Sodium	60 mg	3%	8%
Potassium	290 mg	8%	19%
Total Carbohydrate	12 g	4%	8%
Dietary Fiber	0 g	0%	0%
Sugars	12 g		
Protein	6 g	12%	28%
Vitamin A		25%	35%
Vitamin C		25%	30%
Calcium		25%	60%
Iron		25%	25%
Vitamin D		25%	50%
Vitamin E		25%	25%
Vitamin K		25%	25%
Thiamin		25%	30%
Riboflavin		25%	50%
Niacin		25%	25%
Vitamin B6		25%	30%
Folic Acid		25%	30%
Vitamin B12		25%	40%
Biotin		25%	25%
Pantothenic Acid		25%	35%
Phosphorus		25%	50%
Iodine		25%	25%
Magnesium		25%	35%
Zinc		25%	30%
Selenium		25%	25%
Copper		25%	25%
Manganese		25%	25%
Chromium		25%	25%
Molybdenum		25%	25%

	Calories	2,000	2,500
Total Fat	Less Than	65 g	80 g
Sat. Fat	Less Than	20 g	25 g
Cholesterol	Less Than	300 mg	300 mg
Sodium	Less Than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g
Calories per gram:	Fat 9	Carbohydrates 4	Protein 4

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**Ingredients:** Fructose, calcium caseinate, whey potassium phosphate, tricalcium phosphate, natural and artificial flavors, magnesium oxide, potassium citrate, ascorbic acid, dl-alpha tocopheryl acetate, ferrous fumarate, artificial colors (Red 40 Lake and Red 3), niacinamide, zinc oxide, vitamin A palmitate, d-calcium pantothenate, copper sulfate, manganese sulfate, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, chromium nicotinate, cholecalciferol (vitamin D), folic acid, sodium selenite, biotin, potassium iodide, sodium molybdate, vitamin K and cyanocobalamin.

**Directions:** Simply shake or stir one rounded scoop of powder with eight fluid ounces of low-fat milk or your favorite beverage.

## Ordering Details

Wild Berry Blast #0193

\$19.00