



# Soup Mix

Protein-based snack for energy and nutrition  
*creamy chicken*

Artificially Flavored

7 PACKETS - .77 oz / 22 g EACH (NET WT 5.4 oz / 154 g)

**Soup Mix** is a great way to enjoy a satisfying cup of soup. Each serving includes 16 grams of hunger-fighting protein with just 80 calories! Simply add hot water and stir for the perfect anytime snack that will help keep you on track for weight loss. Can also be used as a sauce or gravy.

**†0 Gram Net Impact Carbs per Serving** <sup>†</sup>Net-impact carbs include only those carbohydrates that cause a noted impact on blood sugar and insulin response. Fiber, sugar alcohols and other carbohydrates are excluded.

**DIRECTIONS:** Empty contents of one packet into a large cup or mug. Add 6 to 8 fl. oz. of very hot water and stir until smooth. For microwave preparation, empty contents of one packet into a microwave-safe cup or bowl. While stirring, slowly add 6 to 8 fl. oz. of cold water. Heat at high power for 1 to 1½ minutes and enjoy! Make Soup Mix with less water and use as a tasty sauce over steamed vegetables, poultry or meat. For variety, try our other delicious protein-rich snacks, too.

**INSTRUCCIONES:** Vacie el contenido de un sobre en un plato o taza grande. Agregue 6 a 8 oz. fl. de agua caliente. Revuelva hasta que se disuelva. Para preparar en el horno de microondas, vacie los contenidos de un sobre en un plato o taza para uso en horno de microondas. Agregue despacio 6 a 8 oz. fl. de agua fría mientras revuelva para que se disuelva. Caliente en el horno de 1 minuto a 1½ y disfrute! Use menos agua para hacer esta sopa y la puede disfrutar como salsa sobre vegetales cocidos, pollo o carne. Pruebe también nuestros otros bocadillos ricos en proteína.

We offer a **30-day money-back guarantee** to assure your complete satisfaction. This exclusively formulated product is only available through Herbalife Independent Distributors.

## Nutrition Facts

<b>Serving Size: 1 Packet (22 g)</b>	
<b>Servings Per Carton: 7</b>	
<b>Amount per Serving</b>	
<b>Calories 80</b>	
Calories from Fat 5	
	<b>% Daily Value*</b>
<b>Total Fat</b> 0.5 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 590 mg	<b>25%</b>
<b>Potassium</b> 160 mg	<b>5%</b>
<b>Total Carbohydrate</b> 1 g <sup>†</sup>	<b>1%</b>
Dietary Fiber 0 g	<b>0%</b>
Sugar 0 g <sup>†</sup>	
Sugar Alcohols 0 g	
Other Carbohydrates 1 g	
<b>Protein</b> 16 g	<b>28%</b>
Vitamin A 0%	• Vitamin C 0%
Calcium 20%	• Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	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 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Milk Protein Isolate, Soy Protein Isolate, Hydrolyzed Gelatin, Onion Powder, Salt, Natural Chicken Flavor (Hydrolyzed Corn Gluten, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oils, Thiamine Hydrochloride, Lactic Acid, Disodium Guanylate, Disodium Inosinate), Natural Flavor Enhancer (Hydrolyzed Wheat Protein, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oils), Artificial Chicken Flavor (Corn Syrup Solids, Tapioca Dextrin, Artificial Flavor, Eggs, Autolyzed Yeast Extract, Dextrose, Disodium Phosphate, Salt, Whey, Sodium Acetate, Citric Acid, Modified Corn Starch, Onion Powder, Tricalcium Phosphate, Partially Hydrogenated Soybean Oil), Potassium Bicarbonate, Soy Lecithin, Silicon Dioxide, Xanthan Gum, Guar Gum, Sodium Alginate, Celery Powder, Dried Green Onion, Glucose, Spices and Turmeric Oleoresin Color.