



Thunder - 60 servings

The one and only low carb CHOCOLATE THUNDER. Thunder™ is a unique combination of organic whey protein, whole-food apple fiber, 27 trace minerals, vitamins, enzymes, probiotics, amino acids and omega fatty acids. This healthy blend offers a low sugar, low calorie meal replacement with the added benefits of probiotics and enzymes to support the gastro-intestinal system. Each serving contains 14.15 grams of protein and 15% of the recommended daily allowance of fiber. Each serving also contains 15 major vitamins and minerals including vitamin A, vitamin C, vitamin E, vitamin B1, vitamin B2, vitamin B5, vitamin B6, vitamin B12, potassium, calcium, niacin, folic acid, biotin, and magnesium. Thunder is made with a base of 24 Karat Chocolate™ powder to provide you with the taste and health benefits of chocolate, the highest antioxidant food on the planet.



Ingredients

Organic Whey, 24 Karat Chocolate Powder, Apple Fiber, Peptide Amino Acids, Omega 3 Fatty Acids Oil, Proprietary Blend of 72 Trace Minerals, Protease, Amylase, Lipase, Cellulase, Sucrase, Maltase, Lactase, Bromelain, Lactobacillus Acidophilus, Lactobacillus Bulgaricus, Bifidobacterium Bifidum, Lactobacillus Rhamnosus, Lactobacillus Casei, Lactobacillus Plantarum, Lactobacillus Brevis, Lactobacillus Caucasicus, Soy Lecithin NFG.

- Recipes -

CHOCOLATE BANANA PIE

Ingredients: 8 oz. of water, 1 half cup of ice (3 cubes), half of a banana, 1 tsp. Rainmaker, 1 whole (light or low-cal) graham cracker.

Directions: Blend the above ingredients well (60 seconds). Add 1 scoop of Thunder and blend for an additional 15 seconds. Enjoy in a chilled glass!

PEANUT BUTTER POWER

Ingredients: 8 oz. of water, 1 half cup of ice (3 cubes), 1 Tbs. of organic peanut butter, 1 tsp. Rainmaker, 3 (low-fat) vanilla wafers.

Directions: Blend the above ingredients well (60 seconds). Add 1 scoop of Thunder and blend for an additional 15 seconds. Enjoy in a chilled glass!

BERRY BLISS

Ingredients: 8 oz. of water, 1 half cup of ice (3 cubes), half of a banana, half cup raspberries, 1 tsp. Rainmaker.

Directions: Blend the above ingredients well (60 seconds). Add 1 scoop of Thunder and blend for an additional 15 seconds. Enjoy in a chilled glass!

Nutrition Facts

Serving Size: 1 scoop (22 grams)

Servings Per Container: 60

	Amount Per Serving:	%Daily Value*
Calories	72	
Calories from Fat	3.15	
Total Fat	0.35 g	0.5%
Saturated Fat	0 g	0%
Cholesterol	0 g	0%
Sodium	55 mg	2.5%
Potassium	168 mg	5%
Total Carbohydrates	4 g	1.5%
Fiber	3.75 g	15%
Honey Crystals	1 g	*
Protein	14.15 g	28.3%
Vitamin A (as Beta Carotene USP)	2500 IU	50%
Vitamin C (as Ascorbic Acid-U)	105 mg	175%
Calcium (23% active)	125 mg	25%
Vitamin E (as d-alpha Tocopherol USP)	15 IU	50%
Thiamine (B1 HCl)	0.75 mg	50%
Riboflavin (B2 USP)	0.85 mg	50%
Niacin (as Nicotinamide USP)	10 mg	50%
Pantothenic Acid (B5 USP)	2.5 mg	25%
Vitamin B-6 (as Pyridoxine HCl)	1 mg	50%
Vitamin B-12 (as Cyanocobalamin)	3 mcg	54%
Folic Acid	75 mcg	18.5%
Biotin (USP)	15 mcg	5%
Magnesium (23% active)	100 mg	25%

*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	
Saturated 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	

Calories per gram Fat 9 • Carbohydrate 4 • Protein 4

SMARTFOOD

