



- **3 New Flavors**
- **Nutritional Shake**
- **32 Grams Protein**
- **Only 3 Grams Sugar**
- **Lactose Free**



Available in 5 deceptively great flavors, OhYeah!® RTDs are shaking up grab'n'go nutrition with a milkshake taste and a protein punch. Check out our original Chocolate Milkshake and Vanilla Crème, but don't miss our newest additions, Bananas & Crème, Cookies & Crème and Strawberries & Crème, coming soon to coolers near you!



OhYeah!® RTD Chocolate Milkshake

Nutrition Facts

Serving Size 14 fl oz (414 mL) Servings Per Container 1

Amount Per Serving

Calories 220	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 350mg	15%
Potassium 540mg	15%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 32g	64%

Vitamin A	25%	Iodine	25%	Niacin	25%
Calcium	70%	Zinc	25%	Folate	25%
Vitamin D	25%	Copper	25%	Biotin	25%
Vitamin K	25%	Chromium	25%	Phosphorus	25%
Riboflavin	25%	Vitamin C	25%	Magnesium	25%
Vitamin B6	25%	Iron	25%	Selenium	25%
Vitamin B12	25%	Vitamin E	25%	Manganese	25%
Pantothenic Acid	25%	Thiamine	25%	Molybdenum	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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: FILTERED WATER, DIAFILTERED SKIM MILK, OHYEAH!® PROPRIETARY PROTEIN BLEND (MILK PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE), SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL AND LESS THAN 2% OF: COCOA PROCESSED WITH ALKALI, VITAMIN & MINERAL BLEND (POTASSIUM CITRATE, MAGNESIUM PHOSPHATE, SODIUM PHOSPHATE, POTASSIUM PHOSPHATE, SODIUM ASCORBATE, FERRIC ORTHOPHOSPHATE, ZINC AMINO ACID, TOCOPHERYL ACETATE, BIOTIN, VITAMIN A PALMITATE, NIACINAMIDE, PHYTOMENADIOL, POTASSIUM IODIDE, d-CALCIUM PANTOTHENATE, CHROMIUM CHLORIDE, COPPER AMINO ACID, CYANOCOBALAMIN, SODIUM MOLYBDATE, SODIUM SELENITE, FOLIC ACID, CHOLECALCIFEROL, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE, MANGANESE SULFATE), LACTASE, NATURAL AND ARTIFICIAL FLAVORS, CELLULOSE GEL, CELLULOSE GUM, ACESULFAME POTASSIUM, DATEM, SUCRALOSE, XANTHAN GUM, SALT. CONTAINS: MILK

OhYeah!® RTD Vanilla Crème

Nutrition Facts

Serving Size 14 fl oz (414 mL) Servings Per Container 1

Amount Per Serving

Calories 220	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 350mg	15%
Potassium 490mg	14%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 32g	64%

Vitamin A	25%	Iodine	25%	Niacin	25%
Calcium	70%	Zinc	25%	Folate	25%
Vitamin D	25%	Copper	25%	Biotin	25%
Vitamin K	25%	Chromium	25%	Phosphorus	25%
Riboflavin	25%	Vitamin C	25%	Magnesium	25%
Vitamin B6	25%	Iron	25%	Selenium	25%
Vitamin B12	25%	Vitamin E	25%	Manganese	25%
Pantothenic Acid	25%	Thiamine	25%	Molybdenum	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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: FILTERED WATER, DIAFILTERED SKIM MILK, OHYEAH!® PROPRIETARY PROTEIN BLEND (MILK PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE), SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL AND LESS THAN 2% OF: VITAMIN & MINERAL BLEND (POTASSIUM CITRATE, MAGNESIUM PHOSPHATE, SODIUM PHOSPHATE, POTASSIUM PHOSPHATE, SODIUM ASCORBATE, FERRIC ORTHOPHOSPHATE, ZINC AMINO ACID, TOCOPHERYL ACETATE, BIOTIN, VITAMIN A PALMITATE, NIACINAMIDE, PHYTOMENADIOL, POTASSIUM IODIDE, d-CALCIUM PANTOTHENATE, CHROMIUM CHLORIDE, COPPER AMINO ACID, CYANOCOBALAMIN, SODIUM MOLYBDATE, SODIUM SELENITE, FOLIC ACID, CHOLECALCIFEROL, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE, MANGANESE SULFATE), LACTASE, NATURAL AND ARTIFICIAL FLAVORS, CELLULOSE GEL, CELLULOSE GUM, ACESULFAME POTASSIUM, DATEM, SUCRALOSE, XANTHAN GUM, SALT. CONTAINS: MILK

OhYeah!® RTD Bananas & Crème

Nutrition Facts

Serving Size 14 fl oz (414 mL) Servings Per Container 1

Amount Per Serving

Calories 220	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 350mg	15%
Potassium 490mg	14%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 32g	64%

Vitamin A	25%	Iodine	25%	Niacin	25%
Calcium	70%	Zinc	25%	Folate	25%
Vitamin D	25%	Copper	25%	Biotin	25%
Vitamin K	25%	Chromium	25%	Phosphorus	45%
Riboflavin	25%	Vitamin C	25%	Magnesium	25%
Vitamin B6	25%	Iron	25%	Selenium	25%
Vitamin B12	25%	Vitamin E	25%	Manganese	25%
Pantothenic Acid	25%	Thiamine	25%	Molybdenum	25%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: FILTERED WATER, DIAFILTERED SKIM MILK, OHYEAH!® PROPRIETARY PROTEIN BLEND (MILK PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE), AND LESS THAN 2% OF: SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, NATURAL AND ARTIFICIAL FLAVORS, CELLULOSE GEL, CELLULOSE GUM, CARRAGEENAN, SUCRALOSE, SALT, VITAMIN & MINERAL BLEND (POTASSIUM CITRATE, MAGNESIUM PHOSPHATE, POTASSIUM PHOSPHATE, SODIUM PHOSPHATE, SODIUM ASCORBATE, FERRIC ORTHOPHOSPHATE, ZINC AMINO ACID, TOCOPHERYL ACETATE, BIOTIN, VITAMIN A PALMITATE, NIACINAMIDE, PHYTOMENADIOL, POTASSIUM IODIDE, d-CALCIUM PANTOTHENATE, CHROMIUM CHLORIDE, COPPER AMINO ACID, CYANOCOBALAMIN, SODIUM MOLYBDATE, SODIUM SELENITE, FOLIC ACID, CHOLECALCIFEROL, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE, MANGANESE SULFATE), LACTASE, XANTHAN GUM, ACESULFAME POTASSIUM, DATEM, YELLOW 5, YELLOW 6. CONTAINS: MILK

OhYeah!® RTD Cookies & Crème

Nutrition Facts

Serving Size 14 fl oz (414 mL) Servings Per Container 1

Amount Per Serving

Calories 220	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 350mg	15%
Potassium 490mg	14%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 32g	64%

Vitamin A	25%	Iodine	25%	Niacin	25%
Calcium	70%	Zinc	25%	Folate	25%
Vitamin D	25%	Copper	25%	Biotin	25%
Vitamin K	25%	Chromium	25%	Phosphorus	45%
Riboflavin	25%	Vitamin C	25%	Magnesium	25%
Vitamin B6	25%	Iron	25%	Selenium	25%
Vitamin B12	25%	Vitamin E	25%	Manganese	25%
Pantothenic Acid	25%	Thiamine	25%	Molybdenum	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:

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Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: FILTERED WATER, DIAFILTERED SKIM MILK, OHYEAH!® PROPRIETARY PROTEIN BLEND (MILK PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE), AND LESS THAN 2% OF: SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, COCOA PROCESSED WITH ALKALI, NATURAL AND ARTIFICIAL FLAVORS, CELLULOSE GEL, CELLULOSE GUM, CARRAGEENAN, SUCRALOSE, SALT, VITAMIN & MINERAL BLEND (POTASSIUM CITRATE, MAGNESIUM PHOSPHATE, POTASSIUM PHOSPHATE, SODIUM PHOSPHATE, SODIUM ASCORBATE, FERRIC ORTHOPHOSPHATE, ZINC AMINO ACID, TOCOPHERYL ACETATE, BIOTIN, VITAMIN A PALMITATE, NIACINAMIDE, PHYTOMENADIOL, POTASSIUM IODIDE, d-CALCIUM PANTOTHENATE, CHROMIUM CHLORIDE, COPPER AMINO ACID, CYANOCOBALAMIN, SODIUM MOLYBDATE, SODIUM SELENITE, FOLIC ACID, CHOLECALCIFEROL, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE, MANGANESE SULFATE), LACTASE, ACESULFAME POTASSIUM, DATEM. CONTAINS: MILK

OhYeah!® RTD Strawberries & Crème

Nutrition Facts

Serving Size 14 fl oz (414 mL) Servings Per Container 1

Amount Per Serving

Calories 220	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 350mg	15%
Potassium 490mg	14%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 32g	64%

Vitamin A	25%	Iodine	25%	Niacin	25%
Calcium	70%	Zinc	25%	Folate	25%
Vitamin D	25%	Copper	25%	Biotin	25%
Vitamin K	25%	Chromium	25%	Phosphorus	45%
Riboflavin	25%	Vitamin C	25%	Magnesium	25%
Vitamin B6	25%	Iron	25%	Selenium	25%
Vitamin B12	25%	Vitamin E	25%	Manganese	25%
Pantothenic Acid	25%	Thiamine	25%	Molybdenum	25%

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Total Fat	Less than	65g	80g
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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: FILTERED WATER, DIAFILTERED SKIM MILK, OHYEAH!® PROPRIETARY PROTEIN BLEND (MILK PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE), AND LESS THAN 2% OF: SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, NATURAL AND ARTIFICIAL FLAVORS, CELLULOSE GEL, CELLULOSE GUM, CARRAGEENAN, SUCRALOSE, SALT, VITAMIN & MINERAL BLEND (POTASSIUM CITRATE, MAGNESIUM PHOSPHATE, POTASSIUM PHOSPHATE, SODIUM PHOSPHATE, SODIUM ASCORBATE, FERRIC ORTHOPHOSPHATE, ZINC AMINO ACID, TOCOPHERYL ACETATE, BIOTIN, VITAMIN A PALMITATE, NIACINAMIDE, PHYTOMENADIOL, POTASSIUM IODIDE, d-CALCIUM PANTOTHENATE, CHROMIUM CHLORIDE, COPPER AMINO ACID, CYANOCOBALAMIN, SODIUM MOLYBDATE, SODIUM SELENITE, FOLIC ACID, CHOLECALCIFEROL, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE, MANGANESE SULFATE), LACTASE, XANTHAN GUM, ACESULFAME POTASSIUM, DATEM, RED 3, BLUE 1. CONTAINS: MILK



3 New Flavors

Nutritional Shake

32 Grams Protein

Only 3 Grams Of Sugar

Lactose Free

More info? Visit ohyeahnutrition.com.

OhYeah!
It's That Good!

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