

NESTLÉ HEALTH SCIENCE PRONOURISH® DRINKS: A DELICIOUS CHOCOLATEY DRINK WITH NUTRITIONAL BENEFITS!

As a pescatarian, I'm always on the lookout for healthy sources of protein that can keep me full and are easy to make. I love to cook but since no one in my family will eat fish I don't always have time to make it when it's just for myself. I came across Nestlé Health Science ProNourish® Drinks - a delicious protein-packed drink. In fact, The Mama Maven herself drinks it! And it's suitable for individuals with Lactose Intolerance (but not for individuals with Galactosemia).



I received samples for review of Nestlé Health Science ProNourish® Drinks in the Chocolate flavor via Womensforum and loved the chocolatey taste! Unlike some protein drinks that taste powdery, this tasted like regular chocolate milk. Although its flavor reminds me of the chocolate milk that I used to drink as a kid, ProNourish® doesn't taste nearly as sugary. In fact, each ProNourish® bottle has only 6 grams of sugar.

At 170 calories it makes a very filling snack or mini-meal and there's no need to add anything as it is packed with vitamins and minerals. By "packed" I mean no less than 27 vitamins and minerals, such as iron, which especially important for vegetarians. And each bottle contains 15 grams of protein! Nestlé Health Science ProNourish® Drinks are made with milk and soy proteins but is completely lactose-free. It's also gluten-free and it's gentle on the stomach - it's low in FODMAPs, which are carbohydrates that some people find hard to digest. Those watching their cholesterol will be happy to know it has only 10 milligrams!

Nestlé Health Science ProNourish® Drinks are available at [Amazon](#). They also come in French Vanilla!