

Supplement Facts

Serving Size: 30 grams (2 heaping tablespoons)

Servings Per Container: 20

Amount Per Serving

Calories 110 Calories from Fat 20

		% Daily Value
Total Fat	2 g	3%*
Saturated Fat	1 g	5%*
Cholesterol	10 mg	3%*
Sodium	90 mg	4%*
Total Carbohydrates	12 g	4%*
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	12 g	24%*
Vitamin A (Beta-Carotene, Palmitate)	2500 IU	50%
Vitamin C (Rose Hips)	30 mg	50%
Vitamin D (Cholecalciferol)	200 IU	50%
Vitamin E (d-alpha Tocopherol)	9 IU	50%
Thiamine (as Thiamine Mononitrate)	2.25 mg	150%
Riboflavin	2.6 mg	150%
Niacin (as Niacinamide)	30 mg	150%
Vitamin B ₆ (Pyridoxine HCl)	3 mg	150%
Folic Acid	400 mcg	100%
Vitamin B ₁₂ (Cyanocobalamin)	9 mcg	150%
Biotin	300 mcg	100%
Pantothenic Acid (D-Calcium Pantothenate)	15 mg	150%
Calcium (Protein, Calcium Phosphate)	165 mg	16%
Iron (Amino Acid Chelate)	4.5 mg	25%
Phosphorus (Protein, Calcium Phosphate)	150 mg	15%
Iodine (Kelp)	37.5 mcg	25%
Magnesium (Oxide)	50 mg	12%
Zinc (Gluconate)	3.75 mg	25%
Selenium (Amino Acid Chelate)	17.5 mcg	25%
Copper (Gluconate)	500 mcg	25%
Manganese (Manganese Amino Acid Chelate)	500 mcg	25%
Chromium (Amino Acid Chelate)	120 mcg	100%
Molybdenum (Amino Acid Chelate)	18.75 mcg	25%
Potassium (Protein, Potassium Chloride)	67 mg	
Taurine	400 mg	†
Kola Nut (seed)	200 mg	†

† Daily Value not established.

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

Other Ingredients: Protein Blend (Calcium/Sodium Caseinate, Whey Protein Concentrates, Hydrolyzed Whey Protein Isolate), Staggered Carbohydrate Blend (Raw Cane Sugar, Maltodextrin, Inulin, Carrageenan, Tapioca Starch, Brown Rice Flour), Lecithin, Natural Flavors, Stevia Leaf Extract.

Contains: Milk, Soybeans.