

**Two scoops provide:**

	Amount Per Serving	% Daily Value*
<b>Calories</b>	260	-
<b>Protein</b>	20 g	40 %*
<b>Carbohydrates</b>	26 g	9 %*
<b>Total Fat</b>	9 g	14 %*
<b>Sodium</b>	80 mg	3 %*
<b>Fiber</b>	1 g	4 %*
<b>Sugars</b>	19 g	**
Vitamin A	5000 IU	100 %
Vitamin C	60 mg	100 %
Calcium	400 mg	40 %
Iron	4.5 mg	25 %
Vitamin D	400 IU	100 %
Vitamin E	30 IU	100 %
Thiamin	1.5 mg	100 %
Riboflavin	1.7 mg	100 %
Niacin	20 mg	100 %
Vitamin B6	2 mg	100 %
Folic Acid	400 mcg	100 %
Vitamin B12	6 mcg	100 %
Biotin	300 mcg	100 %
Pantothenic Acid	10 mg	100 %
Phosphorus	200 mg	20 %
Iodine	150 mcg	100 %
Magnesium	80 mg	20 %
Zinc	15 mg	100 %
Selenium	20 mcg	30 %
Manganese	5 mg	250 %
Chromium	20 mcg	15 %
Molybdenum	20 mcg	25 %
Creatine (as creatine monohydrate)	2000 mg	**
Medium-Chain Triglycerides (MCT)	2000 mg	**
Inositol	50 mg	**
Pyruvate (as calcium pyruvate)	50 mg	**

Herbagen (a proprietary phytonutrient-rich ergogenic complex) Korean Ginseng (Panax ginseng CA Meyer root), Ciwujia, Ashwagandha, Rhodiola	40 mg	**
Choline (as bitartrate)	10 mg	**

\* Based on a 2,000 calorie diet

\*\* Daily Values not established

**Other Ingredients: Other Ingredients:** Non-GMO isolated soy protein, fructose, sunflower oil, cocoa, creatine monohydrate, medium-chain triglycerides, psyllium seed, calcium (phosphate), natural vanilla flavor, potassium citrate, magnesium oxide, spirulina, vitamin C, inositol, calcium pyruvate, biotin, d-alpha tocopheryl succinate, choline bitartrate, niacinamide, vitamin A palmitate, manganese sulfate, zinc oxide, ferrous fumarate, calcium pantothenate, Ashwagandha, rhodiola, Korean ginseng, Ciwujia, pyridoxine HCl, thiamine HCl, riboflavin, vitamin B12, vitamin D, folic acid, potassium iodide, chromium chloride, sodium selenite, sodium molybdate, papaya fruit, bromelain (from pineapple fruit), oat bran, bee pollen, lemon bioflavonoids (from Citrus limon fruit), apple pectin