

Supplement facts

1 Scoop provides:

		Spiru-Tein Whey	w/1 Cup Skim Milk
Calories		110	190
Calories from Fat		10	10
	Amount Per Serving	%DV**	%DV**
Total Fat	1 g*	2%	2%
Saturated Fat	0 g	0%	0%
Trans Fat	0 g		
Cholesterol	0 mg	0%	2%
Sodium	150 mg	6%	11%
Potassium	150 mg	4%	16%
Total Carbohydrate	10 g	3%	7%
Dietary Fiber	1 g	4%	4%
Sugars	8 g		
Other Carbohydrate	1 g		
Protein	14 g	28%	44%
Vitamin A	5000 IU	100%	110%
Vitamin C	60 mg	100%	100%
Calcium	300 mg	30%	60%
Iron	4.5 mg	25%	25%
Vitamin D	400 IU	100%	120%
Vitamin E	30 IU	100%	100%
Thiamin	1.5 mg	100%	110%
Riboflavin	1.7 mg	100%	120%
Niacin	20 mg	100%	100%
Vitamin B6	2 mg	100%	100%
Folic Acid	400 mcg	100%	100%
Vitamin B12	6 mcg	100%	120%
Biotin	300 mcg	100%	100%
Pantothenic Acid	10 mg	100%	110%
Phosphorus	200 mg	20%	45%
Iodine	150 mcg	100%	100%

Magnesium	80 mg	20%	25%
Zinc	15 mg	100%	110%
Selenium	21 mcg	30%	30%
Manganese	5 mg	250%	250%
Chromium	18 mcg	15%	15%
Molybdenum	20 mcg	25%	25%

*Amount in Spiru-Tein Whey. A serving of Spiru-Tein Whey plus skim milk provides 1g fat, 5mg cholesterol, 275mg sodium, 556mg potassium, 22g carbohydrate (19g sugar) and 22g protein.

**Percent Daily Values are based on a 2,000 calorie diet.

Inositol	50 mg
Choline (bitartrate)	21 mg

Amino Acid	% Total Protein	mg	Amino Acid	% Total Protein	mg
Isoleucine	5.7	791.0	Glutamic Acid	17.6	2461.2
Histidine	1.8	247.8	Threonine	7.1	989.8
Leucine	10.6	1489.6	Proline	5.4	761.6
Arginine	2.6	364.0	Phenylalanine	2.7	380.8
Lysine	9.1	1278.2	Glycine	2.0	275.8
Aspartic Acid	10.8	1509.2	Tryptophan	1.5	211.4
Methionine	2.6	366.8	Alanine	5.0	701.4
Serine	5.2	728.0	Valine	5.3	742.0
Cysteine	2.2	308.0	Tyrosine	2.8	390.6

Other Ingredients

Micro-filtered whey (milk) protein concentrate, fructose, di-calcium phosphate, xanthan gum, vanilla flavor, fructooligosaccharides (FOS), guar gum, psyllium, maltodextrin, potassium citrate, magnesium oxide, oat bran, microcrystalline cellulose, spirulina, vitamin C, vitamin E (d-alpha tocopheryl acetate), choline bitartrate, inositol, apple pectin, bee pollen, niacinamide, vitamin A palmitate, zinc oxide, manganese sulfate, ferrous fumarate, calcium pantothenate, lecithin, lemon bioflavonoids, papaya, bromelain, chlorophyll, pyridoxine HCl, riboflavin, thiamine HCl, vitamin B-12, ergocalciferol, folic acid, biotin, potassium iodide, chromium chloride, sodium selenite, sodium molybdate.