

Supplement Facts

One scoop provides:			
		Spiru-Tein	w/ 1 cup Skim Milk
Calories		110	190
Calories from Fat		10	10
% Daily Value**			
Total Fat 1 g*		2 %	2 %
Saturated Fat 0 g		0 %	0 %
Trans Fat 0 g			
Cholesterol 0 mg		0 %	2 %
Sodium 200 mg		8 %	14 %
Potassium 270 mg		8 %	19 %
Total Carbohydrate 13 g		4 %	8 %
Dietary Fiber 2 g		9 %	9 %
Sugars 10 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	150 mcg	15 %	40 %
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. A serving of Spiru-Tein plus skim milk provides 1 g fat, 5 mg cholesterol, 325 mg sodium, 676 mg potassium, 25 g carbohydrate (21 g sugar) and 22 g protein.
 ** Percent Daily Values are based on a 2,000 calorie diet.

Each Serving of Spiru-Tein also contains:

Inositol	50 mg
Choline (as bitartrate)	21 mg

Typical Amino Acid Profile Per Serving

Amino Acid	% Total Protein	MG
Isoleucine	4.3	602
Histidine	2.6	364
Leucine	8.2	1148
Arginine	7.5	1050
Lysine	6.3	882
Aspartic Acid	11.6	1624
Methionine	1.3	182
Serine	5.2	728
Cysteine	1.3	182
Glutamic Acid	19.1	2674
Threonine	3.8	532
Proline	5.1	714
Phenylalanine	5.1	714
Glycine	4.2	588
Tryptophan	1.3	182
Alanine	4.3	602
Valine	5.0	700
Tyrosine	3.8	532

Other Ingredients

Proprietary non-GMO protein blend (rice protein, pea protein and soy [isolated soy protein and fermented soy]), fructose, cocoa, cherry pieces, natural flavors, di-calcium phosphate, FOS, xanthan gum, chocolate liquor, black cherry juice, lecithin, citric acid, guar gum, psyllium, potassium citrate, microcrystalline cellulose, spirulina, magnesium oxide, natural colors, oat bran, vitamin C, vitamin E acetate, choline bitartrate inositol, biotin, apple pectin, bee pollen, niacinamide, vitamin A palmitate, zinc oxide, manganese sulfate, ferrous fumarate, calcium pantothenate, lemon bioflavonoids, pyridoxine HCl, papaya, riboflavin, thiamine HCl, ergocalciferol, vitamin B-12, folic acid, bromelain, potassium iodide, chromium chloride, sodium selenite, sodium molybdate, chlorophyll.