

Nutrition Facts

| Serving Size: 1 Scoop (31 g) | | | |
|------------------------------|--------------------|-----------------------|----------------------|
| | Amount Per Serving | Spiru-Tein Junior | With 1 Cup Skim Milk |
| Calories | | 77 | 157 |
| Fat Cal | | 0 | 0 |
| | | %Daily Value** | |
| Total Fat | 0 g* | 0% | 0% |
| Sat Fat | 0 g | 0% | 0% |
| Trans Fat | 0 g | | |
| Cholest | 0 mg | 0% | 2% |
| Sodium | 70 mg | 3% | 8% |
| Potassium | 210 mg | 6% | 18% |
| Total Carb | 12 g | 4% | 8% |
| Dietary Fiber | 1 g | 4% | 4% |
| Sugars | 10 g | | |
| Other Carb | 1 g | | |
| Protein | 7 g | 14% | 30% |
| Vitamin A | 2500 IU | 50% | 55% |
| Vitamin C | 30 mg | 50% | 55% |
| Calcium | 500 mg | 50% | 80% |
| Iron | 9 mg | 50% | 50% |
| Vitamin D | 200 IU | 50% | 75% |
| Vitamin E | 15 IU | 50% | 50% |
| Thiamin | 0.75 mg | 50% | 55% |
| Riboflavin | 0.85 mg | 50% | 75% |
| Niacin | 10 mg | 50% | 50% |
| Vitamin B6 | 1 mg | 50% | 50% |
| Folic Acid | 200 mcg | 50% | 50% |
| Vitamin B12 | 3 mcg | 50% | 50% |
| Biotin | 150 mcg | 50% | 50% |
| Pantothenic Acid | 5 mg | 50% | 50% |
| Phosphorus | 500 mg | 50% | 50% |
| Iodine | 75 mcg | 50% | 50% |

| | | | |
|------------|--------|------|------|
| Magnesium | 200 mg | 50% | 50% |
| Zinc | 7.5 | 50% | 50% |
| Selenium | 10 mcg | 15% | 15% |
| Manganese | 2.5 mg | 130% | 130% |
| Chromium | 10 mcg | 8% | 8% |
| Molybdenum | 10 mcg | 15% | 15% |

*Amount in Spiru-Tein Junior. A serving of Spiru-Tein Junior plus skim milk provides 0 g fat, 5 mg cholesterol, 195 mg sodium, 616 mg potassium, 24 g carbohydrate (21 g sugar) and 15 g protein.

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

Each serving of Spiru-Tein Junior also contains:

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| Inositol | 25 mg |
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| Choline (bitartrate) | 11 mg |
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Plus an all-natural whole food base of Spirulina, Oat Bran, Citrus Bioflavonoids, Pineapple and Papaya.

Other Ingredients : Fructose, proprietary non-GMO protein blend (rice protein, pea protein and soy [isolated soy protein and fermented soy]), oat bran, di-calcium phosphate, apple pectin, natural strawberry flavor, beet juice, magnesium oxide, natural vanilla flavor, potassium citrate, strawberry seeds, vitamin C, vitamin E (d-alpha tocopheryl acetate), spirulina, choline bitartrate, inositol, ferrous fumarate, biotin, vitamin A palmitate, niacinamide, zinc oxide, manganese sulfate, pantothenic acid, citrus bioflavonoids, pyridoxine HCl, riboflavin, thiamine HCl, vitamin B12, vitamin D, papaya, bromelain, folic acid, potassium iodide, chromium chloride, sodium selenite, sodium molybdate...and LOVE♥