

Supplement Facts			
Serving Size: 1 Scoop (36 g)			
		Spiru-Tein	w/ 1 cup skim milk
Calories		100	180
Calories from Fat		0	0
	Amount Per Serving	%Daily Value**	
Total Fat	0 g*	0%	0%
Saturated Fat	0 g	0%	0%
Trans Fat	0 g		
Cholesterol	0 mg	0%	2%
Sodium	5 mg	0%	4%
Potassium	95 mg	3%	14%
Total Carbohydrate	19 g	6%	10%
Dietary Fiber	2 g	8%	8%
Sugars	0 g		
Xylitol	12 g		
Protein	12 g	24%	40%
Vitamin A	6250 IU	130%	130%
Vitamin C	75 mg	130%	130%
Calcium	60 mg	6%	35%
Iron	4.5 mg	25%	25%
Vitamin D	500 IU	130%	150%
Vitamin E	38 IU	130%	130%
Vitamin K	80 mcg	100%	100%
Thiamin	1.88 mg	130%	130%
Riboflavin	2.1 mg	130%	150%
Niacin	25 mg	130%	130%
Vitamin B6	2.5 mg	130%	130%
Folic Acid	500 mcg	130%	130%
Vitamin B12	24 mcg	400%	420%
Biotin	375 mcg	130%	130%
Pantothenic Acid	12.5 mg	130%	130%
Iodine	188 mcg	130%	130%

Magnesium	400 mg	100%	110%
Zinc	18.75 mg	130%	130%
Selenium	70 mcg	100%	110%
Copper	2 mg	100%	100%
Manganese	5 mg	250%	250%
Chromium	120 mcg	100%	100%
Molybdenum	75 mcg	100%	100%

*Amount in Spiru-Tein. A serving of Spiru-Tein plus skim milk provides 0g total fat, 5mg cholesterol, 105mg sodium, 475mg potassium, 31g carbohydrate (11g sugar) and 20g protein.

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

Each serving of Spiru-Tein also contains:

Inositol	50 mg
Choline (bitartrate)	21 mg

Typical Amino Acid Profile per Serving

Amino Acid	% Total Protein	mg
Isoleucine	5.8	700
Histidine	2.2	269
Leucine	9.1	1092
Arginine	6.8	818
Lysine	5.1	614
Aspartic Acid	9.1	1092
Methionine	2.3	276
Serine	4.9	590
Cysteine	2.4	288
Glutamic Acid	17.2	2065
Threonine	4.8	570
Proline	6.1	732
Phenylalanine	4.4	526
Glycine	3.2	378
Tryptophan	1.6	187
Alanine	4.9	588
Valine	6.0	722
Tyrosine	4.1	492

Other Ingredients

Gold Standard Non-GMO Protein Blend (sprouted brown rice protein, pea protein, flax protein, chia protein), xylitol, maltodextrin, di-calcium phosphate, xanthan gum, citric acid, strawberry seeds, natural color, potassium citrate, magnesium oxide, guar gum, psyllium, oat bran, microcrystalline cellulose, spirulina, **Organic Gold Standard Mushroom Blend** [wood ear mushroom (*Auricularia auricula*), cordyceps sinensis), maitake (*grifola frondosa*), shiitake (*Lentinula edodes*), oyster mushroom (*Pleurotus ostreatus*, *P. nebrodensis*, *P. eryngii*), white wood ear mushroom (*Tremella fuciformis*)], Algas calcareas, **Organic Gold Standard Whole Food Complex** [Guava (*Psidium guajava*), holy basil (*Ocimum tenuiflorum*), lemon amla (*Embllica officinalis*) fruit (standardized naturally occurring B complex and vitamin C)], vitamin C (ascorbic acid), 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, vitamin B6 (pyridoxine hydrochloride), riboflavin, thiamine hydrochloride, vitamin B12 (cyanocobalamin), vitamin D3 (cholecalciferol), folic acid, biotin, potassium iodide, chromium chloride, sodium selenite, sodium molybdate, vitamin K2 (menaquinone-4, menaquinone-7), copper gluconate