

Supplement facts

1 scoop provides:

	Amount Per Serving	% Daily Value*
Calories	80	**
Protein	14 g	28%
Carbohydrates	5 g	2%
Total Fat	0 g	0%
Fiber	1 g	4%
Sugars	0 g	0%
Vitamin A	5000 IU	100%
Vitamin C	60 mg	100%
Calcium	300 mg	30%
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%
Phosphorous	200 mg	20%
Iodine	150 mcg	100%
Magnesium	80 mg	20%
Zinc	15 mg	100%
Selenium	21 mcg	30%
Manganese	5 mg	250%
Chromium	18 mcg	15%
Molybdenum	20 mcg	25%
Inositol	50 mg	**
Choline (as bitartrate)	21 mg	**

* Based on a 2,000 calorie diet

** Daily Values not established

Other Ingredients: Non-GMO isolated soy protein, maltodextrin, tri-calcium phosphate, natural vanilla flavor, potassium citrate, magnesium oxide, guar gum, psyllium, oat bran, microcrystalline cellulose, spirulina, vitamin C, vitamin E 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 B12, vitamin D, folic acid, biotin, potassium iodide, chromium chloride, sodium selenite, sodium molybdate.