

Supplement Facts					Amount Per Serving		%DV		% DV		
							2 level scoops		3 level scoops		
Serving Size: 2 Level Scoops (66.6 g) or 3 Level Scoops (99.9 g)					Folic Acid		133 mcg	33%*	200 mcg	50%	
Servings Per Container: 22 or 15					Vitamin B12		2 mcg	33%*	3 mcg	50%	
Amount Per Serving		%DV		% DV		Biotin		100 mcg	33%*	150 mcg	50%
		2 level scoops		3 level scoops		Pantothenic Acid		3.33 mg	33%*	5 mg	50%
Calories	245		365		Calcium		333 mg	33%*	500 mg	50%	
Calories from Fat	30		45		Iron		7.87 mg	43%*	11.8 mg	65%	
Total Fat	3 g	5%*	5 g	8%*	Phosphorous		387 mg	39%*	580 mg	58%	
Saturated Fat	1 g	5%*	1.5 g	8%*	Iodine		50 mcg	33%*	75 mcg	50%	
Cholesterol	57 mg	19%*	85 mg	28%*	Magnesium		133 mg	33%*	200 mg	50%	
Total Carbohydrate	27 g	9%*	40 g	13%*	Zinc		5 mg	33%*	7.5 mg	50%	
Dietary Fiber	6 g	24%*	9 g	36%*	Selenium		23 mcg	33%*	35 mcg	50%	
Sugars	2 g		3 g	†	Copper		0.66 mg	33%*	1 mg	50%	
Protein	27 g	53%*	40 g	80%*	Manganese		0.66 mg	33%*	1 mg	50%	
Vitamin A	1667 IU	33%*	2500 IU	50%	Chromium		40 mcg	33%*	60 mcg	50%	
Vitamin C	40 mg	67%*	60 mg	100%	Molybdenum		25 mcg	33%*	37.5 mcg	50%	
Vitamin D	133 IU	33%*	200 IU	50%	Sodium		107 mg	5%*	160 mg	7%	
Vitamin E	20 IU	67%*	30 IU	100%	Potassium		420 mg	12%*	630 mg	18%	
Thiamin	0.5 mg	33%*	0.75 mg	50%	L-Glutamine		1333 mg	†	2,000 mg	†	
Riboflavin	0.57 mg	33%*	0.85 mg	50%	† Daily Value not established						
Niacin	6.67 mg	33%*	10 mg	50%	* Percent Daily Values are Based on a 2,000 Calorie Diet.						
Vitamin B6	0.67 mg	33%*	1 mg	50%							

Ingredients: Carbohydrate blend (oat flour and barley flour), protein blend (whey protein concentrate, calcium caseinate, egg albumen, sodium caseinate, and whey protein isolate), cocoa, l-glutamine, gum acacia, natural & artificial flavors, vitamin mineral blend (dicalcium phosphate, magnesium oxide, ascorbic acid, dl-alpha tocopheryl acetate, niacinamide, electrolytic iron, zinc oxide, copper gluconate, d-calcium pantothenate, manganese sulfate, retinyl palmitate, pyridoxine hydrochloride, thiamin mononitrate, riboflavin, chromium chloride, folic acid, biotin, potassium iodide, sodium molybdate, sodium selenite, cyanocobalamin, and cholecalciferol), gum blend (cellulose gum, xanthan gum, and carrageenan), silica, salt, and sucralose.