

Swanson®
Certified
Organic

Organic
Soy Powder

Dietary Supplement
Non GMO



Net Wt 21.7 oz (1.35 lbs) (615 g)



Supplement Facts

Serving Size 1 scoop (20.5 g)
Servings Per Container 30

Amount Per Serving		% Daily Value
Calories	100	
Total Fat	5 g	6%†
Saturated Fat	<1 g	4%†
Trans Fat	0 g	
Monounsaturated Fat	1 g	
Polyunsaturated Fat	3 g	
Total Carbohydrate	4 g	2%†
Total Sugars	3 g	
Protein	9 g	
Thiamin	0.5 mg	42%**
Riboflavin	0.2 mg	15%**
Niacin	0.4 mg	3%**
Vitamin B-6	0.1 mg	6%**
Pantothenic Acid	0.1 mg	2%**
Calcium	30 mg	2%**

Amount Per Serving		% Daily Value
Iron	1.6 mg	9%**
Phosphorus	140 mg	11%**
Magnesium	55 mg	13%**
Zinc	0.8 mg	7%**
Selenium	10 mcg	18%**
Copper	0.2 mg	22%**
Manganese	0.5 mg	22%**
Sodium	35 mg	2%**
Potassium	410 mg	9%**
Organic Soy Milk Powder	20.5 g	*

†Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.
**Typical Analysis (nutrients are naturally occurring).

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SUGGESTED USE:

Mix one scoop (20.5 g) in 6–8 ounces of your favorite cold beverage. Scoop included.

Typical Amino Acid Profile:

L-Alanine	410 mg	L-Methionine	140 mg
L-Arginine	630 mg	L-Phenylalanine	420 mg
L-Aspartic Acid	750 mg	L-Proline	510 mg
L-Cysteine	120 mg	L-Serine	460 mg
L-Glutamic Acid	1,770 mg	L-Threonine	400 mg
L-Glycine	380 mg	L-Tryptophan	130 mg
L-Histidine	320 mg	L-Tyrosine	300 mg
L-Isoleucine	400 mg	L-Valine	450 mg
L-Leucine	710 mg		
L-Lysine	620 mg		

• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

Contains soy.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS • Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at www.swansonvitamins.com

Certified Organic by Minnesota Crop Improvement Association (MCIA), St. Paul, MN 55108.

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