

Each serving of SPIRU-TEIN also contains:

Inositol 50 mg
Choline (bitartrate) 21 mg

INGREDIENTS: Proprietary non-GMO protein blend (rice protein, pea protein and soy [isolated soy protein and fermented soy]), fructose, maltodextrin, tri-calcium phosphate, natural vanilla flavor, potassium citrate, magnesium oxide, guar gum, psyllium, oat bran, microcrystalline cellulose, spirulina, vitamin C, vitamin E ascorbate, 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...and LOVE♥

TYPICAL AMINO ACID PROFILE PER SERVING

Amino Acid	% Total Protein	mg	Amino Acid	% Total Protein	mg
ISOLEUCINE	4.3	692	GLUTAMIC ACID	19.1	2674
HISTIDINE	2.6	364	THREONINE	3.8	532
LEUCINE	8.2	1148	PROLINE	5.1	714
ARGININE	7.5	1050	PHENYLALANINE	5.1	714
LYSINE	6.3	882	GLYCINE	4.2	588
ASPARTIC ACID	11.6	1624	TRYPTOPHAN	1.3	182
METHIONINE	1.3	182	ALANINE	4.3	602
SERINE	5.2	728	VALINE	5.0	700
CYSTEINE	1.3	182	TYROSINE	3.8	532



SPIRU-TEIN is scientifically formulated with isolated soy protein from only non-genetically modified (non-GMO) soybeans — As Nature Intended.

25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of SPIRU-TEIN supplies 6.25 grams of soy protein.



Nature's Plus VANILLA SPIRU-TEIN POWDER features a unique

blend of ingredients, including...

- 100% DAILY VALUE of all Vitamins • BROAD PROFILE of Essential Minerals
- ENERGY NUTRIENTS: High Quality Soy Protein and Bee Pollen
- DIET-AIDS: Lecithin, Spirulina, Choline and Inositol
- ENZYMES: Bromelain and Papaya
- CLEANSING: Chlorophyll
- FIBER: Bran, Cellulose and Apple Pectin

DIRECTIONS: Add one heaping scoop (scoop included in can) of VANILLA SPIRU-TEIN POWDER to 8 fl. oz. of skim milk, whole milk, or juice, and mix (or shake) until smooth. For best results, milk or juice should be very cold.

SPECIAL LOW-CARB DIET RECIPE FOR A RICH, CREAMY TASTE SENSATION WITH NO ADDITIONAL CARBS: Mix one scoop of powder with 4 oz. of cold water and 4 oz. of cold heavy cream for a rich, thick shake with no additional carbs.

*Not to be used as the sole source of dietary calories.

**VANILLA SPIRU-TEIN MIXES INSTANTLY — NO BLENDER REQUIRED.
VEGETARIAN, YEAST-FREE PRODUCT
KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

NOTICE: THIS PRODUCT IS SOLD BY WEIGHT, NOT VOLUME, THEREFORE SETTLING OF CONTENTS MAY OCCUR DURING SHIPPING AND HANDLING.

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc.,
makers of Nature's Plus
Amityville, New York 11701, USA
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www.natureplus.com

PRODUCT NO. 4580



Nature's Plus® The Energy Supplements®

SPIRU-TEIN®

HIGH PROTEIN ENERGY MEAL*



VANILLA



Great Taste - Mixes Instantly

**SOY PROTEIN POWDER
with Spirulina**



NET WT. 1.2 LBS. (544g)



Nutrition Facts

Serving Size 1 Scoop (34g)
Servings Per Container 16

Amount Per Serving	SPIRU-TEIN	w/1 Cup Skim Milk
Calories	99	179
Calories from Fat	0	0
%Daily Value**		
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	2%
Sodium 140mg	6%	11%
Potassium 110mg	3%	15%
Total Carbohydrate 11g	4%	8%
Dietary Fiber 1g	4%	4%
Sugars 8g		
Other Carbohydrate 2g		
Protein 14g	28%	44%
Vitamin A	100%	110%
Vitamin C	100%	100%
Calcium	30%	60%
Iron	25%	25%
Vitamin D	100%	120%
Vitamin E	100%	100%
Thiamin	100%	110%
Riboflavin	100%	120%
Niacin	100%	100%
Vitamin B6	100%	100%
Folic Acid	100%	100%
Vitamin B12	100%	120%
Biotin	100%	100%
Pantothenic Acid	100%	110%
Phosphorus	20%	45%
Iodine	100%	100%
Magnesium	20%	25%
Zinc	100%	110%
Selenium	30%	30%
Manganese	250%	250%
Chromium	15%	15%
Molybdenum	25%	25%

*Amount in SPIRU-TEIN. A serving of SPIRU-TEIN plus skim milk provides 0g fat, 5mg cholesterol, 265mg sodium, 516mg potassium, 23g carbohydrate (19g sugar) and 22g protein.

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