



Nutrition Facts

Serving Size 1 Scoop (34g)
Servings Per Container 18

Amount Per Serving		
Calories	99	Calories from Fat 0
		%Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	120mg	5%
Potassium	110mg	3%
Total Carbohydrate	15g	5%
Dietary Fiber	1g	4%
Sugars	13g	
Other Carbohydrate	1g	
Protein	10g	20%

Vitamin A	5000IU	100%	Vitamin C	60mg	100%
Calcium	350mg	35%	Iron	4.5mg	25%
Vitamin D	400IU	100%	Vitamin E	30IU	100%
Thiamin	1.5mg	100%	Riboflavin	1.7mg	100%
Niacin	20mg	100%	Vitamin B6	2mg	100%
Folic Acid	400mcg	100%	Vitamin B12	6mcg	100%
Biotin	300mcg	100%	Pantothenic Acid	10mg	100%
Phosphorus	250mg	25%	Iodine	150mcg	100%
Magnesium	140mg	35%	Zinc	15mg	100%
Selenium	21mcg	30%	Manganese	5mg	250%
Chromium	18mcg	15%	Molybdenum	20mcg	25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total fat	Less than	65g	80g
Saturated fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total carbohydrate		300g	375g
Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Each serving of FRUITEIN also contains the following:

NUTRIENTS:		WHOLE FOOD BASE:
Inositol	50 mg	Spirulina, Oat Bran,
Citrus Bioflavonoid		Carrot Powder,
Complex	25 mg	Rice Bran,
Choline (bitartrate)	21 mg	Acerola Cherry,
ENZYMES:		Lecithin,
Bromelain (pineapple)		Young Barley Leaf,
(18 GDU)	30 mg	Spanish Bee Pollen,
Papain (papaya)		Kelp, Pineapple,
(60,000 units)	30 mg	Papaya, Apple Pectin
Amylase (600 units)	20 mg	and Black Currant Seed.
(brown rice fermentation)		HERBAL BASE:
Lipase (50 units)	10 mg	Astragalus,
(brown rice fermentation)		Schisandra,
Cellulase (50 units)	10 mg	Ligustrum
(brown rice fermentation)		and Korean Ginseng.

INGREDIENTS: Fructose, proprietary non-GMO protein blend (rice protein, pea protein and soy [isolated soy protein and fermented soy]), di-calcium phosphate, orange juice crystals, citric acid, magnesium oxide, potassium citrate, natural vanilla flavor, natural banana flavor, choline bitartrate, natural orange flavor, vitamin C, vitamin E (d-alpha tocopheryl acetate), bromelain, inositol, papain, biotin, citrus bioflavonoids, GTF chromium, amylase, niacinamide, vitamin A palmitate, zinc oxide, manganese sulfate, ferrous fumarate, pantothenic acid, lipase, cellulase, schisandra, rice bran, black currant seed, oat bran, Korean ginseng, acerola cherry, papaya, astragalus, apple pectin, spirulina, Spanish bee pollen, pineapple, young barley leaf, ligustrum, carrot, kelp, lecithin, pyridoxine HCl, riboflavin, thiamine HCl, vitamin B12, vitamin D, folic acid, potassium iodide, sodium selenite, sodium molybdate...and LOVE♥



FRUITEIN 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 FRUITEIN supplies 6.25 grams of soy protein.



FRUITEIN is an incredibly delicious, all natural vegetarian blend of complete protein and complex carbohydrate. Thick and creamy FRUITEIN contains all the essential vitamins, minerals and enzymes. Our powerful FRUITEIN formula is uniquely fortified with a highly nutritious whole food and herbal base, including spirulina, Spanish bee pollen, fresh fruits and vegetables, young barley leaf, Korean ginseng and lecithin, to form a powerful energy shake.

Mixed with water or milk, each rich and creamy serving of FRUITEIN will entice your taste buds with its delicious combination of all natural flavors from fresh oranges and sun-ripened bananas.

FRUITEIN's blend of highly active whole foods and great taste is the ultimate high protein energy shake.

DIRECTIONS: Add one measuring scoop (scoop included in can) of FRUITEIN to 6 fl. oz. of water and mix in blender or shake until smooth. For those who prefer a thicker, richer shake, FRUITEIN may also be mixed with 8 fl. oz. of milk. For best results, water or milk should be very cold.

SUPERIOR TRI-PART PROTEIN BLEND: Rice, Pea, Soy 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.

**Patents Pending

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc.
makers of **Nature's Plus**
9500 New Horizons Blvd.
Amityville, New York 11701, USA
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www.naturesplus.com

PRODUCT NO. 4589



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