



Nutrition Facts

Serving Size 6 Wafers
Servings Per Container 15

Amount Per Serving

Calories 150 Calories from Fat 0

%Daily Value*

Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 180 mg	8%
Potassium 210 mg	6%
Total Carbohydrate 21 g	7%
Dietary Fiber 3 g	12%
Sugars 17 g	
Other Carbohydrate 1 g	
Protein 14 g	28%

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

Amount Per Serving

Vitamin A	5000 IU	100%
Vitamin C	60 mg	100%
Calcium	600 mg	60%
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%
Phosphorus	300 mg	30%
Iodine	150 mcg	100%
Magnesium	80 mg	20%
Zinc	15 mg	100%
Selenium	21 mcg	30%
Manganese	5 mg	250%
Chromium	21 mcg	20%
Molybdenum	21 mcg	30%

Each serving also contains the following:

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]), calcium caseinate, milk protein concentrate, tri-calcium phosphate, psyllium seed husk, fructose, natural vanilla flavor, guar gum, magnesium oxide, magnesium stearate, vitamin C, d-alpha tocopheryl acetate, inositol, choline bitartrate, potassium chloride, biotin, niacinamide, vitamin A palmitate, zinc oxide, ferrous fumarate, manganese sulfate, calcium pantothenate, pyridoxine HCl, riboflavin, thiamine HCl, cellulose, spirulina, bee pollen, apple pectin, oat bran, lecithin, papaya, bromelain, lemon bioflavonoids, chlorophyll, vitamin B-12, ergocalciferol, folic acid, potassium iodide, sodium selenite, chromium chloride, sodium molybdate...and LOVE ♥



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 Vanilla SPIRU-TEIN Wafers supplies 6.25 grams of soy protein.

DIRECTIONS: As a dietary supplement, chew six delicious VANILLA SPIRU-TEIN WAFERS along with an 8 oz. glass of water or skim milk.

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

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.

Nature's Plus VANILLA SPIRU-TEIN WAFERS feature a unique blend of ingredients, including...

- **SUPERIOR TRI-PART PROTEIN BLEND:** ** Rice, Pea, Soy
- **100% DAILY VALUE** of all Vitamins
- **BROAD PROFILE** of all Essential Minerals
- **ENERGY NUTRIENTS:** High Quality Tri-Part Protein and Bee Pollen
- **DIET-AIDS:** Lecithin, Spirulina, Choline and Inositol
- **ENZYMES:** Bromelain and Papaya
- **CLEANSING:** Chlorophyll
- **FIBER:** Bran, Cellulose and Apple Pectin

VANILLA SPIRU-TEIN WAFERS are free from the common allergens yeast and wheat.

NOTICE: This package contains a desiccant to maintain product freshness. IT IS NOT MEANT TO BE SWALLOWED.

**** Patents Pending**

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

PRODUCT NO. 4561

