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 280 mg	12%	
Potassium 220 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 a	re based on a 2,000	

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%
lodine	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 Choline (bitartrate)

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, guar gum, natural banana flavor, 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 HCI, riboflavin, thiamine HCI, 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 ♥



calorie diet.

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

DIRECTIONS: As a dietary supplement, chew six delicious BANANA 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 BANANA 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

BANANA 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

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