



Nutrition Facts

Serving Size 1 Scoop (45g)
Servings Per Container 25

Amount Per Serving	SPIRU-TEIN 25	w/1 Cup Skim Milk
Calories	135	215
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%	10%
Potassium 130mg	4%	14%
Total Carbohydrate 12g	4%	8%
Dietary Fiber 1g	5%	5%
Sugars 7g		
Xylitol 4g		
Protein 25g	50%	66%
Vitamin A	6250 IU	125%
Vitamin C	75 mg	125%
Calcium	375 mg	40%
Iron	4.5 mg	25%
Vitamin D3	1000 IU	250%
Vitamin E	38 IU	125%
Vitamin K2	80 mcg	100%
Thiamin	1.9 mg	125%
Riboflavin	2.1 mg	125%
Niacin	25 mg	125%
Vitamin B6	2.5 mg	125%
Folic Acid	500 mcg	125%
Vitamin B12	1000 mcg	16,665%
Biotin	375 mcg	125%
Pantothenic Acid	12.5 mg	125%
Phosphorus	290 mg	30%
Iodine	150 mcg	100%
Magnesium	100 mg	25%
Zinc	18.75 mg	125%
Selenium	21 mcg	30%
Copper	1 mg	50%
Manganese	2 mg	100%
Chromium	22.5 mcg	20%
Molybdenum	25 mcg	35%

*Amount in SPIRU-TEIN 25. A serving of SPIRU-TEIN 25 plus skim milk provides 0g fat, 5mg cholesterol, 243mg sodium, 507mg potassium, 24g carbohydrate (19g sugar) and 33g protein. **Percent Daily Values are based on a 2,000 calorie diet.

Each serving of SPIRU-TEIN 25 also contains:

Inositol 66 mg
Choline (bitartrate) 28 mg

INGREDIENTS: Proprietary non-GMO protein blend (rice protein, pea protein and soy [isolated soy protein and fermented soy]), Citrisweet Whole Food Blend (oligofructose, pea protein isolate, natural flavors, agave nectar), xylitol, maltodextrin, tri-calcium phosphate, natural vanilla flavor, potassium citrate, magnesium oxide, guar gum, psyllium, oat bran, microcrystalline cellulose, **SPIRU-TEIN 25 Proprietary Whole Food Blend** [lemon bioflavonoids, spirulina, blackberry, red wine grape, lingonberry extract, plum, black cherry extract, passion fruit (*Passiflora edulis*), black currant, pomegranate, cranberry, strawberry, mango, apple, pineapple, orange, watermelon, guava, Hawaiian noni (*Morinda citrifolia* fruit), blueberry, mangosteen (*Garcinia mangostana* fruit), goji (*Lycium barbarum* L.), açai (cabbage palm) (*Euterpe oleracea* berry), red grape, elderberry], vitamin C, vitamin E (d-alpha tocopheryl acetate), choline bitartrate, inositol, apple pectin, bee pollen, niacinamide, vitamin A palmitate, zinc oxide, manganese sulfate, ferrous fumarate, calcium pantothenate, lecithin, papaya, bromelain, chlorophyll, pyridoxine HCl, riboflavin, thiamine HCl, vitamin B12, vitamin D3, folic acid, biotin, potassium iodide, vitamin K2 (as menaquinone-4, menaquinone-7), 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	602	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 25 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 25 supplies 8.3 grams of soy protein.



- Nature's Plus SPIRU-TEIN 25 CREAMY VANILLA POWDER features:**
- 25 Servings Per Container • 25 Grams of Protein • 25% More Vitamins†
 - 25% More Minerals† • 1000 IU Vitamin D3 • 1000 mcg Vitamin B12
 - **SUPERIOR TRI-PART PROTEIN BLEND:** ** Rice, Pea, Soy
 - **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



DIRECTIONS: Add one heaping scoop (scoop included in can) of SPIRU-TEIN 25 CREAMY VANILLA 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.

*Not to be used as the sole source of dietary calories. **Patents Pending
†More than original SPIRU-TEIN

SPIRU-TEIN 25 CREAMY VANILLA 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

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