Swanson
ULTRA®

The Most Advanced Nutrition Technology

POWDER

Senior Muscle Retention®
Protein Powder

Dietary Supplement

Natural Chocolate Flavor

GUARANTEED PURITY & POTENCY

Net Wt 1.06 lb (480 g)

Supplement Facts

Serving Size 2 Scoops (48 g)
Servings Per Container 10

Amount Per Serving		% Daily Value
Calories	180	
Total Fat	3.5 g	4%†
Saturated Fat	3.5 g	18%†
Trans Fat	0 g	
Cholesterol	60 mg	20%†
Total Carbohydrate	11 g	4%†
Total Sugars	2.5 g	
Includes 0g Added Sugars		0%
Protein	25 g	
Calcium**	133 mg	10%
Iron**	2.2 mg	12%
Phosphorus**	150 mg	12%
Magnesium**	40 mg	10%
Selenium**	24 mcg	44%
Copper**	0.2 mg	22%
Manganese**	0.2 mg	9%
Molybdenum**	36 mcg	80%

Amount Per Serving		% Daily Value
Sodium**	120 mg	5%
Potassium**	310 mg	7%
Whey Protein Concentrate 80% (milk)	29.9 g	*
ModCarb™ Blend of 6 Organic Grains: organic oat bran, organic amaranth, organic quinoa, organic buckwheat, organic millet, organic chia	5.2 g	*
Fibersol®-2 Soluble Dietary Fiber	2 g	*
Pea Protein	2.6 g	*
Goat Milk	2 g	*
Medium-Chain Triglycerides Blend (medium-chain triglycerides, non-fat dry milk, disodium phosphate, silica)	1.7 g	*

†Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.
**Typical analysis. Nutrients are naturally occurring.

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Other ingredients: Dutch cocoa powder, natural flavors (chocolate, dark chocolate), sunflower lecithin, rebaudioside A (from stevia).

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS** • Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE **1-800-437-4148** or visit our website at www.swansonvitamins.com

Fibersol®-2 is a registered trademark of Matsutani Chemical Industry Co., Ltd.
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SUGGESTED USE: As a dietary supplement, mix two scoops (48 g) with 10–16 ounces of water, milk or your favorite beverage. Enjoy one or more times per day on an empty stomach. Scoop included.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

• DO NOT USE IF SEAL IS BROKEN. • KEEP OUT OF REACH OF CHILDREN.
• STORE IN A COOL, DRY PLACE.

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