

Swanson

ULTRA[®]

The Most Advanced Nutrition Technology

POWDER

Senior Muscle Retention[®] Protein Powder

Dietary Supplement

Natural Vanilla Flavor

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	160
Total Fat	3.5 g 4%
Saturated Fat	2.5 g 10%
Trans Fat	0 g
Cholesterol	60 mg 20%
Total Carbohydrate	11 g 4%
Total Sugars	2.5 g
Includes 0 g Added Sugars	0%
Protein	25 g
Calcium**	130 mg 10%
Iron**	1 mg 0%
Phosphorus**	150 mg 12%
Magnesium**	24 mg 6%
Selenium**	24 mcg 40%
Copper**	0.04 mg 4%
Manganese**	0.2 mg 9%
Molybdenum**	20 mcg 80%

Amount Per Serving	% Daily Value
Sodium**	100 mg 2%
Potassium**	170 mg 4%
Whey Protein Concentrate	20.5 g
80% (milk)	
ModCarb [™] Blend of 6 Organic	5.2 g
Grains: organic oat bran, organic amaranth, organic quinoa, organic buckwheat, organic millet, organic chia	
Fibersol [®] -2 Soluble Dietary Fiber	3.5 g
Pea Protein	2.8 g
Goat Milk	2 g
Medium-Chain Triglycerides	1.3 g
Blend (medium-chain triglycerides, non-fat dry milk, disodium phosphate, silica)	

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

**Daily Value not established.

***Typical analysis. Nutrients are naturally occurring.

Other ingredients: Natural Flavors (vanilla cream) (from milk), sunflower lecithin, rebaudioside A (from stevia).

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TO REORDER, CALL TOLL FREE 1-800-437-4748 or visit our website at www.swansonvitamins.com

Fibersol[®]-2 is a registered trademark of Matsutani Chemical Industry Co., Ltd.
ModCarb[™] is a trademark of VDF FutureCeuticals Inc., used under license.

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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