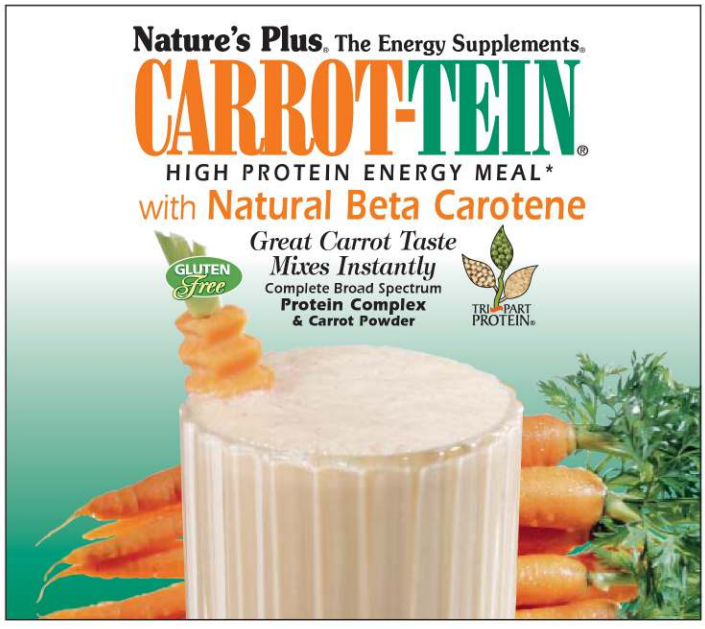

Nutrition Facts

Serving Size 1 Scoop (33g)
Servings Per Container 15

Amount Per Serving	CARROT-TEIN	w/1 Cup Skim Milk
Calories	97	177
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 120mg	**5%**	**10%**
Potassium 225mg	**6%**	**18%**
Total Carbohydrate 11g	**4%**	**8%**
Dietary Fiber 1g	**4%**	**4%**
Sugars 8g		
Other Carbohydrate 2g		
Protein 14g	**28%**	**44%**
Vitamin A (80% as Beta Carotene) 25000 IU	500%	510%
Vitamin C 60 mg	100%	100%
Calcium 300 mg	30%	60%
Iron 4.5 mg	25%	25%
Vitamin D 400 IU	100%	120%
Vitamin E 30 IU	100%	100%
Thiamin 1.5 mg	100%	110%
Riboflavin 1.7 mg	100%	120%
Niacin 20 mg	100%	100%
Vitamin B6 2 mg	100%	100%
Folic Acid 400 mcg	100%	100%
Vitamin B12 6 mcg	100%	120%
Biotin 300 mcg	100%	100%
Pantothenic Acid 10 mg	100%	110%
Phosphorus 200 mg	20%	45%
Iodine 150 mcg	100%	100%
Magnesium 80 mg	20%	25%
Zinc 15 mg	100%	110%
Selenium 21 mcg	30%	30%
Manganese 5 mg	250%	250%
Chromium 18 mcg	15%	15%
Molybdenum 20 mcg	25%	25%

*Amount in CARROT-TEIN. A serving of CARROT-TEIN plus skim milk provides 0g fat, 5mg cholesterol, 245mg sodium, 631mg potassium, 23g carbohydrate (19g sugar) and 22g protein.

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

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Each serving of CARROT-TEIN also contains:

Inositol ..... 50 mg
Choline (as bitartrate) ..... 21 mg

In a highly nutritious base of bee pollen, bromelain, papaya, lecithin, bioflavonoids, oat bran, cellulose, apple pectin and chlorophyll.

INGREDIENTS: Proprietary non-GMO protein blend (rice protein, pea protein and soy [isolated soy protein and fermented soy]), fructose, carrot, tri-calcium phosphate, maltodextrin, natural carrot flavor, potassium citrate, natural vanilla flavor, magnesium oxide, beta carotene, guar gum, psyllium, oat bran, microcrystalline cellulose, spirulina, vitamin C, vitamin E acetate, choline bitartrate, inositol, apple pectin, bee pollen, niacinamide, vitamin A palmitate, zinc oxide, manganese sulfate, ferrous fumarate, calcium pantothenate, lecithin, lemon bioflavonoids, papaya, bromelain, chlorophyll, pyridoxine HCl, riboflavin, thiamine HCl, vitamin B12, vitamin D, folic acid, biotin, potassium iodide, 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

NON-GMO Natural Soy®

CARROT-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 CARROT-TEIN supplies 6.25 grams of soy protein.

Healthy HEART Food

CARROT-TEIN is an incredibly delicious, all natural energy formula combining the healthful benefits and wholesome goodness of select carrots, 14 g of the highest quality vegetable protein, vitamins, minerals and whole foods. Just one tall glass, power-packed with more than 3,000 mg of natural carrot, supplies 25,000 international units of vitamin A from beta carotene (20,000 IU) and vitamin A palmitate (5,000 IU). **CARROT-TEIN** also supplies a complete profile of naturally occurring antioxidant carotenoids, including alpha carotene and lutein, in addition to 100% of the Daily Value for all vitamins, and most minerals.

CARROT-TEIN combines superior nutrition, highly active whole foods and great taste to create the ultimate high protein energy shake.

DIRECTIONS: Add one heaping scoop (scoop included in can) of **CARROT-TEIN 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**

SUPERIOR TRI-PART PROTEIN BLEND:* Rice, Pea, Soy**
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.

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Natural Organics Laboratories, Inc.
makers of **Nature's Plus**
9500 New Horizons Blvd.
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