



Nutrition Facts

Serving Size 1 Scoop (34g)
Servings Per Container 14

Amount Per Serving	SPIRU-TEIN WHEY	w/1 Cup Skim Milk
Calories	100	180
Calories from Fat	10	10
%Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	2%
Sodium 150mg	6%	11%
Potassium 150mg	4%	16%
Total Carbohydrate 13g	4%	8%
Dietary Fiber 1g	4%	4%
Sugars 2g		
Sugar Alcohol 9g		
Other Carbohydrate 1g		
Protein 14g	28%	44%
Vitamin A	5000 IU	100%
Vitamin C	60 mg	100%
Calcium	300 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	200 mg	45%
Iodine	150 mcg	100%
Magnesium	80 mg	25%
Zinc	15 mg	100%
Selenium	21 mcg	30%
Manganese	5 mg	250%
Chromium	18 mcg	15%
Molybdenum	20 mcg	25%

*Amount in SPIRU-TEIN WHEY. A serving of SPIRU-TEIN WHEY plus skim milk provides 1g fat, 5mg cholesterol, 275mg sodium, 556mg potassium, 25g carbohydrate (13g sugar) and 22g protein.

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

Each serving of SPIRU-TEIN® WHEY also contains:

Inositol	50 mg
Choline (bitartrate)	21 mg

INGREDIENTS: Micro-filtered whey (milk) protein concentrate, Vitasweet® (proprietary blend of maltitol, FOS, bromelain and papain), fructose, di-calcium phosphate, xanthan gum, vanilla flavor, guar gum, psyllium, maltodextrin, potassium citrate, magnesium oxide, 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, chlorophyll, pyridoxine HCl, riboflavin, thiamine HCl, vitamin B-12, ergocalciferol, folic acid, biotin, potassium iodide, chromium chloride, sodium selenite, sodium molybdate...and LOVE♥

TYPICAL PEPTIDE-BONDED AMINO ACID PROFILE PER 14g SERVING

Amino Acid	% Total Protein	mg	Amino Acid	% Total Protein	mg
ISOLEUCINE	5.7	791.0	GLUTAMIC ACID	17.6	2461.2
HISTIDINE	1.8	247.8	THREONINE	7.1	989.8
LEUCINE	10.6	1489.6	PROLINE	5.4	761.6
ARGININE	2.6	364.0	PHENYLALANINE	2.7	380.8
LYSINE	9.1	1278.2	GLYCINE	2.0	275.8
ASPARTIC ACID	10.8	1509.2	TRYPTOPHAN	1.5	211.4
METHIONINE	2.6	366.8	ALANINE	5.0	701.4
SERINE	5.2	728.0	VALINE	5.3	742.0
CYSTEINE	2.2	308.0	TYROSINE	2.8	390.6

Nature's Plus **Sweetened for Low-Glycemic Diets SPIRU-TEIN WHEY** is an incredibly delicious, rich, creamy shake designed to energize your life! **SPIRU-TEIN WHEY** meets or exceeds the essential amino acid requirements for complete protein as determined by the World Health Organization (WHO) and United Nations University (UNU). With the signature nutrients and outstanding taste of our best-selling SPIRU-TEIN shake powders, **SPIRU-TEIN WHEY** is a high-protein energy meal supporting total health and vitality.

All Nature's Plus **SPIRU-TEIN WHEY** formulations feature a unique blend of ingredients, including...

- **100% DAILY VALUE** of all Vitamins • **BROAD PROFILE** of Essential Minerals
- **ENERGY NUTRIENTS:** High Quality Whey 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 scoop (scoop included in can) of **VANILLA SPIRU-TEIN WHEY 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.

**VANILLA SPIRU-TEIN WHEY MIXES INSTANTLY.
NO BLENDER REQUIRED.**

**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.

†To calculate net impact carbs, subtract Dietary Fiber and Sugar Alcohol from Total Carbohydrate.

Manufactured with LOVE♥ by
Natural Organics Laboratories, Inc.
makers of **Nature's Plus**
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