



Nutrition Facts

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

Amount Per Serving	SPIRU-TEIN	w/1 Cup Skim Milk
Calories	120	200
Calories from Fat	5	5
%Daily Value**		
Total Fat 0.5g*	<1%	<1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	2%
Sodium 150mg	6%	11%
Potassium 140mg	4%	16%
Total Carbohydrate 15g	5%	9%
Dietary Fiber 2g	8%	8%
Sugars 12g		
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	20%
Iodine	150 mcg	100%
Magnesium	80 mg	20%
Zinc	15 mg	100%
Selenium	21 mcg	30%
Manganese	5 mg	250%
Chromium	18 mcg	15%
Molybdenum	20 mcg	25%

*Amount in SPIRU-TEIN. A serving of SPIRU-TEIN plus skim milk provides 0.5g fat, 5mg cholesterol, 275mg sodium, 546mg potassium, 27g carbohydrate (23g sugar) and 22g protein.

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

Each serving of SPIRU-TEIN also contains:

Inositol 50 mg
Choline (bitartrate) 21 mg

INGREDIENTS: Proprietary non-GMO protein blend (rice protein, pea protein and soy [isolated soy protein and fermented soy]), fructose, di-calcium phosphate, fructo-oligosaccharides [FOS], eggnog flavor, xanthan gum, nutmeg flavor, turmeric, rum flavor, potassium citrate, magnesium oxide, guar gum, psyllium, oat bran, microcrystalline cellulose, spirulina, 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, lemon bioflavonoids, papaya, bromelain, pyridoxine HCl, riboflavin, thiamine HCl, vitamin B-12, vitamin D, folic acid, biotin, potassium iodide, chromium chloride, sodium selenite, sodium molybdate, chlorophyll...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 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 supplies 6.25 grams of soy protein.



Nature's Plus EGGNOG SPIRU-TEIN POWDER

features a unique blend of ingredients, including...

- SUPERIOR TRI-PART PROTEIN BLEND:*** Rice, Pea, Soy
- 100% DAILY VALUE of all Vitamins • BROAD PROFILE of Essential Minerals
- 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 scoop (scoop included in can) of EGGNOG SPIRU-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

EGGNOG SPIRU-TEIN 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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makers of **Nature's Plus**
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