

Nature's Plus® The Energy Supplements®

SPIRU-TEIN®

HIGH PROTEIN ENERGY MEAL*

COOKIES & CREAM



Great Taste—Mixes Instantly

Complete Broad Spectrum
Protein Complex
with Spirulina



NET WT. 1.15 LBS. (525g)

Nutrition Facts

Serving Size 1 Scoop (35g)
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 190mg	5%	17%
Total Carbohydrate 15g	5%	9%
Dietary Fiber 2g	8%	8%
Sugars 10g		
Other Carbohydrate 3g		

Protein 14g	28%	44%
Vitamin A 5000 IU	100%	110%
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 SPIRU-TEIN. A serving of SPIRU-TEIN plus skim milk provides 0.5g fat, 5mg cholesterol, 275mg sodium, 596mg potassium, 27g carbohydrate (21g sugar) and 22g protein.

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

LBL 1126199

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, cocoa cookie crumbs (enriched wheat flour [reduced iron, thiamine mononitrate, riboflavin, folic acid], fructose, vegetable oil, cocoa, baking soda, salt, soy lecithin, vanilla), natural vanilla flavor, fructooligosaccharides [FOS], calcium (phosphate), guar gum, psyllium, natural cream flavor, potassium citrate, magnesium oxide, 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, 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



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 COOKIES & CREAM 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 COOKIES & CREAM 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.

FOR BEST RESULTS: GENTLY STIR, DO NOT USE BLENDER

*Not to be used as the sole source of dietary calories.

***Patents pending

COOKIES & CREAM 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.

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc.
makers of **Nature's Plus**
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PRODUCT NO. 45887



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