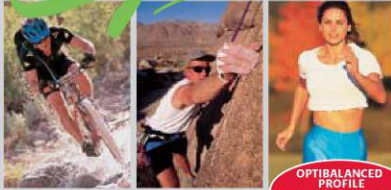


Nature's Plus® The Energy Supplements®

SPIRU-TEIN

Energizing Power Formula For **Peak Performance**

GLUTEN
Free



TRI-PART
PROTEIN

Delicious Vanilla Mixes Instantly

COMPLETE BROAD SPECTRUM PROTEIN COMPLEX POWDER WITH SPIRULINA,
Creatine, Pyruvate, Ergogenic Phytonutrients,
Amino Acids, Vitamins & Minerals

Net Wt. 2.3 Lbs. (1024g)

OPTIBALANCED
PROFILE
40%/30%/30%

Nutrition Facts

Serving Size 2 Scoops (64g)
Servings Per Container 16

Amount Per Serving	SPIRU-TEIN	w/1 Cup Skim Milk
Calories	260	340
Calories from Fat	80	80
%Daily Value**		
Total Fat 9g*	14%	14%
Saturated Fat 1g	5%	5%
Trans Fat 0g		
Cholesterol 0mg	0%	2%
Sodium 80mg	3%	9%
Potassium 300mg	9%	20%
Total Carbohydrate 26g	9%	13%
Dietary Fiber 1g	4%	4%
Sugars 19g		
Protein 20g	40%	56%
Vitamin A 5000 IU	100%	110%
Vitamin C 60 mg	100%	100%
Calcium 400 mg	40%	70%
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 Sport. A serving of SPIRU-TEIN Sport plus skim milk provides 9g fat, 5mg cholesterol, 205mg sodium, 706mg potassium, 38g carbohydrate (30g sugar) and 28g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Protein		50g	65g

Calories Per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

LBL 1126722

INGREDIENTS: Proprietary non-GMO protein blend (rice protein, pea protein and soy [isolated soy protein and fermented soy]), fructose, sunflower oil, maltodextrin, creatine monohydrate, medium-chain triglycerides, psyllium seed, natural vanilla flavor, calcium (phosphate), potassium citrate, magnesium oxide, spirulina, vitamin C, inositol, calcium pyruvate, biotin, d-alpha tocopheryl succinate, choline bitartrate, niacinamide, vitamin A palmitate, manganese sulfate, zinc oxide, ferrous fumarate, calcium pantothenate, Ashwagandha, Rhodiola, Korean ginseng, Ciwujia, pyridoxine HCl, thiamine HCl, riboflavin, vitamin B12, vitamin D, folic acid, potassium iodide, chromium chloride, sodium selenite, sodium molybdate, papaya fruit, bromelain (from pineapple fruit), oat bran, bee pollen, lemon bioflavonoids (from *Citrus limon* fruit) and apple pectin.

Each serving of SPIRU-TEIN Sport also contains:

Creatine (as creatine monohydrate)	2000 mg
Medium-Chain Triglycerides (MCT)	2000 mg
Inositol	50 mg
Pyruvate (as calcium pyruvate)	50 mg
Herbagen (a proprietary phytonutrient-rich ergogenic complex – Korean Ginseng [<i>Panax ginseng</i> CA Meyer root], Ciwujia [<i>Eleutherococcus senticosus</i> root] [standardized extract], Ashwagandha [<i>Withania somnifera</i> root] [standardized extract], Rhodiola [<i>Rhodiola rosea</i> root] [standardized extract])	40 mg
Choline (as bitartrate)	10 mg

TYPICAL AMINO ACID PROFILE PER SERVING

Amino Acid	% Total Protein	mg	Amino Acid	% Total Protein	mg
ISOLEUCINE	4.3	860	GLUTAMIC ACID	19.1	3820
HISTIDINE	2.6	520	THREONINE	3.8	760
LEUCINE	8.2	1640	PROLINE	5.1	1020
ARGININE	7.5	1500	PHENYLALANINE	5.1	1020
LYSINE	6.3	1260	GLYCINE	4.2	840
ASPARTIC ACID	11.6	2320	TRYPTOPHAN	1.3	260
METHIONINE	1.3	260	ALANINE	4.3	860
SERINE	5.2	1040	VALINE	5.0	1000
CYSTEINE	1.3	260	TYROSINE	3.8	760



SPIRU-TEIN Sport is scientifically formulated with isolated soy protein from only non-genetically modified (non-GMO) soybeans — As Nature Intended.

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

SPIRU-TEIN SPORT is an incredibly delicious, energizing power formula for peak performance.

SPIRU-TEIN SPORT provides a precisely calibrated optibalanced 40-30-30 profile. Each delicious vanilla serving provides 40% of its energy from carbohydrate, 30% from amino acid rich protein and 30% from fat. This profile is preferred by athletes and active adults for peak performance.

SPIRU-TEIN SPORT is fueled with 100% pure creatine monohydrate. The myriad benefits of this power-packed nutrient have been touted by world-class athletes and weekend warriors.

SPIRU-TEIN SPORT provides the proven ergogenic benefits of pyruvate, MCT's and standardized botanical extracts.

SPIRU-TEIN SPORT, combining superior nutrition, performance aids, highly active phytonutrients and great taste, is the ultimate high protein energy shake for athletes and active adults.

DIRECTIONS: Add two heaping scoops (scoop included in can) of **SPIRU-TEIN SPORT** 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 sole source of dietary calories.

*Patents Pending

SPIRU-TEIN SPORT MIXES INSTANTLY – NO BLENDER REQUIRED.

VEGETARIAN, YEAST-FREE PRODUCT

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

KEEP OUT OF REACH OF CHILDREN.

NOTICE: SOLD BY WEIGHT, NOT BY 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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