

Nature's Plus® The Energy Supplements®

SPIRU-TEIN®

HIGH PROTEIN ENERGY MEAL*

BLUEBERRIES & CREAM



Great Taste - Mixes Instantly

Complete Broad Spectrum
Protein Complex
with Spirulina & Real Fruit



NET WT. 1.12 LBS. (510g)

Nutrition Facts

Serving Size 1 Scoop (34g)
Servings Per Container 15

Amount Per Serving	SPIRU-TEIN	w/1 Cup Skim Milk
Calories	110	190
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 100mg	4%	9%
Potassium 200mg	6%	17%
Total Carbohydrate 14g	5%	9%
Dietary Fiber 1g	4%	4%
Sugars 12g		
Other Carbohydrate 1g		
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 0g fat, 5mg cholesterol, 225mg sodium, 606mg potassium, 26g 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
VitaBlue™ Wild Blueberry Extract (standardized 130 ORAC)	20 mg

VitaBlue is a trademark of VDF FutureCeuticals, Inc.

INGREDIENTS: Proprietary non-GMO protein blend (rice protein, pea protein and soy [isolated soy protein and fermented soy]), fructose, di-calcium phosphate, freeze dried blueberries, FOS, natural blueberry flavor, xanthan gum, guar gum, psyllium, VitaBlue™ wild blueberry extract, maltodextrin, 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 B-12, 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 BLUEBERRIES & 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 **BLUEBERRIES & 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.

CONTAINS REAL FRUIT PIECES. FOR BEST RESULTS:
GENTLY STIR, DO NOT USE A BLENDER.

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

**Patents Pending

BLUEBERRIES & 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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