

Nature's Plus® The Energy Supplements®

SPIRU-TEIN®

HIGH PROTEIN
ENERGY MEAL*

GOLD

GREAT TASTE!
MIXES INSTANTLY



NET WT. 1.03 LBS. (468g)

Each serving of SPIRU-TEIN also contains:

Inositol 50 mg
Choline (bitartrate) 21 mg

INGREDIENTS: Gold Standard Non-GMO Protein Blend (sprouted brown rice protein, pea protein, flax protein, chia protein), xylitol, maltodextrin, di-calcium phosphate, natural vanilla flavor, xanthan gum, potassium citrate, magnesium oxide, guar gum, psyllium, oat bran, microcrystalline cellulose, spirulina, **Organic Gold Standard Mushroom Blend** (wood ear mushroom (*Auricularia auricula*), cordyceps (*Cordyceps sinensis*), maitake (*Grifola frondosa*), shiitake (*Lentinula edodes*), oyster mushroom (*Pleurotus ostreatus*, *P. nebrodensis*, *P. eryngii*), white wood ear mushroom (*Tremella fuciformis*)), *Algas calcareas*, **Organic Gold Standard Whole Food Complex** (Guava (*Psidium guajava*), holy basil (*Ocimum tenuiflorum*), lemon, amla (*Embilca officinalis*) fruit (standardized naturally occurring B complex and vitamin C)), vitamin C (ascorbic acid), 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, vitamin B6 (pyridoxine hydrochloride), riboflavin, thiamine hydrochloride, vitamin B12 (cyanocobalamin), vitamin D3 (cholecalciferol), folic acid, biotin, potassium iodide, chromium chloride, sodium selenite, sodium molybdate, vitamin K2 (menaquinone-4, menaquinone-7), copper gluconate...and LOVE♥

TYPICAL AMINO ACID PROFILE PER SERVING

Amino Acid	% Total Protein	mg	Amino Acid	% Total Protein	mg
ISOLEUCINE	5.8	700	GLUTAMIC ACID	17.2	2065
HISTIDINE	2.2	269	THREONINE	4.8	570
LEUCINE	9.1	1092	PROLINE	6.1	732
ARGININE	6.8	818	PHENYLALANINE	4.4	526
LYSINE	5.1	614	GLYCINE	3.2	378
ASPARTIC ACID	9.1	1092	TRYPTOPHAN	1.6	187
METHIONINE	2.3	276	ALANINE	4.9	588
SERINE	4.9	590	VALINE	6.0	722
CYSTEINE	2.4	288	TYROSINE	4.1	492

Nature's Plus VANILLA SPIRU-TEIN GOLD POWDER features a unique blend of ingredients, including...

- **GOLD STANDARD NON-GMO PROTEIN BLEND:** Chia, Rice, Pea, Flax
 - 100% - 130% DAILY VALUE of All Vitamins
 - At least 100% DAILY VALUE of Essential Minerals
- **ENERGY NUTRIENTS:** High Quality Gold Standard 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 heaping scoop (scoop included in can) of **VANILLA SPIRU-TEIN GOLD 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 GOLD MIXES INSTANTLY
NO BLENDER REQUIRED.**

**VEGETARIAN, YEAST-FREE, SOY-FREE, GLUTEN-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**
9500 New Horizons Blvd.
Amityville, New York 11701, USA
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www.naturesplus.com

PRODUCT NO. 45295



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Nutrition Facts

Serving Size 1 Scoop (36g)

Servings Per Container 13

Amount Per Serving	SPIRU-TEIN	w/1 Cup Skim Milk
Calories	94	174
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 5mg	0%	4%
Potassium 95mg	3%	14%
Total Carbohydrate 20g	7%	10%
Dietary Fiber 3g	12%	12%
Sugars 0g		
Xylitol 12g		
Protein 12g	24%	40%

Vitamin A	6250 IU	130%	130%
Vitamin C	75 mg	130%	130%
Calcium	60 mg	6%	35%
Iron	2.7 mg	15%	15%
Vitamin D	500 IU	130%	150%
Vitamin E	38 IU	130%	130%
Vitamin K	80 mcg	100%	100%
Thiamin	1.88 mg	130%	130%
Riboflavin	2.1 mg	130%	150%
Niacin	25 mg	130%	130%
Vitamin B6	2.5 mg	130%	130%
Folic Acid	500 mcg	130%	130%
Vitamin B12	24 mcg	400%	420%
Biotin	375 mcg	130%	130%
Pantothenic Acid	12.5 mg	130%	130%
Iodine	188 mcg	130%	130%
Magnesium	400 mg	100%	110%
Zinc	18.75 mg	130%	130%
Selenium	70 mcg	100%	110%
Copper	2 mg	100%	100%
Manganese	5 mg	250%	250%
Chromium	120 mcg	100%	100%
Molybdenum	75 mcg	100%	100%

*Amount in SPIRU-TEIN. A serving of SPIRU-TEIN plus skim milk provides 0g fat, 5mg cholesterol, 105mg sodium, 475mg potassium, 31g carbohydrate (11g sugar) and 20g protein.

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