

SUGGESTED USE: MIX 1 SCOOP WITH AT LEAST 8 OZ. OF WATER OR BEVERAGE OF CHOICE, ONCE PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL. SHAKE JAR BEFORE OPENING TO ENSURE PROPER SERVING SIZE. THIS IS A NATURAL PRODUCT AND MAY EXHIBIT DENSITY, COLOR AND TASTE VARIATIONS.

WARNING: IF TAKING MEDICATION, PREGNANT OR NURSING CONSULT A PHYSICIAN BEFORE USING.

KEEP OUT OF REACH OF CHILDREN.
STORE SEALED IN A COOL, DRY PLACE.

Quatrefolic® is a registered trademark of Gnosis S.p.A. US Patent No 7,947,662.

Albion®, TRAACS® and the Albion Gold Medallion design are registered trademarks of Albion Laboratories, Inc.

Meriva® is a trademark of Indena S.p.A., Italy.



Manufactured For:
Moss Nutrition
Products, Inc.
380 Russell Street
Hadley, MA 01035
800-851-5444



WWW.MOSSNUTRITION.COM

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



Support for Optimal
Muscle Mass & Function*



Dietary Supplement
Net Wt: 585 g (1.3 lbs)

Supplement Facts

Serving Size: 41.8 grams (1 scoop)
Servings Per Container: 14

	Amount Per Serving	% Daily Value
Calories	150	
Calories from Fat	35	
Total Fat	4 g	6%*
Saturated Fat	2.5 g	13%*
Cholesterol	30 mg	9%*
Total Carbohydrate	17 g	6%*
Dietary Fiber	5 g	20%*
Sugars	<1 g	**
Protein	13 g	26%*
Vitamin C (as calcium ascorbate)	50 mg	83%
Vitamin D (as cholecalciferol)	67.5 IU	17%
Vitamin B1 (as thiamin mononitrate)	5 mg	333%
Vitamin B2 (as riboflavin)	5 mg	294%
Vitamin B3 (as niacinamide)	5 mg	25%
Vitamin B6 (as pyridoxine HCl)	5 mg	250%
Folate (as Quatrefolic® (6S)-5-MTHF acid, glucosamine salt)	50 mcg	13%
Vitamin B12 (as methylcobalamin)	25 mcg	417%
Biotin	50 mcg	17%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%
Calcium (as Calcium Bisglycinate Chelate) (TRAACS®)	150 mg	15%
Phosphorus (from all sources)	55 mg	6%
Iodine (as potassium iodide)	20 mcg	13%
Magnesium (as Magnesium Bisglycinate Chelate) (TRAACS®)	150 mg	38%

	Amount Per Serving	% Daily Value
Zinc (as Zinc Bisglycinate Chelate) (TRAACS®)	2.5 mg	17%
Selenium (as Selenium Glycinate Complex) (Albion®)	13.5 mcg	19%
Manganese (as Manganese Bisglycinate Chelate) (TRAACS®)	0.5 mg	25%
Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS®)	11 mcg	9%
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS®)	16 mcg	21%
Potassium (as Potassium Glycinate Complex) (Albion®)	200 mg	6%
Organic Tapioca Maltodextrin (non-GMO)	3 g	**
L-leucine	2 g	**
Organic Golden Flaxseed powder (non-GMO)	2 g	**
Inulin	2 g	**
Isomalto-Oligosaccharide Mixture (soluble fiber)	1.8 g	**
Medium Chain Triglycerides	1.75 g	**
HMB (calcium B-hydroxy B-methyl butyrate)	1.5 g	**
Organic Coconut Oil powder	400 mg	**
Meriva® Curcumin Phytosome (Curcuma longa root extract & phospholipid complex)	250 mg	**
Choline (as choline bitartrate)	50 mg	**
Inositol	50 mg	**
L-Taurine	50 mg	**
Mixed Tocopherols (non-GMO)	30 mg	**
L-Carnitine HCl	11 mg	**

* Percent Daily Values are based on a 2000 calorie diet.

** Daily Value not established.

Other Ingredients: Whey protein concentrate (sourced from the milk of New Zealand grass-fed cows), natural vanilla flavors, organic gum acacia, organic guar gum, sunflower lecithin, monk fruit extract (Luo Han Guo). **Contains milk. Does not contain gluten.**