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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



Support for Optimal
Muscle Mass & Function*

Dietary Supplement Net Wt: 532 g (1.17 lbs)

Supplement Facts

Serving Size: 38 grams (approx. 1 scoop) Servings Per Container: 14

	Amount Per Serving	% Daily Value
Calories	130	
Total Fat	4.5 g	5%
Saturated Fat	2 g	10%
Trans Fat	0 g	**
Cholesterol	0 mg	0%
Total Carbohydrate	10 g	4%
Dietary Fiber	6 g	21%
Sugars	0 g	**
Protein	13 g	26%
Vitamin C (as calcium ascorbate)	50 mg	56%
Vitamin D 3 (as cholecalciferol)	1.7 mcg	8%
Vitamin B1 (as thiamin mononitrate)	5 mg	417%
Vitamin B2 (as riboflavin)	5 mg	384%
Vitamin B3 (as niacinamide)	5 mg NE	31%
Vitamin B6 (as pyridoxine HCl)	5 mg	294%
Folate (as Quatrefolic® [6S]-5-Methyltetrahydrofolic acid, glucosamine salt)	50 mcg DFE	13%
Vitamin B12 (as methylcobalamin)	25 mcg	1042%
Biotin	50 mcg	167%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1000%
Choline (as choline bitartrate)	50 mg	9%
Calcium (as Calcium Bisglycinate Chelate) (TRAACS™)	150 mg	12%
lodine (as potassium iodide)	20 mcg	13%

Am Per Se		nount %Daily erving Value	
Magnesium (as Magnesium Bisglycinate Chelate) (TR	RAACS™) 150 mg	36%	
Zinc (as Zinc Bisglycinate Chelate) (TRAACS™)	2.5 mg	23%	
Selenium (as Selenium Glycinate Complex) (Albion"	") 13.5 mcg	25%	
Manganese (as Manganese Bisglycinate Chelate) (TRA	AACS™) 0.5 mg	22%	
Chromium (as Chromium Nicotinate Glycinate Chelate) (T	RAACS™)11 mcg	31%	
Molybdenum (as Molybdenum Glycinate Chelate) (TR	AACS™) 16 mcg	36%	
Potassium (as Potassium Glycinate Complex) (Albion™)	210 mg	4%	
Organic Tapioca Maltodextrin (non-GMO)	3 g	*:	
L-Leucine	2 g	*	
Organic Golden Flaxseed powder (non-GMO)	2 g	*:	
Organic Inulin	2 g	*	
Isomalto-Oligosaccharide Mixture (soluble fiber)	1.8 g	*:	
Medium Chain Triglycerides	1.75 g	*:	
HMB (calcium B-hydroxy B-methylbutyrate)	1.5 g	*	
Organic Coconut Oil powder	400 mg	*	
Meriva® Curcumin Phytosome (Curcuma longa root extract & phospholipid comp	250 mg lex)	*:	
Inositol	50 mg	*	
L-Taurine	50 mg	*:	
Mixed Tocopherols (non-GMO)	30 mg	*	
L-Carnitine HCl	11 mg	*:	

Other ingredients: Organic pea protein (non-GMO), natural vanilla flavor, organic gum acacia, organic guar gum, monk fruit extract (Luo Han Guo), sunflower lecithin. **Does not contain gluten.**