

With
Methylcobalamin
& Methylfolate!

Natures Plus

SPIRU-TEIN

HIGH PROTEIN ENERGY WAFERS*

VANILLA

Complete Broad Spectrum
Protein Complex
With Spirulina, Apple Pectin,
Enzymes, Vitamins and Minerals

GLUTEN
Free

TRI-PART
PROTEIN

90 WAFERS

Nutrition Facts		
Serving Size 6 Wafers		
Servings Per Container 15		
Amount Per Serving		
Calories 150	Calories from Fat 0	
%Daily Value**		
Total Fat 0 g		0%
Saturated Fat 0 g		0%
Trans Fat 0 g		
Cholesterol 0 mg		0%
Sodium 180 mg		8%
Potassium 210 mg		6%
Total Carbohydrate 24 g		8%
Dietary Fiber 3 g		12%
Sugars 17 g		
Other Carbohydrate 4 g		
Protein 14 g		28%
**Percent Daily Values are based on a 2,000 calorie diet.		

Amount Per Serving		
Vitamin A	5000 IU	100%
Vitamin C	60 mg	100%
Calcium	600 mg	60%
Iron	4.5 mg	25%
Vitamin D	400 IU	100%
Vitamin E	30 IU	100%
Thiamin	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin	20 mg	100%
Vitamin B6	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B12	6 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid	10 mg	100%
Phosphorus	300 mg	30%
Iodine	150 mcg	100%
Magnesium	80 mg	20%
Zinc	15 mg	100%
Selenium	21 mcg	30%
Manganese	5 mg	250%
Chromium	21 mcg	20%
Molybdenum	21 mcg	30%

Each serving also contains the following:

Inositol	50 mg
Choline (bitartrate)	21 mg

INGREDIENTS: Proprietary non-GMO protein blend (rice protein, pea protein and soy [isolated soy protein and fermented soy]), calcium caseinate, milk protein concentrate, whey, tri-calcium phosphate, psyllium seed husk, fructose, oligofructose, natural flavor (vanilla), microcrystalline cellulose, guar gum, magnesium oxide, magnesium stearate, vitamin C, d-alpha tocopheryl acetate, inositol, choline bitartrate, potassium chloride, biotin, niacinamide, vitamin A palmitate, zinc oxide, ferrous fumarate, manganese sulfate, calcium pantothenate, pyridoxine HCl, riboflavin, thiamine HCl, cellulose, spirulina, apple pectin, lecithin, papaya, bromelain, lemon bioflavonoids, chlorophyll, vitamin B12 (as methylcobalamin), vitamin D3 (cholecalciferol from lichen), folate (as calcium-L-5-methyltetrahydrofolate), potassium iodide, sodium selenite, chromium chloride, sodium molybdate... **and LOVE ♥**

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 Vanilla SPIRU-TEIN Wafers supplies 6.25 grams of soy protein.

DIRECTIONS: As a dietary supplement, chew six delicious VANILLA SPIRU-TEIN WAFERS along with an 8 oz. glass of water or skim milk.

*Not to be used as the sole source of dietary calories.
KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.

Nature's Plus VANILLA SPIRU-TEIN WAFERS feature a unique blend of ingredients, including...

- **SUPERIOR TRI-PART PROTEIN BLEND:** Rice, Pea, Soy
- **100% DAILY VALUE** of all Vitamins
- **BROAD PROFILE** of all Essential Minerals
- **ENERGY NUTRIENTS:** High-Quality Tri-Part Protein
- **DIET-AIDS:** Lecithin, Spirulina, Choline and Inositol
- **ENZYMES:** Bromelain and Papaya
- **CLEANSING:** Chlorophyll
- **FIBER:** Cellulose and Apple Pectin

VANILLA SPIRU-TEIN WAFERS are free from the common allergens yeast and wheat. CONTAINS SOY AND MILK

NOTICE: This package contains a desiccant to maintain product freshness. IT IS NOT MEANT TO BE SWALLOWED.

Made with **Vitashine™**
Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc.
makers of **Nature's Plus**
9500 New Horizons Blvd., Amityville, New York 11701, USA
©NATURAL ORGANICS® www.naturesplus.com

SPIRU-TEIN® is a registered trademark of Natural Organics, Inc. in the US and/or other countries.

PRODUCT NO. 4561



LBL: 1136883