

Food/Dietary Supplement Glycemic Index of 45.7

Suggested Use: Mix two level 22 gram scoops into 8 fluid ounces of chilled water. Do not exceed recommended daily dose unless directed by your health care practitioner.

Keep out of reach of children. Store in a cool, dry place.

Supplement Facts		
Serving Size – 44 g	Servings Per Container – Eleven (11)	
	Amount Per Serving	% Daily Value**
Calories	160	8%
Calories from Fat	25	*
Total Fat	3 g	5%
Total Carbohydrates	17 g	6%
Dietary Fiber	1 g	4%
Sugar	13 g	*
Protein	16 g	32%
Vitamin A (A Palmitate)	1000 IU	20%
Vitamin A (Beta Carotene)	4000 IU	80%
Vitamin C (Calcium Ascorbate)	110 mg	183%
Vitamin D (Cholecalciferol)	80 IU	20%
Vitamin E (D-Alpha Tocopheryl Acid Succinate)	80 IU	267%
Vitamin B1 (Thiamine HCl)	2 mg	133%
Vitamin B2 (Riboflavin)	2 mg	118%
Niacin (Niacinamide)	7 mg	35%
Vitamin B6 (Pyridoxine HCl)	3.4 mg	170%
Folic Acid	80 mcg	20%
Vitamin B12 (Cyanocobalamin)	3.6 mcg	60%
Biotin	135 mcg	45%
Pantothenic Acid (Calcium D-Pantothenate)	3.5 mg	35%
Calcium (Calcium Citrate)	75 mg	8%
Iron (Ferrous Fumarate)	3.6 mg	20%
Phosphorus (Naturally Occurring)	200 mg	20%
Iodine (Potassium Iodide)	53 mcg	35%
Magnesium (Naturally Occurring)	140 mg	35%
Zinc (Zinc Oxide)	10 mg	67%
Copper (Copper Gluconate)	1 mg	50%
Manganese (Naturally Occurring)	1.3 mg	65%
Chromium (Chromium Picolinate)	50 mcg	42%
Potassium (Naturally Occurring)	420 mg	12%
L-Cysteine	30 mg	*
Lysine (L-Lysine HCl) ^	35 mg	*
L-Methionine ^	35 mg	*
L-Tyrosine	35 mg	*
L-Threonine ^	35 mg	*

*Daily Value not established
 **Percent Daily Values based on a 2000 calorie diet.
 ^Essential Amino Acid

Other Ingredients: nonGMO Brown rice protein, nonGMO brown rice syrup solids, nonGMO rice bran, nonGMO sunflower lecithin, nonGMO virgin olive oil, nonGMO vanilla flavor, and nonGMO medium chain triglycerides.

This product may be produced in a facility that also makes products containing milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, and soy. Food supplements should not be used as a substitute for a varied diet.

