



SP COMPLETE[®] 2820

Dietary Supplement

Suggested Use: Two rounded tablespoons (scoops) per shake. One to three shakes per day, or as directed. Store in a cool, dark place.

28 OUNCES (795 g)



WHOLE FOOD SUPPLEMENTS SINCE 1929

Caution: This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

Supplement Facts

Serving Size: 2 rounded tablespoons (scoops) (approx. 25 g)

Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	100	
Total Fat	1.5 g	2%*
Cholesterol	10 mg	3%
Total Carbohydrate	6 g	2%*
Dietary Fiber	3 g	11%*
Total Sugars	<1 g	†
Protein	10 g	20%*
Choline	70 mg	13%
Calcium	200 mg	15%
Iron	0.5 mg	3%
Potassium	130 mg	3%

Proprietary Blend	25 g	†
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Whey protein (milk), organic flax meal, rice protein, calcium citrate, magnesium citrate, organic buckwheat (aerial parts), organic Brussels sprouts (aerial parts), organic kale (aerial parts), choline bitartrate, inositol, organic alfalfa (aerial parts) juice powder, sunflower lecithin powder, grape (seed) extract[^], organic carrot, and red wine extract.

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

†Daily Value not established.

[^]Includes Masquelier's[®] OPC-85

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