Supplement Facts

Serving Size: 1 scoop (30g) Servings Per Container: 15

Amount Per Serving % Daily Value

	ariount i or ourning	70 Duly value
Calories	110	
Total Fat	2.5 g	3%
Saturated Fat	1 g	5%
Sodium	380 mg	17%
Total Carbohydrate	4 g	1%1
Dietary Fiber	2 g	7%
Protein	18 g	27%
Vitamin D3 (as Cholecalciferol)(Vita	Shine™) 5 mcg	25%
Vitamin K2 (as Menaguinone-7)	12 mcg	10%
Biotin	1,000 mcg	3,333%
Calcium (from Red Algae Aquamir Calcium Citrate, Calcium Carbon	[®] , 390 mg ate)	30%
Magnesium (from Red Algae)(Aqu		30%
Complete Protein Blend	22.5 g	**

Pea Protein Isolate, Artichoke Protein. Chia Seed Protein, and Whole Algae Protein

Energy and Metabolism Support Blend † 1,290 mg

Medium Chain Triglycerides (MCTs) Oil

Powder, L-Lysine, Alpha Galactosidase. Bromelain, L-Arginine, L-Camitine

Hormonal Balance Support Blend † 475 ma Ashwagandha Extract (Standardized to 10% Withanolides [12.5mg])(Sensoril®), L-Theanine, Pomegranate Fruit Extract (Standardized to 40% Total Punicosides [6mg])(P40p™), Pomegranate

Skin (Standardized to 40% Ellagic Acid [32mg]). Pomegranate Fruit Powder * Percent Daily Values are based on a 2,000 calorie diet. ** Daily Value not established.

OTHER INGREDIENTS: Natural Flavors, Organic Acacia Powder, Guar Gum Powder, Stevia Extract Powder (Reb A), Silica, Monk Fruit Extract Powder, Organic Lucuma Powder, Organic Yacon Powder

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taste and texture

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CONTAINS NO Sugar, Dairy, Yeast, Wheat, Gluten, Eggs, Peanuts, Soy, Tree Nuts, Fish, Shellfish, Preservatives, Artificial Colors or Flavors

EASY PREPARATION Add 1 scoop to 10 to 12 oz. of chilled water or beverage of your choice in a shaker cup or blender. Mix for about 5 seconds. Store in a cool, dry place away from direct light. Keep out of reach of children

This product is sold by weight, not volume. Settling may occur during shipping.

Washing is a trademark of the GHT Companies | Aquamin® is a registered trademark of MARIGOT LIMITED |

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INSPIRE FOR WOMEN KEY BENEFITS

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Four different protein sources blended together, containing 4,000mg of naturally occurring BCAAs

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Clinically-studied extracts from pomegranate and ashwagandha enhance overall balance and performance

ENERGY & METABOLISM

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