

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 YOU ARE TAKING MEDICATION, HAVE A MEDICAL CONDITION OR AN UPCOMING MEDICAL PROCEDURE, OR ARE PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING. IF ADVERSE REACTIONS OCCUR, DISCONTINUE USE & CONSULT YOUR HEALTHCARE PRACTITIONER.

KEEP OUT OF REACH OF CHILDREN.
STORE SEALED IN A COOL, DRY PLACE.

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Meriva[®] is a trademark of Indena S.p.A., Italy.



Manufactured For:
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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



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 (L-5-methyltetrahydrofolate, calcium 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%
Iodine (as potassium iodide)	20 mcg	13%

	Amount Per Serving	% Daily Value [†]
Magnesium (as Magnesium Bisglycinate Chelate) (TRAACS [®])	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) (TRAACS [®])	0.5 mg	22%
Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS [®])	11 mcg	31%
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS [®])	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	**
Isomalt-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 complex)	250 mg	**
Inositol	50 mg	**
L-Taurine	50 mg	**
Mixed Tocopherols (non-GMO)	30 mg	**
L-Carnitine HCl	11 mg	**

[†]Percent Daily Values are based on a 2000 calorie diet.
^{**} Daily Value not established.

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.**