



## **Macro Mea**

**25g TIME RELEASED PROTEIN** 



ALKALIZE • ENERGIZE • VITALIZE

1 SERVING

NET WT 1.4 oz / 41 g













## **Nutrition Facts**

Serving Size: About 1 Packet (41 g)		Servings per Packet: About 1			
		Per 1/2 Pack	et Pe	r 1 Packet	
Calories		85		170	
		% DV°		% DV	
Total Fat	1.75 g	2.5%	3.5 g	5%	
Saturated Fat	0.5 g	2.5%	1 g	5%	
Trans Fat	0 g		0 g		
Cholesterol	0 mg	0%	0 mg	0%	
Sodium	85 mg	4%	170 mg	7%	
Total Carbohydrate	3 g	1%	6 g	2%	
Dietary Fiber	1.5 g	6%	3 g	11%	
Total Sugars	1 g		2 g		
Protein	12.5 g	25%	25 g	50%	
Vitamin A	28 mcg	3%	56 mcg	6%	
Vitamin C	33 mg	37%	66 mg	74%	
Vitamin D	0 mcg	0%	0 mcg	0%	
Vitamin E (as d-alpha tocopherol succinate	e) 20.26 mg	135%	40.52 mg	270%	
Vitamin K	15 mcg	13%	30 mcg	26%	
Calcium	26.5 mg	2%	53 mg	4%	
Iron	4.25 mg	24%	8.5 mg	48%	
Potaccium	40 ma	- 106	80 ma	20%	

AMINO ACIDS	Amount Per 41 g Serving
Alanine	1,406 mg
Arginine	2,392 mg
Aspartic Acid	2,803 mg
Cystine	407 mg
Glutamic Acid	4,768 mg
Glycine	1,169 mg
Histidine**	566 mg
Isoleucine**	1,275 mg
Leucine**	2,327 mg
Lysine**	1,390 mg
Methionine**	530 mg
Phenylalanine**	1,508 mg
Proline	1,259 mg
Serine	1,353 mg
Threonine**	978 mg
Tryptophan**	337 mg
Tyrosine	1,320 mg
Valine**	1,512 mg
**Essential Amino Acids	

Not a significant source of Vitamin D.

Not a significant source of added sugars.

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Protein RDAs (Recommend Daily Allowances)





