

SUGGESTED USE: MIX 1 SCOOP WITH 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 & MAY EXHIBIT VARIATIONS IN DENSITY, COLOR AND TASTE.

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 AND CONSULT YOUR HEALTHCARE PRACTITIONER.

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



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Manufactured For:
**Moss Nutrition
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Complete Meal & Supplement Shake
With Free-Form Essential Amino Acids

Dietary Supplement
Net Wt: 378 g (13.3 oz)

Supplement Facts

Serving Size: 27 grams (approx. 1 scoop)
Servings Per Container: 14

	Amount Per Serving	% Daily Value†
Calories	70	
Total Fat	3 g	4%
Saturated Fat	2 g	10%
Trans Fat	0 g	**
Cholesterol	0 mg	0%
Total Carbohydrate	11 g	4%
Dietary Fiber	4 g	14%
Sugars	1 g	**
Protein	1 g	2%
Vitamin A (as beta carotene)	600 mcg RAE	67%
Vitamin C (as calcium ascorbate)	100 mg	111%
Vitamin D3 (as cholecalciferol)	10 mcg	50%
Vitamin B1 (as thiamin hydrochloride)	2 mg	167%
Vitamin B2 (as riboflavin-5'-phosphate)	2 mg	154%
Vitamin B3 (as niacinamide)	20 mg NE	125%
Vitamin B6 (as pyridoxal-5'-phosphate)	5 mg	294%
Folate (as L-5-Methyltetrahydrofolate, calcium salt)	200 mcg DFE	50%
Vitamin B12 (as methylcobalamin)	250 mcg	10417%
Biotin	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	150 mg	3000%
Calcium (as Calcium Bisglycinate Chelate [TRAACS™] and calcium ascorbate)	200 mg	15%

	Amount Per Serving	% Daily Value†
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as Magnesium Glycinate Chelate [TRAACS™])	100 mg	24%
Zinc (as Zinc Bisglycinate Chelate) (TRAACS™)	10 mg	91%
Selenium (as Selenium Glycinate Complex) (Albion™)	50 mcg	91%
Manganese (as Manganese Bisglycinate Chelate) (TRAACS™)	0.5 mg	22%
Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS™)	250 mcg	714%
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS™)	500 mcg	1111%
Sodium (as sodium chloride)	100 mg	4%
Potassium (from Tri-Potassium Citrate and cocoa powder)	440 mg	9%
Proprietary Essential Amino Acid Blend (Reginator®) (L-Leucine, L-Lysine, L-Valine, L-Isoleucine, L-Arginine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan)	3.5 g	**
Medium Chain Triglycerides (from coconut oil)	3 g	**
Prebiotic Fructo-Oligosaccharides (from inulin)	2 g	**
Organic Flaxseed powder (<i>Linum usitatissimum</i>)	500 mg	**
Guar Gum	300 mg	**
White Kidney Bean Extract (<i>Phaseolus vulgaris</i>)	300 mg	**
Green Tea leaf extract (<i>Camellia sinensis</i>) (15% polyphenols)	100 mg	**
High Gamma Mixed Tocopherols	30 mg	**
Vanadium (as vanadyl sulfate)	25 mcg	**

†The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice. ** Daily Value not established.

Other Ingredients: Tapioca maltodextrin (non-GMO), cocoa powder, natural flavors, organic gum blend (gum acacia, guar gum), silicon dioxide, monk fruit extract (Luo Han Guo). **Does not contain gluten.**