

Supplement Facts

Serving Size: One Packet equals one-half servings (28 g)

One Serving (28 g) Contains:	% DV
Calories	210
Calories from Fat	30
Total Fat	5
Saturated Fat	3 g 5%*
Total Carbohydrate	0.6 g 3%*
Dietary Fiber	12 g 4%*
Soluble Fiber	7 g 28%*
Insoluble Fiber	6 g **
Sugars	1 g **
Protein	3 g 60%*

Vitamin A (as Beta Carotene)	1,750 IU 35%
Vitamin C (as Ascorbic Acid)	21 mg 35%
Vitamin D (as Vitamin D3)	600 IU 150%
Vitamin E (as d-Alpha Tocopheryl)	10.5 IU 35%
Thiamin (as Thiamin HCl)	520 mcg 35%

Riboflavin (as Riboflavin 5'-Phosphate Sodium)	560 mcg 35%
Niacin (as Nicotinamide)	7 mg 35%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	700 mcg 35%

Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	200 mcg 50%
Vitamin B12 (as Methylcobalamin)	12 mcg 200%

Biotin	100 mcg 35%
Pantothenic Acid (as Calcium Panthothenate)	3.5 mg 35%
Calcium	50 mg 5%

Iodine (as Potassium Iodide)	52.5 mcg 35%
Magnesium (as Magnesium Citrate and Magnesium Malate)	100 mg 25%
Zinc (as Zinc Bisglycinate Chelate)	5.25 mg 35%

Selenium (as L-Selenomethionine)	24.5 mcg 35%
Copper (as Copper (II) Bisglycinate Chelate)	700 mcg 35%
Manganese (as Manganese (II) Bisglycinate Chelate)	700 mcg 35%

Chromium (as Chromium Picolinate)	42 mcg 35%
Molybdenum (as Molybdenum (II) Glycinate Chelate)	26.25 mcg 35%
Sodium (as Sodium Chloride and Sodium Citrate)	340 mg 10%

Potassium (as Potassium Citrate)	340 mg 10%
Choline Citrate	20 mg **
Boron (as Boronorganic Glycine)	8 mcg **

Vanadium (as Vanadium Nicotinate Glycinate Chelate)	7 mcg **
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*Percent Daily Values are based on a 2,600 calorie diet.

**Daily Value (DV) not established.

NET WT. 0.92 OZ. (26 G)

DIETARY SUPPLEMENT

CHOCOLATE



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TMM101S
LTMN101S01

Manufactured For: Thorne Research, Inc.
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Other Ingredients: Whey Protein Isolate, Milk Protein Isolate, Gum Arabic, Cocoa Powder, Evaporated Cane Juice Sugar, Sunflower Oil, Flavors, Stevia extract (leaf) (RebAudiolide A 95%), Monk Fruit concentrate (fruit) (Spartia glycyrrhiziflora).

Contains Ingredients derived from milk (milk protein isolate and whey protein isolate) and soy (whey protein isolate).

Suggested Use: Mix 1 packet with 4-5 oz. of water or preferred beverage daily or as recommended by your health-care practitioner.

If pregnant, consult your health-care practitioner before using this product.

This product uses Tate and Lyle's Purefruit Select (Monk Fruit concentrate). Purefruit Select is a trademark of Tate and Lyle Ingredients Americas, LLC.