

ALTRUM™

NUTRITIONAL DRINK MIX

Protein, Vitamins and Fiber

Essential Vitamins
Easily Digestible
Antioxidants
Muscle Maintenance

Chocolate

NET WT 2.2 LB (990 grams)

Supplement Facts

Serving Size 1 scoop (33 g)

Servings per Container 30

	Amount per Serving	% Daily Value
Calories 100		
Calories from Fat 5		
Total Fat	0 g	<1%*
Saturated Fat	0 g	<1%*
Total Carbohydrate	14 g	5%*
Dietary Fiber	6 g	24%*
Sugars	8 g	< 1%*
Protein	10 g	20%*
Vitamin A (as retinyl palmitate)	1250 IU	25%*
Vitamin C (as ascorbic acid)	18 mg	30%*
Vitamin D (as cholecalciferol)	120 IU	30%*
Vitamin E (as d-alpha tocopherol succinate)	10 IU	33%*
Thiamin (as thiamine HCl)	.5 mg	33%*
Riboflavin	.5 mg	30%*
Niacin (as niacinamide)	6 mg	30%*
Vitamin B6 (as pyridoxine HCl)	.7 mg	35%*
Folate (as folic acid)	120 mcg	30%*
Vitamin B12 (as cyanocobalamin)	2 mcg	33%*
Biotin	100 mcg	33%*
Pantothenic Acid (as d-calcium pantothenate)	3.5 mg	35%*
Calcium (as calcium carbonate)	300 mg	30%*
Iodine (as potassium iodide)	50 mcg	33%*
Magnesium (as magnesium citrate)	135 mg	34%*
Zinc (as zinc gluconate)	5 mg	33%*
Selenium (as selenomethionine)	24 mcg	34%*
Copper (as copper gluconate)	.7 mg	35%*
Manganese (as manganese gluconate)	.7 mg	35%*
Proprietary Fruit Blend	250 mg	**
Grape, grape seed extract, wild blueberry, wild blueberry extract, raspberry, raspberry seed extract, cranberry, prune, tart cherry, wild bilberry, wild bilberry extract, strawberry.		
HMB (calcium b-hydroxy b-methyl butyrate)	100 mg	**
Amylase	25 mg	**
Lipase	25 mg	**
Protease	25 mg	**

* Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other ingredients: natural flavors, beet sugar, egg white, whey protein isolate, cellulose, corn fiber (Fibersol®), calcium caseinate, non-fat milk, xanthan gum, cocoa, safflower oil, salt, lecithin, stevia extract