For over 40 years, Vitamin World has pioneered the manufacture of premium nutritional supplements. Our commitment to quality is the highest in our industry. Every product undergoes rigorous analysis for purity, potency, safety and freshness. *We guarantee it.*

QUALITY ASSURED

HIGH PROTEIN SOY POWDER

VITAMIN WORLD get healthy.

SPIRU-PRO

Soy Protein Drink with Spirulina

MIXES READILY FOR A GREAT TASTING ENERGY DRINK

With Oat Bran, Apple Pectin, Bee Pollen, Enzymes, Vitamins & Minerals

Heart Healthy

NATURAL VANILLA WITH OTHER NATURAL FLAVORS

-ASPARTAME FREE-

DIETARY SUPPLEMENT

NET WT. 2 lb. (32 oz.) (907 g)

0 74312 75195 0

B67195 12F

HIGH PROTEIN SOY POWDER

SPIRU-PRO Soy Protein Drink with Spirulina

Supplement Facts

Serving Size 1 Scoop (33 g)
Servings Per Container about 27

Amount Per Serving		% Daily Value
Calories	120	
Calories from Fat	5	
Total Fat	0.5 g	1%*
Total Carbohydrate	16 g	5%*
Dietary Fiber	1 g	4%*
Sugars	14 g	**
Protein	14 g	28%*
Vitamin A	5,000 IU	100%
Vitamin C	60 mg	100%
Vitamin D	400 IU	100%
Vitamin E	30 IU	100%
Thiamin	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin	20 mg	100%
Vitamin B-6	2 mg	100%
Folic Acid	420 mcg	105%
Vitamin B-12	6 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid	10 mg	100%
Calcium	300 mg	30%
Iron	9 mg	50%
Phosphorus	130 mg	13%
Iodine	150 mcg	100%
Magnesium	40 mg	10%
Zinc	6 mg	40%
Selenium	21 mcg	30%
Copper	0.846 mg	42%
Manganese	2.8 mg	140%
Chromium	18 mcg	15%
Molybdenum	11 mcg	15%
Sodium	220 mg	9%
Potassium	100 mg	3%
Soy Protein Isolate	13,600 mg (13.6 g)	**
Proprietary Blend (Inositol, Spirulina, Psyllium Husk (*Plantago ovata*) (seed husk), Oat Fiber, Bee Pollen, Choline Bitartrate, Apple Pectin, Lemon Bioflavonoids, Papain, Soy Lecithin, Bromelain)	300 mg	**
Sodium Copper Chlorophyllin	9.9 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other Ingredients: Fructose, Natural Flavor, Xanthan Gum, Calcium Carbonate, Vitamin and Mineral Blend (Sodium Ascorbate, dl-Alpha Tocopheryl Acetate, Magnesium Oxide, Dicalcium Phosphate, Biotin, Ferrous Sulfate, Niacinamide, Potassium Iodide, Choline Bitartrate, Vitamin A Palmitate, d-Calcium Pantothenate, Sodium Selenate, Manganese Sulfate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Cyanocobalamin, Ergocalciferol, Folic Acid, Chromium Chloride, Sodium Molybdate), Maltodextrin, Potassium Citrate, Salt, Vegetable Cellulose, Lactose.

Contains milk and soy ingredients.

No Artificial Color, Flavor or Sweetener. **No** Gluten, **No** Wheat, **No** Yeast, **No** Fish.

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Avoid this product if you are allergic to bees or bee products. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if pull ring under cap is damaged or broken.

Diets low in saturated fat and cholesterol that include 25 grams of soy protein per day may reduce the risk of heart disease. One serving of this product provides 14 grams of soy protein.

Typical Soy Isoflavone content per serving:

Total Isoflavones	**27 mg**
Daidzein	**9 mg**
Genistein	**16 mg**
Glycitein	**2 mg**

Directions: For adults, add one (1) scoop (33 g) (scoop included in can) of Vanilla Spiru-Pro to 8 ounces of skim milk or juice (cold liquids work best) and shake until smooth. If you have never taken bee products, start with a small serving per day and increase gradually in order to assess whether you are allergic.

Contents are sold by weight. Some settling may occur.

TO REORDER PROD. #5195
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.