

# Supplement Facts

Serving Size: 25 grams (2 scoops)

Servings Per Container: 30

	Amount per Serving	% DV*		Amount per Serving	% DV*
<b>Calories</b>	105		Vitamin B1 (Thiamine)	530 mcg	35%
Calories from Fat	27		Vitamin B2 (Riboflavin)	595 mcg	35%
<b>Total Fat</b>	3 g	5%	Vitamin B3 (Niacin)	7 mg	35%
<b>Cholesterol</b>	10 mg	3%	Vitamin B6	700 mcg	35%
<b>Total Carbohydrate</b>	5 g	2%	Folate	140 mcg	35%
Dietary Fiber	1 g	4%	Vitamin B12	2.1 mcg	35%
Sugars	1 g	**	Biotin	105 mcg	35%
<b>Protein</b>	14 g	28%	Pantothenic Acid	3.5 mg	35%
<b>Sodium</b>	80 mg	3%	Vitamin K1	28 mcg	35%
Potassium	60 mg	2%	Phosphorus	200 mg	20%
Vitamin A	1750 IU	35%	Magnesium	100 mg	25%
Vitamin C	21 mg	35%	Zinc	5 mg	33%
Calcium	250 mg	25%	Copper	700 mcg	35%
Iron	6 mg	33%	Molybdenum	25 mcg	33%
Vitamin D	140 IU	35%	Selenium	24 mcg	34%
Vitamin E	10.5 IU	35%	Chromium	42 mcg	35%

\* Daily Value (DV) based on a 2,000 calorie diet for adults and children over 4 years of age.

\*\* Daily Value (DV) not established.

**OTHER INGREDIENTS:** Whey Protein Isolate, Soy Protein Isolate, Cream Powder, Whey Protein Concentrate, Natural Flavors, Fructooligosaccharide, Milk Protein Isolate, Guar Gum, Steviol, Xanthan Gum, Cellulose Gum, Youngevity Vitamin/Mineral Blend (Calcium Phosphate, Magnesium Oxide, Potassium Citrate, Ferric Orthophosphate, Zinc Citrate, Magnesium Phosphate, Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate, Vitamin A Palmitate, Selenomethionine, Beta Carotene, Niacinamide, Copper Gluconate, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamine Hydrochloride (Vitamin B1), Riboflavin, Molybdenum Amino Acid Chelate, Chromium Amino Acid Chelate, Vitamin K1, Vitamin D3, Folic Acid, Biotin, Methylcobalamin, Silica).