

Supplement Facts

Serving Size 2 Tablespoons (30 g)

	Amount Per Serving	% Daily Value
Calories	115	
Calories from Fat	10	
Total Fat	1 g	1
Total Carbohydrates	12 g	4
Dietary Fiber	6 g	24
Sugar	5 g	
Protein	14 g	28
Thiamin	900 mcg	60
Riboflavin	1.8 mg	105
Niacin	10 mg	50
Vitamin B ₆	900 mcg	45
Folic Acid	425 mcg	106
Biotin	9 mcg	3
Pantothenic Acid	3 mg	33
Calcium	20 mg	2
Iron	1.2 mg	7
Zinc	4 mg	27
Selenium	65 mcg	93
Copper	190 mcg	10
Chromium	13 mcg	11
Sodium	40 mg	2
Potassium	760 mg	22

Amino Acid Profile

Alanine	1182 mg	*
Arginine	798 mg	*
Aspartic Acid	1593 mg	*
Cysteine/Cystine	519 mg	*
Glutamic Acid	2643 mg	*
Glycine	765 mg	*
Histidine	717 mg	*
Isoleucine	801 mg	*
Leucine	1170 mg	*
Lysine	1338 mg	*
Methionine	195 mg	*
Phenylalanine	711 mg	*
Proline	603 mg	*
Serine	768 mg	*
Threonine	801 mg	*
Tryptophan	162 mg	*
Tyrosine	495 mg	*
Valine	942 mg	*

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

* Daily Value not established.

Other Ingredients: Brewer's Yeast.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of corn, gluten, barley, rice and sugar.