

# SUPPLEMENT FACTS

Serving Size: 3 Scoops (49g)

Servings Per Container: 14

Amount Per Serving		%DV
Calories	190	
Calories from Fat	30	
Total Fat	3.5 g	5%***
Saturated Fat	1.5 g	8%***
Cholesterol	<5 mg	2%
Total Carbohydrate	16 g	5%***
Dietary Fiber	7 g	28%***
Sugars	<1 g	****
Protein	20 g	30%***
Vitamin A (as Retinyl Palmitate)	5,000 IU	100%
Vitamin C (as Ester-C® Calcium Ascorbate)	60 mg	100%
Vitamin D3 (as Cholecalciferol from Lichen)	400 IU	100%
Vitamin E (as d-Alpha Tocopherol)	10 IU	33%
Vitamin K (as Phytonadione)	50 mcg	63%
Thiamin (Vitamin B1) (as Thiamin Hydrochloride)	1.5 mg	100%
Riboflavin (Vitamin B2)	1.7 mg	100%
Niacin (as Nicotinic Acid)	20 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	6 mcg	100%
Biotin	150 mcg	50%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Tricalcium Phosphate)	200 mg	20%
Iron (as Ferric Glycinate)	9 mg	50%
Phosphorus (as Potassium Phosphate, Tricalcium Phosphate)	250 mg	25%
Iodine (as Potassium Iodide)	80 mcg	53%
Magnesium (as Magnesium Bisglycinate Chelate)	40 mg	10%
Zinc (as Zinc Bisglycinate Chelate)	7.5 mg	50%

Amount Per Serving		%DV
Selenium (as Selenium Glycinate Complex)	70 mcg	100%
Copper (as Copper Bisglycinate Chelate)	2 mg	100%
Manganese (as Manganese Bisglycinate Chelate)	2 mg	100%
Chromium (as Chromium Yeast)	120 mcg	100%
Molybdenum (as Molybdenum Glycinate Chelate)	75 mcg	100%
Sodium	200 mg	8%
Potassium (as Potassium Phosphate, Potassium Iodide)	220 mg	6%
Complete Protein Blend (Pea Protein Isolate, Brown Rice Protein, Hemp Seed Protein, Pumpkin Seed Protein)	20 g	****
Omega-3 EPA Blend Flaxseed Powder	4 g	****
Greens Blend (Chlorella Powder (Cracked Cell Wall), Barley Grass, Spirulina, Alfalfa Juice Powder, Dandelion Leaf Powder, Watercress Powder)	1,550 mg	****
Spectra™ ORAC 4,000 (Green Coffee Extract, Green Tea Extract, Broccoli Sprout Concentrate, Onion Extract, Apple Extract, Acerola Extract, Camu Camu Concentrate, Quercetin, Tomato Concentrate, Broccoli Concentrate, Acai Concentrate, Turmeric Concentrate, Garlic Concentrate, Basil Concentrate, Oregano Concentrate, Cinnamon Concentrate, Carrot Concentrate, Elderberry Concentrate, Mangosteen Concentrate, Black Currant Extract, Blueberry Extract, Sweet Cherry Concentrate, Blackberry Concentrate, Chokeberry Concentrate, Raspberry Concentrate, Spinach Concentrate, Kale Concentrate, Bilberry Extract, Brussels Sprout Concentrate)	100 mg	****
Unique IS-2™ (Bacillus Coagulans IS-2)**	4 Billion CFU	****
Ashwagandha Extract 1.5% Withanolides (Withania somnifera) (leaf and root)	100 mg	****
Bacopa Extract (Bacopa monnieri L.) (aerial)	100 mg	****
Digestive Enzyme Blend (Papain, Bromelain)	15 mg	****

\*\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet

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