

Supplement Facts

Serving Size: 3 Scoops (160g) • Servings per Container: about 18

	Amount per Serving in Water	% Daily Value*	Amount Per Serving in 18oz 2% Reduced Fat Milk	% Daily Value*
Calories	650		930	
Calories from Fat	170		270	
Total Fat	19g	29%	30g	46%
Saturated Fat	2.5g	13%	9g	45%
Cholesterol	110mg	37%	155mg	52%
Sodium	150mg	6%	375mg	16%
Total Carbohydrates	70g	23%	95g	32%
Dietary Fiber	6g	24%	6g	24%
Sugars	8g		36g	
Protein	50g	100%	68g	136%
Vitamin A	1636.1IU	33%	2674.1IU	53%
Vitamin C	19.6mg	33%	20.7mg	35%
Vitamin D	130.9IU	33%	366.9IU	92%
Vitamin E	9.8IU	33%	10.1IU	34%
Thiamine	0.5mg	33%	0.7mg	47%
Riboflavin	0.6mg	33%	1.6mg	92%
Niacin	6.5mg	33%	7.0mg	35%
Vitamin B6	0.7mg	33%	0.9mg	43%
Folic Acid	130.9µg	33%	157.9µg	39%
Vitamin B12	2.0µg	33%	4.5µg	75%
Biotin	99.2µg	33%	115.1µg	38%
Pantothenic Acid	3.3mg	33%	5.2mg	52%
Calcium	422.4mg	42%	1064.4mg	106%
Iron	5.9mg	33%	6.0mg	34%
Phosphorus	327.2mg	33%	843.2mg	84%
Iodine	49.6µg	33%	182.3µg	122%
Magnesium	130.9mg	33%	190.9mg	48%
Zinc	4.9mg	33%	7.3mg	48%
Copper	0.7mg	33%	0.7mg	36%
Chromium	99.2µg	83%	99.6µg	83%

* Percent Daily Values are based on as 2000 calorie diet.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Ingredients: Sustained Release Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Calcium Caseinate, Egg Protein Isolate, Micellar Casein, Milk Protein Concentrate), Maltodextrin, Essential Fatty Acid Blend (Canola Oil, Medium Chain Triglycerides, Omega 3 Fish Oil, CLA), Oat Fiber, Natural and Artificial Flavors, Vitamin and Mineral Blend (Vitamin A Acetate, Cholecalciferol, D-alpha Tocopherol Acetate, Ascorbic Acid, Folate, Thiamine Mononitrate, Riboflavin, Niacinamide, Pyridoxine Hydrochloride, Cyanocobalamin, Biotin, D-Calcium Pantothenate, Dicalcium Phosphate, Potassium Iodide, Potassium Chloride, Ferrous Fumarate, Magnesium Oxide, Copper Gluconate, Zinc Oxide, Chromium Nicotinate), Digestive Enzyme Blend (Protease, Lactase), Sucralose, Acesulfame Potassium, and Soy Lecithin.

Contains Milk, Soy, Egg and Fish (Herring, Anchovy, Mackerel, Sardine, Menhaden, Smelt, Tuna, Sand Lance, Salmon)