

## Supplement Facts

Servings Size 1 Packet Vanilla Complete

Serving Per Container 1

Amount Per Serving	%Daily Value	
Calories	185	
Calories from Fat	27.5	
Total Fat	3g	5%
Saturated Fat	1.25g	2%
Trans Fat	0	0
Total Carbohydrate	14.5g	5%
Dietary Fiber	6g	24%
Soluble Fiber	6g	**
Sugars	2.5g	**
Other Carbs	1.5g	**
Protein	28g	56%
Cholesterol	less than 5mg	>1%
Sodium	150mg	9%
Fibersol - 2 Brand	5.85g	**

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

Vitamin A (beta carotene, retinyl palmitate)	5000 IU	100%
Vitamin C (sodium ascorbate)	300 mg	500%
Vitamin D (cholecalciferol)	80 IU	20%
Vitamin E (D-alpha tocopheryl acetate)	50 IU	167%
Thiamin (HCl)	2mg	133%
Riboflavin (riboflavin-5-phosphate)	2mg	118%
Niacin (niacinamide)	7mg	35%
Vitamin B6 (pyridoxine HCl, pyridoxal-5-phosphate)	3mg	150%
Folate (folic acid)	80mcg	20%
Vitamin B12 (cyanocobalamin)	4mcg	67%
Biotin	135mcg	45%
Pantothenic acid (calcium pantothenate)	36mg	360%
Calcium	170mg	17%
Phosphorus	60mg	6%
Iodine (potassium iodide)	53mcg	35%
Magnesium (glycinate, oxide)	185mg	46%
Zinc (glycinate)	10mg	67%

Selenium (selenomethionine)	40mcg	57%
Copper (glycinate)	1mg	50%
Manganese (glycinate)	1mg	50%
Chromium (nicotinate)	50mcg	42%
Molybdenum (AAC)	100mcg	133%
Sodium	150mg	6%
Potassium (citrate/iodide)	200mg	6%
Glycine	1,500mg	**
L-lysine	1,000mg	**
Cold milled flax seed	1,000mg	**
L-threonine	540mg	**
Calcium D-glucarate	100mg	**
Milk thistle seed extract (Silybum marianum)	200mg	**
Taurine	150mg	**
MSM (methyl sulfonyl methane)	100mg	**
<b>Enzyme Blend</b>	50mg	**
protease, invertase, peptidase, amylase, lactase, cellulase, lipase, maltase		
Sodium sulfate	75mg	**
Green tea leaf extract (Camellia sinensis) (80% polyphenols/30% EGCG)(decaffeinated)	50mg	**
NAC (N-acetyl cysteine)	50mg	**
Bacillus coagulans 400 million CFU		
L-cysteine (HCl)	10mg	**

Other Ingredients

Protein Blend (pea protein isolate, rice protein concentrate, chlorella protein) cane juice solids, sunflower oil, inulin fiber (chicory), brown rice syrup solids, natural flavors, medium chain triglycerides, sodium chloride, potassium citrate, xanthan gum, guar gum, sodium citrate, stevia leaf extract, silicon dioxide

