

Nutritional Facts

Serving size: 2 level scoops (62 grams)

Approximate servings per container: 28

Calories	216
Calories from fat	15

	<i>Amount per serving</i>	<i>% DV</i>
Total fat	1.5 g	0.02
Saturated fat	0.3 g	0.02
Cholesterol	21 mg	0.07
Sodium	132 mg	0.05
Total carbohydrate	31.2 g	0.1
Dietary fiber	3 g	0.13
Sugars	6.6 g	
Protein	19.2 g	
Vitamin A	170 IU	0.04
Vitamin C	10 mg	0.18
Calcium(as carbonate)	516 mg	0.54
Magnesium oxide	350 mg	0.59
Iron	1.5 mg	0.09
Niacinamide	33 mg	1.65
Zinc(as picolinate)	7 mg	0.5
Pantothenic acid	5 mg	0.5
Riboflavin	2.5 mg	1.47
Thiamine	2.5 mg	1.67
Potassium	2.5 mg	0.01
Vitamin B-6(as	1 mg	0.5
Copper(as gluconate)	560 mcg	0.26
Selenomethionine	400 mcg	5.72
Chromium(as	160 mcg	6.64
Sodium molybdate	150 mcg	2.01
Biotin	150 mcg	0.25
Vitamin B-12	100 mcg	16.66
Folic acid	100 mcg	0.25

AMINO ACID PROFILE

Aspartic acid	1584 mg
Theronine	742 mg
Serine	927 mg
Glutamic	3081 mg
Proline	1439 mg
Cystine	96 mg
Glycine	579 mg
Alanine	697 mg
Valine	1051 mg
Methionine	379 mg
Isoleucine	1016 mg
Leucine	1620 mg
Tyrosine	775 mg
Phenylalanine	1002 mg
Histidine	461 mg
Lysine	1253 mg
Arginine	1.108 mg