

Supplement Facts

Serving Size 4 Scoops (237g)

Servings Per Container: About 11 Servings

	Amount Per Serving	% Daily Value
Calories	900	
Calories from Fat	70	
Total Fat	8 g	12%*
Saturated Fat	4 g	20%*
Trans Fat	0 g	**
Cholesterol	105 mg	35%
Total Carbohydrate	153 g	51%*
Dietary Fiber	4 g	16%
Sugars	8 g	**
Protein	50 g	
Vitamin A	1326 IU	27%
Vitamin C	15 mg	25%
Vitamin D	113 IU	28%
Vitamin E	9 IU	30%
Vitamin K	7 mcg	9%
Thiamin	1 mg	67%
Riboflavin	1 mg	59%
Niacin	5 mg	25%
Vitamin B6	1mg	50%
Folate	99 mcg	25%
Vitamin B12	1 mcg	17%
Biotin	79 mcg	26%
Pantothenic Acid	2 mg	20%
Calcium	634 mg	63%
Iron	8 mg	44%
Iodine	40 mcg	27%
Zinc	3 mg	20%
Selenium	8 mcg	11%
Copper	1 mg	50%
Chromium	78 mcg	65%
Sodium	250 mg	10%
Potassium	860 mg	25%
L-Glutamine	3000 mg	**
Creatine Monohydrate	5000 mg	**
Enzyme Blend: (Amylase, Cellulase, Protease, Lactase)	60 mg	**

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

** Daily Value not established.

INGREDIENTS: MALTODEXTRIN, PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, WHEY PROTEIN HYDROLYSATE, MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), CREATINE MONOHYDRATE, OAT BRAN, COCOA PROCESSED WITH ALKALI, L-GLUTAMINE, COCONUT-BASED CREAMER (COCONUT OIL, MALTODEXTRIN, FOOD STARCH, MONO- AND DIGLYCERIDES, TRICALCIUM PHOSPHATE), SUNFLOWER-BASED CREAMER (SUNFLOWER OIL, MALTODEXTRIN, MICELLAR CASEIN, SOY LECITHIN, SODIUM CITRATE, AND TRI- CALCIUM PHOSPHATE), NATURAL FLAVORS, INULIN, FLAXSEED, POTASSIUM CHLORIDE, DIPOTASSIUM PHOSPHATE, POTASSIUM CITRATE, XANTHAN GUM, SOY LECITHIN, NATURAL SWEETENER BLEND (STEVIA REBAUDIANA LEAF EXTRACT, GUM ARABIC, NATURAL FLAVOR, ASCORBIC ACID), VITAMIN/MINERAL PREMIX (VITAMIN E (AS D-ALPHA TOCOPHERYL ACETATE), IRON (AS FERRIC ORTHOPHOSPHATE), NIACINAMIDE, ZINC (AS ZINC OXIDE), PANTOTHENIC ACID (AS CALCIUM D-PANTOTHENATE), THIAMINE (AS THIAMINE MONONITRATE), RIBOFLAVIN, VITAMIN B6 (AS PYRIDOXINE HYDROCHLORIDE), COPPER (AS COPPER SULFATE), VITAMIN A (AS VITAMIN A PALMITATE), FOLIC ACID, BIOTIN, CHROMIUM (AS CHROMIUM CHLORIDE), IODINE (AS POTASSIUM IODIDE), VITAMIN K1 (AS PHYTONADIONE), SELENIUM (AS SELENENOMETHIONINE), VITAMIN D (AS CHOLECALCIFEROL) VITAMIN B12 (AS CYANOCOBALAMIN)), ENZYME BLEND (AMYLASE, PROTEASE, CELLULASE, LACTASE).

CONTAINS MILK, SOY.