

Supplement Facts

Serving Size 4 Scoops (238g)

Servings Per Container: About 11 Servings

	Amount Per Serving	% Daily Value
Calories	900	
Calories from Fat	70	
Total Fat	7 g	11%*
Saturated Fat	4 g	20%*
Trans Fat	0 g	**
Cholesterol	105 mg	35%
Total Carbohydrate	154 g	51%*
Dietary Fiber	5 g	20%
Sugars	8 g	**
Protein	50 g	
Vitamin A	1326 IU	27%
Vitamin C	15 mg	25%
Vitamin D	114 IU	29%
Vitamin E	8 IU	27%
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	631 mg	63%
Iron	7 mg	39%
Iodine	40 mcg	27%
Zinc	3 mg	20%
Selenium	8 mcg	11%
Copper	1 mg	50%
Chromium	78 mcg	65%
Sodium	260 mg	11%
Potassium	720 mg	21%
Creatine Monohydrate	5000 mg	**
L-Glutamine	3000 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, INULIN, NATURAL FLAVORS, 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 TRICALCIUM PHOSPHATE), FLAXSEED, POTASSIUM CHLORIDE, POTASSIUM CITRATE, DIPOTASSIUM CHLORIDE, SOY LECITHIN, XANTHAN GUM, 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