

Nutrition Facts

Serving Size: 40g

Amount Per Serving:		
Calories:	163	%DV
Calories form Fat:	9	
Fat	1g	
Cholesterol	25mg	5%
Sodium	125mg	9%
Potassium	438mg	13%
Carbohydrate	13g	5%
Dietary Fiber	2g	6%
Sugars	.5g	
Protein	25g	45%
Chia extract	500mg	4%
Vitamins:		
Vitamin A		25%
Vitamin C		20%
Vitamin E		50%
Thiamin		20%
Riboflavin		25%
Niacin		23%
Vitamin B6		23%
Folate		25%
Vitamin B12		30%
Biotin		23%
Pantothenic Acid		25%
Minerals:		
Calcium		30%
Iron		20%
Phosphorus		23%
Iodine		25%
Magnesium		25%
Zinc		25%
Selenium		25%
Copper		25%
Manganese		40%
Chromium		40%
Molybdenum		45%
Chloride		5%

Directions:

1. Shake Contents.
2. Add 10-12 oz cold water.
3. Flip upside down and shake vigorously.

Ingredients:

Ion Exchange Whey Protein Isolate, Brown Rice (Ground) White Chia Seed (Ground), Chia Extract, Cocoa Powder, Natural Flavors, Calcium Citrate, Vitamin & Mineral Blend (Magnesium Oxide, D-Alpha-Tocopheryl Acetate, Ascorbic Acid, Niacinamide, Ferrous Fumarate, Zinc Oxide, Calcium Pantothenate, Manganese Gluconate, Pyridoxine, Hydrochloride, Copper Sulfate, Boron Proteinatate, Riboflavin, Thiamin Hydrochloride, Vitamin A Palmitate, Folic Acid, Biotin, Chromium Citrate, Potassium Iodide, Molybdenum Amino Acid Chelate, Selenium Amino Acid Chelate, Cyanocobalamin), Potassium Citrate, Potassium Chloride, Salt (Sodium Chloride), Xanthan Gum, Stevia

Allergen Information: Contains Milk

*Percent Daily Values (%DV) are based on 2,000 Calorie diet.

