

# Supplement Facts

Serving Size: 2 Scoops (64 g)

Servings Per Container: 14

Amount Per Serving

**Calories** 230

Calories from Fat 60


	Amount Per Serving	%Daily Value*
<b>Total Fat</b>	6 g	9%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	2.2 g	
<b>Cholesterol</b>	0 mg	0%
<b>Total Carbohydrate</b>	19 g	6%
Dietary Fiber	4 g	16%
Soluble Fiber	3 g	
Sugars	8 g	
Other Carbohydrate	6 g	
<b>Protein</b>	26 g	

Vitamin A (as mixed carotenoids)	2500 IU	50%	Iodine (as potassium iodide)	60 mcg	40%
Vitamin C (as sodium ascorbate)	250 mg	417%	Magnesium (as Di-Magnesium Malate)	150 mg	38%
Thiamin (as thiamin HCl)	15 mg	1000%	Zinc (TRAACS® Zinc Glycinate Chelate)	10 mg	67%
Riboflavin (as riboflavin 5' phosphate)	5 mg	294%	Selenium (as Selenium Glycinate Complex)	100 mcg	143%
Niacin (as niacinamide and niacin)	40 mg	200%	Manganese (TRAACS® Manganese Glycinate Chelate)	2 mg	100%
Vitamin B6 (as pyridoxal 5' phosphate)	5 mg	250%	Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	60 mcg	50%
Folate (as 5-methyltetrahydrofolate <sup>†</sup> )	200 mcg	50%	Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	35 mcg	47%
Vitamin B12 (as methylcobalamin)	50 mcg	833%	Sodium	270 mg	11%
Biotin	150 mcg	50%	Potassium	600 mg	17%
Pantothenic Acid (as d-calcium pantothenate)	35 mg	350%			
Calcium (DimaCal® Di-Calcium Malate)	200 mg	20%			
Phosphorus (as potassium phosphate)	130 mg	13%			

MeadowPure™ (organic stabilized flaxseed complex)	5.6 g	**	Ellagic Acid (as pomegranate extract)	250 mg	**
Betaine (as trimethylglycine)	250 mg	**	Choline (as choline bitartrate)	100 mg	**
Lemon Bioflavonoids	250 mg	**	Green Tea Extract (40% catechins)	82 mg	**
Quercetin	250 mg	**	Preventium® (as potassium d-glucarate)	250 mg	**

Rutin	200 mg	**	* Percent Daily Values are based on a 2,000 calorie diet. ** Daily Value not established.
Curcumin	200 mg	**	
N-Acetyl-Cysteine	150 mg	**	
Ginger Root Powder	150 mg	**	
Methylsulfonylmethane	120 mg	**	
Sodium Sulfate	100 mg	**	
Watercress Herb Powder	100 mg	**	

**Other Ingredients:** VegaPro™ (XYMOGEN®'s Proprietary Blend of Rice Protein Concentrate and Pea Protein Isolate, Aminogen® L-Glutamine, Glycine, and Taurine), Evaporated Cane Juice, Cocoa Powder, Natural Flavors, Brown Rice Syrup Solids, Sunflower Oil, Medium Chain Triglycerides, Inulin Fiber (from Chicory), Sodium Chloride, Xanthan Gum, Guar Gum, Carrageenan, Potassium Citrate, Sodium Citrate, Stevia Leaf Extract.

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 Quatrefolic™ † Quatrefolic™ is a registered trademark of Gnosis S.p.A. Patents Pending.