

# Supplement Facts<sup>V1</sup>

Serving Size 1 Pouch (29.6 Grams)  
Servings Per Container 1

<b>1 pouch contains</b>	<b>Amount Per Serving</b>	<b>% Daily Value</b>
Calories	120	
Total Fat	3 g	4%*
Saturated Fat	2.5 g	13%*
Total Carbohydrate	6 g	2%*
Dietary Fiber	1 g	4%*
Total Sugars	2 g	**
Protein	15 g	30%*
Vitamin A (from 5,000 IU as Natural Beta Carotene)	1,500 mcg	167%
Vitamin C (as Calcium Ascorbate USP)	250 mg	278%
Vitamin D (D3 as Cholecalciferol)	25 mcg (1,000 IU)	125%
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	15 mg	1,250%
Riboflavin (Vitamin B2 USP)	15 mg	1,154%
Niacin (as Niacinamide USP)	15 mg	94%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	15 mg	882%
Folate (from 800 mcg Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	1,360 mcg DFE	340%
Vitamin B12 (as Methylcobalamin)	250 mcg	10,417%
Biotin	50 mcg	167%
Pantothenic Acid (as d-Calcium Pantothenate USP)	15 mg	300%
Choline (as Choline Bitartrate)	15 mg	3%
Calcium (as Calcium Citrate USP, Calcium Ascorbate USP)	75 mg	6%
Iron	0.4 mg	2%
Iodine (from Potassium Iodide)	37 mcg	25%
Magnesium (as DiMagnesium Malate)	75 mg	18%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	5 mg	45%
Selenium (as Selenium Glycinate Complex)	75 mcg	136%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg	43%
Chromium (as O-polynicotinate) <sup>†</sup>	50 mcg	143%
Sodium	10 mg	<1%
Potassium (as Potassium Citrate USP)	30 mg	<1%
Rice Protein	18.8 g	**
Medium Chain Triglycerides	1.5 g	**
N-Acetyl-L-Cysteine USP	600 mg	**
Acetyl L-Carnitine Hydrochloride	500 mg	**
Alpha Lipoic Acid	200 mg	**
Malic Acid (as DiMagnesium Malate)	185 mg	**
Mixed Tocopherols	50 mg	**
Green Tea Leaf Extract (Standardized to contain 45% EGCG (Epigallocatechin gallate))	45 mg	**
Broccoli Seed Extract (TrueBroc®) (Standardized to contain 13% Glucoraphanin)	40 mg	**
Inositol NF	15 mg	**
trans-Resveratrol (from <i>Polygonum cuspidatum</i> (Roots))	10 mg	**

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

\*\* Daily Value not established

Other Ingredients: Natural Flavors, Guar Gum, Citric Acid, Ascorbyl Palmitate, Gum Acacia, Rebaudioside A (Organic), Xanthan Gum, and Silicon Dioxide.