

# Supplement Facts

Serving Size 2 Scoops (34.7 Grams)

Servings Per Container 14

<b>2 scoops contain</b>	<b>Amount Per Serving</b>	<b>% Daily Value</b>
Calories	150	
Total Fat	3.5 g	4%*
Saturated Fat	1 g	5%*
Total Carbohydrate	17 g	6%*
Dietary Fiber	12 g	43%*
Total Sugars	1 g	**
Protein	10 g	20%*
Calcium	30 mg	2%
Iron	1 mg	6%
Chromium (as O-polynicotinate) <sup>‡</sup>	400 mcg	1,143%
Sodium	50 mg	2%
Potassium	60 mg	1%
<b>Proprietary Blend</b>	<b>30.3 g</b>	
Rice Protein		**
Flaxseed Flour (Organic)		**
Guar Gum Fiber (Sunfiber <sup>®</sup> )		**
Inulin		**
Gum Arabic ( <i>Acacia senegal</i> )		**
Glucomannan (from Konjac Root)		**
Alpha Linolenic Acid (from Organic Flaxseed Flour)	1.3 g	**
Alpha Lipoic Acid	100 mg	**
Vanadyl Sulfate Hydrate	5 mg	**

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

\*\* Daily Value not established

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