

Supplement Facts

Serving Size: 2 scoops (about 51 g)

Servings Per Container: 20

	Amount Per Serving	% DV**
Calories	190	
Total Fat	1.5 g	2%
Saturated Fat	1 g	4%
Cholesterol	35 mg	11%
Total Carbohydrate	18 g	7%
Total Sugars	14 g	
Includes 13 g Added Sugars		26%
Protein	24 g	48%
Vitamin C (as Ascorbic Acid)	90 mg	100%
Vitamin E (as DL-Alpha Tocopheryl Acetate)	3.6 mg	24%
Vitamin B1 (as Thiamine Mononitrate)	1.1 mg	92%
Vitamin B6 (as Pyridoxine Hydrochloride)	1 mg	59%
Vitamin B12 (as Cyanocobalamin)	3 mcg	125%
Pantothenic Acid (as Calcium D-Pantothenate)	5 mg	100%
Calcium	405 mg	31%
Iron (as Ferrous Fumarate)	3.2 mg	18%
Magnesium (as Magnesium Oxide and Magnesium Citrate)	120 mg	29%
Chromium (as Chromium Chloride)	17 mcg	49%
Sodium (as Sea Salt)	190 mg	8%
Potassium (as Potassium Citrate)	450 mg	10%
Stevia Extract (Leaf)	50 mg	†
Tri-Core Protein Amino Blend	14 g	†
Milk Protein Concentrate, L-Glutamine, Whey Protein Isolate, Whey Protein Concentrate, Instantized Branched Chain Amino Acids [(BCAA) L-Leucine, Valine and Isoleucine] and Calcium Caseinate		

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

† Daily Value not established

OTHER INGREDIENTS: Whey Protein Concentrate, Milk Protein Concentrate, Fructose, Sugar, Cocoa Powder (Processed with Alkali), Maltodextrin, High Oleic Sunflower Oil, Modified Food Starch, Medium Chain Triglycerides, Natural Flavors, Silicon Dioxide and Guar Gum. **CONTAINS MILK AND SOY.**
Contains bioengineered food ingredients.