

**Nutrition Facts:**  
**Serving Size: 80g**

<b>Amount Per Serving:</b>		
Calories:	325	
Calories From Fat:	18	
Fat	2g	9%
Cholesterol	50mg	17%
Sodium	250mg	10%
Potassium	875mg	25%
Carbohydrate	26g	9%
Dietary Fiber	4g	12%
Sugars	1g	
Protein	50g	89%
Chia extract	500mg	4%
<b>Vitamins:</b>		
Vitamin A:		50%
Vitamin C:		40%
Vitamin E:		100%
Thiamin:		40%
Riboflavin:		50%
Niacin:		45%
Vitamin B6:		45%
Folate:		50%
Vitamin B12:		60%
Biotin:		45%
Pantothenic Acid:		50%
<b>Minerals:</b>		
Calcium:		60%
Iron:		40%
Phosphorus:		45%
Iodine:		50%
Magnesium:		50%
Zinc:		50%
Selenium:		50%
Copper:		50%
Manganese:		80%
Chromium:		80%
Molybdenum:		90%
Chloride:		10%

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

**Ingredients:**

**Ion Exchange Whey Protein Isolate, Brown Rice (Ground) White Chia Seed (Ground), Chia Extract, 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 Proteinates, 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**