

Each serving of SPIRU-TEIN WHEY also contains:
Inositol 50 mg
Choline (bitartrate) 21 mg

INGREDIENTS: Micro-filtered whey protein concentrate, fructose, di-calcium phosphate, xanthan gum, vanilla flavor, fructooligosaccharides (FOS), guar gum, psyllium, maltodextrin, potassium citrate, magnesium oxide, oat bran, microcrystalline cellulose, spirulina, vitamin C, vitamin E acetate, choline bitartrate, inositol, apple pectin, bee pollen, niacinamide, vitamin A palmitate, zinc oxide, manganese sulfate, ferrous fumarate, calcium pantothenate, lecithin, lemon bioflavonoids, papaya, bromelain, chlorophyll, pyridoxine HCl, riboflavin, thiamine HCl, vitamin B-12, ergocalciferol, folic acid, biotin, potassium iodide, chromium chloride, sodium selenite, sodium molybdate....and LOVE♥

†Ingredients may vary slightly by flavor.

TYPICAL PEPTIDE-BONDED AMINO ACID PROFILE PER 14g SERVING

Amino Acid	% Total Protein	mg	Amino Acid	% Total Protein	mg
ISOLEUCINE	5.7	791.0	GLUTAMIC ACID	17.6	2461.2
HISTIDINE	1.8	247.8	THREONINE	7.1	989.8
LEUCINE	10.6	1489.6	PROLINE	5.4	761.6
ARGININE	2.6	364.0	PHENYLALANINE	2.7	380.8
LYSINE	9.1	1278.2	GLYCINE	2.0	275.8
ASPARTIC ACID	10.8	1509.2	TRYPTOPHAN	1.5	211.4
METHIONINE	2.6	366.8	ALANINE	5.0	701.4
SERINE	5.2	728.0	VALINE	5.3	742.0
CYSTEINE	2.2	308.0	TYROSINE	2.8	390.6

Nutrition Facts

Serving Size 1 Scoop (34g)†

Amount Per Serving†	SPIRU-TEIN WHEY	w/1 Cup Skim Milk
Calories	110	190
Calories from Fat	10	10
%Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Cholesterol 0mg	0%	2%
Sodium 150mg	6%	11%
Potassium 150mg	4%	16%
Total Carbohydrate 10g	3%	7%
Dietary Fiber 1g	4%	4%
Sugars 8g		
Other Carbohydrate 1g		
Protein 14g	28%	44%
Vitamin A	100%	110%
Vitamin C	100%	100%
Calcium	30%	60%
Iron	25%	25%
Vitamin D	100%	120%
Vitamin E	100%	100%
Thiamin	100%	110%
Riboflavin	100%	120%
Niacin	100%	100%
Vitamin B6	100%	100%
Folic Acid	100%	100%
Vitamin B12	100%	120%
Biotin	100%	100%
Pantothenic Acid	100%	110%
Phosphorus	20%	45%
Iodine	100%	100%
Magnesium	20%	25%
Zinc	100%	110%
Selenium	30%	30%
Manganese	250%	250%
Chromium	15%	15%
Molybdenum	25%	25%

*Amount in SPIRU-TEIN WHEY: A serving of SPIRU-TEIN WHEY plus skim milk provides 1g fat, 5mg cholesterol, 275mg sodium, 556mg potassium, 22g carbohydrate (19g sugar) and 22g protein.

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

†Amounts may vary slightly by flavor.

**VANILLA
SPIRU-TEIN
WHEY**

1.05 LB. CAN -
PRODUCT NO. 4604
SINGLE SERVING
PACKET -
PRODUCT NO. 44604

**CHOCOLATE
SPIRU-TEIN
WHEY**

1 LB. CAN -
PRODUCT NO. 4606
SINGLE SERVING
PACKET -
PRODUCT NO. 44606

**STRAWBERRY
SPIRU-TEIN
WHEY**

1.08 LB. CAN -
PRODUCT NO. 4608
SINGLE
SERVING PACKET -
PRODUCT NO. 44608

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or exceed industry standards for potency,
purity and disintegration.*

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Let SPIRU-TEIN® Show You the Whey



Nature's Plus®
The Energy Supplements®

A Whole New *Whey* to Join the SPIRU-TEIN® Generation!

Drink It In.

The energy. The superior nutrition. The incredibly delicious taste you expect.

Introducing a new *whey* to join the SPIRU-TEIN generation. SPIRU-TEIN *WHEY* is an incredibly delicious, rich, creamy shake designed to energize your life! SPIRU-TEIN *WHEY* is packed with the same high-powered profile of vitamins, minerals, diet aids, enzymes, spirulina, and fiber as classic SPIRU-TEIN, yielding great-tasting, energy-enhancing shakes that support total health and vitality.

Protein: The Heart of Any SPIRU-TEIN Formula

Fueled with 14 grams of high-energy concentrated *whey* protein, SPIRU-TEIN *WHEY* gives you energy to burn. *Whey* is highly respected as an outstanding source of branched-chain amino acids, which provide energy for athletes, dieters, and anyone on the go.

SPIRU-TEIN *WHEY* meets or exceeds the essential amino acid requirements for complete protein as determined by the World Health Organization (WHO) and United Nations University (UNU).

More than Just A Protein Shake

SPIRU-TEIN *WHEY*'s advanced nutritional formulation supplies a broad profile of *energy-liberating* vitamins and minerals for peak performance. But

Pick Your Power Source - Three Indulgent Taste Sensations!



incredibly delicious SPIRU-TEIN *WHEY* doesn't stop there. Each mouthwatering serving delivers:

- 100% DAILY VALUE of all Vitamins
- BROAD PROFILE of Essential Minerals
- ENERGY NUTRIENTS: High Quality Whey Protein and Bee Pollen
- DIET-AIDS: Lecithin, Spirulina, Choline and Inositol
- ENZYMES: Bromelain and Papaya
- CLEANSING: Chlorophyll
- FIBER: Bran, Cellulose and Apple Pectin

More than just a complete nutritional support formula, SPIRU-TEIN *WHEY* is an indulgent taste sensation! SPIRU-TEIN *WHEY* delivers the power of *whey* protein in three incredibly delicious flavors: rich chocolate, creamy vanilla, and luscious strawberry.

VANILLA
CHOCOLATE
STRAWBERRY



So enjoy a tall, power-packed, creamy and delicious glass of SPIRU-TEIN *WHEY* and taste what it's like to be a winner!

SPIRU-TEIN *WHEY* mixes instantly for a convenient, smooth, rich protein shake anytime, anywhere.

Nature's Plus is proud to offer great tasting SPIRU-TEIN *WHEY* as the newest addition to the SPIRU-TEIN family. With the signature nutrients and outstanding taste of our best-selling SPIRU-TEIN shake, SPIRU-TEIN *WHEY* is the pinnacle of *whey* protein *energy meals*.

