

## Nutrition Facts

Serving Size 1 Scoop (34g)<sup>†</sup>

Amount Per Serving <sup>†</sup>	SPIRU-TEIN <sup>®</sup> WHEY	w/1 Cup Skim Milk
<b>Calories</b>	110	190
Calories from Fat	10	10

### %Daily Value\*\*

<b>Total Fat</b> 1g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>2%</b>
<b>Sodium</b> 150mg	<b>6%</b>	<b>11%</b>
<b>Potassium</b> 150mg	<b>4%</b>	<b>16%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>	<b>4%</b>

Sugars 8g		
Other Carbohydrate 1g		
<b>Protein</b> 14g	<b>28%</b>	<b>44%</b>

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.

<sup>†</sup>Amounts may vary slightly by flavor.

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

### VANILLA SPIRU-TEIN<sup>®</sup> WHEY

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

### CHOCOLATE SPIRU-TEIN<sup>®</sup> WHEY

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

### STRAWBERRY SPIRU-TEIN<sup>®</sup> WHEY

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

### COOKIES & CREAM SPIRU-TEIN<sup>®</sup> WHEY

1.05 LB. CAN  
PRODUCT NO. 4609  
SINGLE SERVING PACKET  
PRODUCT NO. 44609

### CHERRIES JUBILEE SPIRU-TEIN<sup>®</sup> WHEY

1.05 LB. CAN  
PRODUCT NO. 4611  
SINGLE SERVING PACKET  
PRODUCT NO. 44611

### RASPBERRY ROYALE SPIRU-TEIN<sup>®</sup> WHEY

1.05 LB. CAN  
PRODUCT NO. 4614  
SINGLE SERVING PACKET  
PRODUCT NO. 44614

## The Nature's Plus Commitment

Nature's Plus is committed to supplying the highest quality supplements that meet or exceed industry standards for potency, purity and disintegration.

Look for Nature's Plus  
The Energy Supplements logo as  
your guarantee of quality.

# Three Incredibly Delicious **NEW** *Wheys* to Join the **SPIRU-TEIN<sup>®</sup>** Generation!



## Nature's Plus<sup>®</sup> The Energy Supplements<sup>®</sup>

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**Nature's Plus<sup>®</sup>**  
The Energy Supplements<sup>®</sup>

## A Power-Packed Glass of Delicious Energy!

Rich and creamy **SPIRU-TEIN** energizing protein shakes are world famous for their diverse variety of incredibly delicious, innovative flavors. Luscious **SPIRU-TEIN WHEY**, the latest addition to the **SPIRU-TEIN** family, continued **SPIRU-TEIN**'s tradition of great-tasting nutrition with three incredibly delicious flavors: rich Chocolate, luscious Strawberry, and creamy Vanilla. But we didn't stop there! **SPIRU-TEIN WHEY** now has three more exciting, luscious flavors: **Cookies & Cream**, **Cherries Jubilee**, and **Raspberry Royale**!

■ **Cookies & Cream SPIRU-TEIN WHEY** captures the delicious essence of this classic childhood favorite in a powerful energizing nutritional support formula! Crisp chocolate wafer cookies and delectable vanilla cream filling transform into a thick, indulgent vanilla shake flecked with mouthwatering chocolate cookie bits, for an energizing taste sensation that brings out the kid in you!

■ **Cherries Jubilee SPIRU-TEIN WHEY** starts with a silky, creamy cherry-vanilla base and then adds overflowing scoops of real Bing cherry pieces! Experience ice cream parlor taste in this exciting new flavor, and luxuriate in very cherry flavor as you energize your life with superior nutrition!

■ **Raspberry Royale SPIRU-TEIN WHEY** gives your taste buds the royale treatment! The decadent flavor of real raspberry pieces delicately mingles with an indulgent vanilla base, infusing bursts of real raspberry flavor into this incredibly delicious nutritional energy shake!

Incredibly delicious **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. And now, with six delicious flavors, **SPIRU-TEIN WHEY** paves the way to a world of exciting variety that has become synonymous with the **SPIRU-TEIN** name!

### 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).

## Now 6 Pick Your Power Source - Indulgent Taste Sensations!

- CREAMY VANILLA • RICH CHOCOLATE
- LUSCIOUS STRAWBERRY • COOKIES & CREAM
- CHERRIES JUBILEE • RASPBERRY ROYALE



### 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. **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** now delivers the power of whey protein in six incredibly delicious flavors: creamy **Vanilla**, rich **Chocolate**, luscious **Strawberry**, **Cookies & Cream**, **Cherries Jubilee**, and **Raspberry Royale**!

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

### Now SPIRU-TEIN Whey Joins the Low-Carb Generation!

Luscious **SPIRU-TEIN WHEY** mixes instantly for a convenient, smooth, energizing protein shake, any time, anywhere. For a rich, creamy taste sensation with no additional carbs, mix one scoop of **SPIRU-TEIN WHEY** powder with 4 oz. of cold water and 4 oz. of cold heavy cream.

Nature's Plus is proud to offer great **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.

