

# QuickTein™

High Protein Energy Drink Mix



## Strawberry



<b>Nutrition Facts</b>	
Serving Size: 1 level scoop (32 grams)	
Servings Per Container: 16	
<b>Amount Per Serving</b>	
<b>Calories 120</b>	<b>Calories from Fat 10</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 150mg	8%
<b>Potassium</b> 100mg	3%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 1g	8%
Sugars 12g	1%
<b>Protein</b> 14g	<b>28%</b>
Vitamin A 100%	Vitamin C 100%
Calcium 30%	Iron 25%
Vitamin D 100%	Vitamin E 100%
Thiamin 100%	Riboflavin 100%
Niacin 100%	Vitamin B6 100%
Folate 100%	Vitamin B12 100%
Biotin 100%	Pantothenic Acid 100%
Phosphorus 34%	Iodine 100%
Magnesium 20%	Zinc 100%
Selenium 30%	Manganese 250%
Chromium 15%	Molybdenum 25%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Each serving of QuickTein™ also contains:  
 Choline (bitartrate) . . . . . 21 mg  
 Inositol . . . . . 50 mg

**QuickTein™ is a low fat, vegetarian drink mix that contains 100% of the Daily Value of 15 vitamins & minerals.**

**Ingredients:** Non-GE▲ Soy protein isolate, fructose, natural flavors, beet powder, carrageenan, psyllium husk powder, oat fiber, cellulose gel and gum, freeze dried strawberries, magnesium oxide, guar gum, ascorbic acid, Vitamin E, choline bitartrate, inositol powder, apple pectin, bee pollen, soy lecithin, lemon bioflavonoids complex, spirulina powder, niacinamide, zinc oxide, manganese sulfate, ferrous fumarate, Vitamin A palmitate, d-calcium pantothenate, papain, bromelain, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, chlorophyll, Vitamin D3, folic acid, chromium chloride, sodium molybdate, biotin, potassium iodide, sodium selenite and cyanocobalamin.

<b>Rich in Amino Acids!</b>			
Typical Amino Acid profile per serving			
Alanine	593 mg	Serine	721 mg
Glutamine	2657 mg	Methionine	176 mg
Cysteine	176 mg	Histidine	368 mg
Arginine	1056 mg	Lysine	880 mg
Leucine	1137 mg	Phenylalanine	720 mg
Aspartic Acid	1617 mg	Tyrosine	528 mg
Glycine	593 mg	Valine	704 mg
Isoleucine	688 mg	Threonine	529 mg
Proline	705 mg	Tryptophan	192 mg

**Contains No Added** salt, dairy, yeast, wheat, corn, preservatives, artificial colors or flavors.

**Suggested Use:** Adults mix one (1) level scoop daily (or as directed by a healthcare professional) into 8 oz. of water, milk or juice. Stir or shake until smooth.

**\*\*Heart Healthy!**

\*\*25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.  
 A serving of QuickTein™ supplies 14 grams of soy protein.

QuickTein™ is intended to supplement a healthy diet, not for use as a sole source of dietary calories. This product is sold by weight, not by volume. Some settling of contents may occur.

▲ Solae® soy protein isolate is made from soybeans that have not been genetically engineered.  
 Store in a cool, dry place and away from direct light.  
 Keep out of reach of children.

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**QUALITY AND POTENCY GUARANTEED.**