

JUST PROTEIN®

Vanilla Almond

Nutrition Facts

Serving Size: 1/4 cup (28 g)
Servings Per Container: About 80

Amount Per Serving

Calories 112 **Calories from Fat 1**

		% Daily Value*
Total Fat	1 g	2%
Cholesterol	1 mg	0%
Sodium	63 mg	3%
Potassium	264 mg	6%
Total Carbohydrates	7 g	2%
Dietary Fiber	2 g	8%
Sugars	5 g	
Protein	18 g	36%
Calcium		33%

Not a significant source of saturated fat, trans fat, Vitamin A, Vitamin C and Iron.

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

Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Calcium Caseinate (Milk Protein), Instant Non-Fat Dry Milk, Whole Egg and Natural Vanilla Almond Flavor.

Contains: Milk, Egg and Tree Nuts (Almond).

This product was manufactured in a facility that may also process ingredients containing wheat, soybeans and peanuts.

Naturally Occurring Amino Acid Profile (mg per 28 g scoop)*

Essential Amino Acids	(mg)
L-Lysine	1910
L-Methionine	458
L-Phenylalanine	973
L-Threonine	433
L-Tryptophan	168
L-Isoleucine (Branch Chain)	517
L-Leucine (Branch Chain)	1568
L-Valine (Branch Chain)	632

Additional Amino Acids	(mg)
L-Alanine	627
L-Arginine	30
L-Cystine	190
L-Proline	1644
L-Tyrosine	1043
Glycine	398
L-Histidine	756
L-Aspartic Acid	956
L-Serine	1172
L-Glutamic Acid	2550

*subject to natural variability

Manufactured exclusively for:

IronMind Enterprises, Inc.

11992 Charles Drive, Grass Valley, CA 95945 U.S.A.

(530) 272-3579

e-mail: sales@ironmind.com

www.ironmind.com

IRONMIND®

STRONGER MINDS. STRONGER BODIES™