Supplements



Vanilla SPIRU-TEIN Sport® Shake

Product No. 45882

It has recently been discovered that athletes can achieve greater success by adhering to a 40-30-30 ratio of carbohydrate to lipid to protein diet. Furthermore, by supplying the body with the nutritional fuel and building blocks it needs for maximum energy, strength and recovery, athletes can experience even greater results. Dieters, workers in mid- to high-stress jobs and those who depend on strength and energy to achieve success can reap the benefits of this energy-packed shake. SPIRU-TEIN® Sport delivers a healthy infusion of plant-based protein, as well as other essential vitamins and minerals that athletes and active adults can depend on every day.

2.3 lbs. (1024g) Cans #45882
2.25 oz. (64g) Single Serving Packet #45883

Nutrition Facts

Serving Size 2 Scoops (64 g)

Ingredient	Amount	% Daily Value
Calories	260	
Calories From Fat	80	
Total Fat	9 g	14 %
Saturated Fat	1 g	5 %
Cholesterol	0 mg	0 %
Sodium	80 mg	3 %
Potassium	300 mg	9 %
Total Carbohydrate	26 g	9 %
Dietary Fiber	1 g	4 %
Sugars	19 g	
Other Carbohydrate		
Protein	20 g	40 %
Vitamin A	5000 IU	100 %
Vitamin C	60 mg	100 %
Calcium	400 mg	40 %
Iron	4.5 mg	25 %
Vitamin D	400 IU	100 %
Vitamin E	30 IU	100 %
Thiamin	1.5 mg	100 %
Riboflavin	1.7 mg	100 %
Niacin	20 mg	100 %
Vitamin B6	2 mg	100 %
Folic Acid	400 mcg	100 %
Vitamin B12	6 mcg	100 %
Biotin	300 mcg	100 %
Pantothenic Acid	10 mg	100 %
Phosphorus	200 mg	20 %

New For You!



SKINNY MINI" Double Chocolate Fudge Crunch Shake A breakthrough weight-loss product that delivers energizing, diet-enhancing nutrition while satisfying dieters deepest cravings for rich, decadent chocolate taste.



Ultra Rx-Joint® Liquid Newly improved Ultra Rx-Joint Liquid. Enhanced absorption; rare earth trace elements, for even greater joint support; and an incredibly delicious, all-natural, honey-lemon flavor! 8-Ounce Travel Size provides a whole new dimension of freedom and convenience.

Iodine	150 mcg	100 %
Magnesium	80 mg	20 %
Zinc	15 mg	100 %
Selenium	20 mcg	30 %
Manganese	5 mg	250 %
Chromium	20 mcg	15 %
Molybdenum	20 mcg	25 %

Each Serving Of **Vanilla SPIRU-TEIN Sport® Shake** Also Contains:

Creatine (as creatine monohydrate)	2000 mg
Medium-Chain Triglycerides (MCT)	2000 mg
Inositol	50 mg
Pyruvate (as calcium pyruvate)	50 mg
Herbagen (a proprietary phytonutrient-rich ergogenic complex)	40 mg
Korean Ginseng (Panax ginseng CA Meyer root), Ciwujia (Eleutherococcus senticosus root) (standardized extract), Ashwagandha (Withania somnifera root) (standardized extract), Rhodiola (Rhodiola rosea root) (standardized extract)	
Choline (as bitartrate)	10 mg

Ingredients:
Non-GMO isolated soy protein, fructose, sunflower oil, maltodextrin, creatine monohydrate, medium-chain triglycerides, psyllium seed, natural vanilla flavor, calcium (phosphate), potassium citrate, magnesium oxide, spirulina, vitamin C, inositol, calcium pyruvate, biotin, d-alpha tocopheryl succinate, choline bitartrate, niacinamide, vitamin A palmitate, manganese sulfate, zinc oxide, ferrous fumarate, calcium pantothenate, Ashwagandha, rhodiola, Korean ginseng, Ciwujia, pyridoxine HCl, thiamine HCl, riboflavin, vitamin B12, vitamin D, folic acid, potassium iodide, chromium chloride, sodium selenite, sodium molybdate, papaya fruit, bromelain (from pineapple fruit), oat bran, bee pollen, lemon bioflavonoids (from *Citrus limon* fruit), apple pectin

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