

Fit4Teens Whole Food Nutrition Program

Supplement Facts

Serving Size 2 Scoops (approx. 36 g)
Servings Per Container 30

Amount Per Serving		% Daily Value
Calories	130 kcal	
Calories from Fat	20 kcal	
Total Fat	2 g	
Saturated Fat	0 g	
Cholesterol	0 g	
Sodium	30 mg	
Total Carbohydrates	17 g	
Dietary Fiber	>1 g	
Sugars	15 g	
Protein	7 g	14%
Vitamin A (from carrot)	5000 IU	100%
Vitamin C (from acerola cherry)	60 mg	100%
Vitamin E (mixed tocopherols from soy)	30 IU	100%
Thiamin B1 (from yeast fermented with soy)	1.5 mg	100%
Riboflavin B2 (from yeast fermented with soy)	1.7 mg	100%
Niacin B3 (from yeast fermented with soy)	20 mg	100%
Vitamin B6 (from yeast fermented with soy)	2 mg	100%
Folic Acid (from yeast fermented with soy)	400 mcg	100%
Vitamin B12 (from yeast fermented with soy)	6 mcg	100%
Biotin (from yeast fermented with soy)	300 mcg	100%
Pantothenic Acid (from yeast fermented with soy)	10 mg	100%
Calcium (as lactate gluconate)	300 mg	30%
Iodine (from kelp)	75 mcg	50%
Magnesium (as lactate gluconate)	60 mg	15%
Zinc (amino acid chelate) †	5 mg	33%
Selenium (as amino acid chelate) †	70 mcg	100%
Manganese (as amino acid chelate) †	2 mg	100%
Chromium (as amino acid chelate) †	120 mcg	100%
Molybdenum (as amino acid chelate)	25 mcg	33%
Whole Food Phytonutrient Complex (Carrot Juice, Organic Spinach Juice, Organic Broccoli Juice, Organic Kale Juice, Organic Parsley Juice, Stabilized Rice Bran, Broccoli Extract, OptiBerry® ††-Wild Blueberry (fruit) Extract, Strawberry (fruit) Powder, Cranberry (fruit) Powder, Wild Bilberry (fruit) Extract, Elderberry (fruit) and Raspberry (seed) Powder)	1110 mg	*
DHA Oil (from micro-algae oil, 40% DHA)	160 mg	*
Energy Boost and Lean Body Mass Proprietary Blend (Green Tea Extract, L-carnitine fumarate, and maitake mushroom)	150 mg	*
Inulin (FOS)	50 mg	*
Tocotrienol powder (from rice oil)	5 mg	*
Grape Seed Extract (95% Proanthocyanidins)	25 mg	*

Grape Skin Extract (20% Polyphenols)	25 mg	*
Tomato Extract (5% standardized as Ly-copene)	30 mg	*
Marigold Extract (5% standardized as Lutein)	25 mg	*
Proprietary Plant Enzyme Blend (Amylase, Amylase II, Protease I, Protease II, Peptidase, Lipase, Cellulase, Hemiseb TM, Lactase, Maltase, Invertase, and Bromelain)	100 mg	*
DDS-1 <i>Lactobacillus acidophilus</i>	87.5 mil CFU	*
<i>Bifidobacterium bifidum</i>	56 mil CFU	*
<i>Enterococcus faecium</i>	27.5 mil CFU	*
<i>Lactobacillus bulgaricus</i>	27.5 mil CFU	*
<i>Lactobacillus plantarum</i>	27.5 mil CFU	*
<i>Lactobacillus salivarius</i>	27.5 mil CFU	*
<i>Streptococcus thermophilus</i>	27.5 mil CFU	*
<i>Bifidobacterium infantis</i>	27.5 mil CFU	*
<i>Lactobacillus rhamnosus</i>	27.5 mil CFU	*
Boron (amino acid chelate) †	0.5 mg	*
Vanadium (amino acid chelate) †	3.34 mcg	*
*Daily Value not established.		
†† OptiBerry® brand anthocyanin extract (patent pending).		

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

Other Ingredients: Sucrose, cocoa powder, fructose, whey protein isolate, natural vanilla, beet fiber, magnesium stearate-vegetable source, non-GMO soy lecithin, silicon dioxide-vegetable source, xanthum gum, maltodextrin, natural masking powder, orange oil and stevia.

†Amino Acid Chelates supplied by Albion Advanced Nutrition. Chelates covered by Albion International, Inc., U.S. Patents #4,599,152 and #4,830,716
*DDS-1 patent #3,689,640