

THE SOYA IN THIS PRODUCT IS CERTIFIED TO BE NON-GENETICALLY MODIFIED

Nutrition Facts

Serving Size 32 grams (approximately 1 well rounded scoop)
Servings Per Container 14

	per 100 g	per 32 g serving	per 32 g serving w/skimmed milk
Energy kJ/kcal	1485/349	472/111	852/201
Protein g	56	18	27
of which amino acids see below			
Carbohydrate g	31	10	22
of which sugars g	22	7	20
Fat g	3	1	1.5
of which Saturates g	0	0	0.2
Cholesterol mg	0	0	trace
Fibre g	0	0	0
Sodium g	0.56	0.18	0.3

	%ECRDA*	%ECRDA*	%ECRDA*
Vitamin A	937.5 µg.....117	300 µg.....38	400 µg....50
Vitamin C	112.5 mg....141	36 mg.....45	39.8 mg....50
Thiamin (B ₁)	4.6 mg....418	1.5 mg....136	1.5 mg...136
Riboflavin (B ₂)	5.3 mg....379	1.7 mg....121	2.7 mg...193
Niacin	37.5 mg....234	12 mg.....75	14 mg....88
Vitamin B ₆	1.5 mg....107	0.5 mg.....36	0.6 mg....43
Vitamin B ₁₂	4.6 µg.....184	1.5 µg.....60	2.4 µg....96
Pantothenic acid	6.2 mg....103	2 mg.....33	2.7 mg....45
Calcium	312.5 mg.....39	100 mg.....13	400 mg....50

Phosphorus	687.5 mg.....98	220 mg.....31	444 mg.....63
Magnesium	281.3 mg.....75	90 mg.....24	117.5 mg.....31
Iron	25 mg.....179	8 mg.....57	8.1 mg.....58
Chromium	26.5 µg.....66	8.5 µg.....21	8.5 µg.....21
Iodine	93.7 µg.....62	30 µg.....20	98.5 µg.....66

*RDA = Recommended Daily Allowance

INGREDIENTS: Isolated **soya** protein, fructose, maltodextrin, fenugreek, di-calcium phosphate, potassium chloride, SynerPro concentrate (broccoli, carrot, red beet, rosemary, tomato, turmeric, cabbage, grapefruit, orange bioflavonoids, hesperidin), canola oil, dl-methionine, vanilla flavour, magnesium oxide, lecithin (from **soy**), silica gel, vitamin C, ferrous fumarate, niacin (as niacinamide), vitamin A (palmitate), chromium chloride, pantothenic acid (as calcium pantothenate), thiamin hydrochloride, riboflavin, potassium iodide, pyridoxine HCl, and cyanocobalmin.

Allergy Advice: For allergens see ingredients in bold.

SynerProTein contains eight essential amino acids that must be supplied by the diet, together with histidine. The following is a typical analysis of these amino acids:

	per 32 g ser.	per 100 g
Histidine.....	460 mg.....	1437.5 mg
Isoleucine.....	860 mg.....	2687.5 mg
Leucine.....	1420 mg.....	4437.5 mg
Lysine.....	1100 mg.....	3437.5 mg
Methionine.....	380 mg.....	1187.5 mg
Phenylalanine.....	900 mg.....	2812.5 mg
Threonine.....	660 mg.....	2062.5 mg
Tryptophan.....	240 mg.....	750 mg
Valine.....	880 mg.....	2750 mg

Nature's Sunshine uses natural source materials in its products that are subject to colour variation. Contents may settle during shipping.

NATURE'S SUNSHINE®
SynerProTein

Vanilla Flavour Protein Drink Mix



Soya Protein, Vitamins, Minerals + Eight Essential Amino Acids
Free from dairy, lactose, wheat & yeast - suitable for vegans
FOOD SUPPLEMENT – Net wt. 448 g – approx. 5-14 day supply
Best Before End: See Base of Container
Store in a cool, dry place, out of the reach and sight of children

SynerProTein is a nutritious non GMO soya protein drink mix that contains a superb range of vitamins and minerals along with eight essential amino acids.

SynerProTein will help you to obtain complete, high quality, non-GMO vegetable protein, without the calories, cholesterol, and fat of some other protein sources. Protein contributes to the growth and maintenance of muscle mass, and the maintenance of normal bones, so it's important to consume enough protein each day to meet your daily requirements.

This formula contains the unique SynerPro Concentrate, which provides concentrated cruciferous vegetables including broccoli and cabbage, turmeric, red beet, rosemary, carrot, tomato, and bioflavonoids, all of which contain beneficial antioxidant elements.

SynerProTein contains antioxidant Vitamins A and C, which contribute to the protection of cells from oxidative stress, and the protection of DNA, proteins, and lipids from oxidative damage.

The range of B vitamins in SynerProTein contribute towards normal energy-yielding metabolism, the immune system, the nervous system, and a reduction in tiredness and fatigue. The B vitamins in this formula also contribute towards the normal function of the heart, the maintenance of normal vision and skin, normal mental performance, red blood cell formation, neurological and psychological function, and the protection of DNA, proteins and lipids from oxidative stress. Because B vitamins

cannot be stored in the body, they must be replenished and topped up every single day.

Each 32g serving of Vanilla SynerProTein provides 18g of protein, 10g of carbohydrate and only 1g of fat.

Suitable for vegetarians and vegans.

Directions: Mix one scoop (32g) of SynerProTein to 8 fl.oz. (236ml) of water or skimmed milk. Blend, shake, or stir vigorously. Drink up to three servings daily, as required. Try adding your favourite fresh fruits to the blender to make your own Protein Smoothie!

Do not exceed the stated recommended daily dosage.

This product contains vitamin A in the form of retinol. Do not take more than one serving a day during pregnancy, or if you are likely to become pregnant, except on the advice of a doctor or antenatal clinic.

Food supplements should not be used as a substitute for a balanced diet.

Always consult your Doctor or Pharmacist before taking food supplements when you are on prescribed medication.

Do not use if inner seal is missing or damaged.



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