



# PRO VANTAGE

dietary supplement

## Supplement Facts

Serving Size: 1 Scoop (26 g)

Servings Per Container 14

Per Serving

	Amount	% Daily Value
Calories	90	
Calories from Fat	10	
Total Fat	1 g	1%†
Total Carbohydrate	7 g	2%†
Sugars	7 g	*
Protein	14 g	28%†
Calcium	550 mg	55%
Phosphorus	350 mg	35%
Iron	1.8 mg	10%
Sodium	120 mg	5%
Potassium	200 mg	6%
ProVantage Proprietary Amino Acid Blend	694 mg	*
L-Glutamine		
L-Arginine Base		
L-Leucine		
L-Lysine HCL		
L-Alanine		
Glycine		
L-Ornithine Alpha Ketoglutarate		
ProVantage Performance Proprietary Blend	1,220 mg	*
Tonalin® (Conjugated linoleic acid {CLA})		
Phosphatidylserine		
Phosphatidylcholine		
Creatine Monohydrate		
Medium Chain Triglycerides		
Bioperine® (Piper nigrum)		
Extract of grape seed (Vitis vinifera)		
Alpha-Lipoic Acid		
Coenzyme Q 10		
L-Carnitine		

†Percent Daily Values are based on a 2,000 calorie diet. \*Daily value not established.

**Other Ingredients:** Non-GMO Soy Protein Isolate, Fructose, Non-GMO Soy Lecithin, Natural and Artificial Flavors.