

Certificate of Analysis

SAMPLE SUBMITTED: Nature's Plus SPIRU-TEIN Nutty Berry Burst
Shake, #45874

DESCRIPTION: Tan, free-flowing powder **CONTROL #:** 0511/0522110369-27

ANALYTICAL METHOD: HPLC, GC, AA, ICP, TKN, Colorimetric

RESULTS PER: 34 grams

INGREDIENT	CLAIM	RESULT	% OF CLAIM
Protein	14 g	15.3 g*	109
Vitamin C	60 mg	68.1 mg*	114
Vitamin B6	2 mg	2.6 mg*	130
Pantothenic Acid	10 mg	12 mg*	120
Riboflavin	1.7 mg	1.77 mg*	104
Calcium	300 mg	329 mg*	110
Magnesium	80 mg	82.6 mg*	103
Potassium	110 mg	121 mg*	110
Thiamin	1.5 mg	1.61 mg*	107
Niacinamide	20 mg	20 mg*	100
Vitamin D	400 IU	414 IU*	104
Inositol	50 mg	54 mg*	108
Choline (bitartrate)	21 mg	22 mg*	105
Manganese	5 mg	5.8 mg*	116
Biotin	300 mcg	335 mcg*	112
Vitamin B12	6 mcg	6.3 mcg*	105
Vitamin E	30 IU	32 IU**	107
Vitamin A	5,000 IU	5,078 IU**	102
Phosphorus	200 mg	211 mg**	106
Iodine	150 mcg	189 mcg**	126
Selenium	21 mcg	21 mcg**	100
Iron	4.5 mg	4.55 mg**	101
Zinc	15 mg	Identification established+	
Folic Acid	400 mcg	Identification established+	
Molybdenum	18.75 mcg	Identification established+	
Chromium	18 mcg	Identification established+	

INGREDIENTS: Proprietary non-GMO protein blend (rice protein, pea protein and soy [isolated soy protein and fermented soy]), fructose, maltodextrin, beet juice powder, natural hazelnut and peanut butter flavors, natural raspberry and cherry flavors, strawberry seeds, oat bran, microcrystalline cellulose, natural strawberry and almond flavors, spirulina, psyllium, guar gum, apple pectin, bee pollen, lecithin, lemon bioflavonoids, chlorophyll, papaya and bromelain. ++

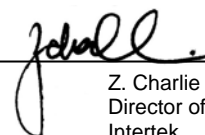
*TYPICAL ASSAY: An assay determination based on two or more lot numbers.

**ACTUAL ASSAY: An assay determination based on one lot number.

+IDENTIFICATION ESTABLISHED: Ingredient is identified by analytical method.

++BASED ON INPUT: Where no standard method can be performed, or in a combination product where there may be interference, quantities are verified by Nature's Plus.

Please see introduction of the Nature's Plus *Independent Laboratory Assay Reference Guide* for information on quality control.



Z. Charlie Li
Director of Food Testing
Intertek