

Certificate of Analysis

SAMPLE SUBMITTED: Nature's Plus Piña Colada SPIRU-TEIN Shake, #45916
DESCRIPTION: Fine, free-flowing white powder **CONTROL #:** 0511/0522110382-27
ANALYTICAL METHOD: HPLC, GC, AA, ICP, TKN
RESULTS PER: 35 grams

INGREDIENT	CLAIM	RESULT	% OF CLAIM
Protein	14 g	15.5 g*	111
Niacinamide	20 mg	20.4 mg*	102
Riboflavin	1.7 mg	2.01 mg*	118
Thiamin	1.5 mg	1.77 mg*	118
Vitamin A	5,000 IU	5,294 IU*	106
Vitamin C	60 mg	68.8 mg*	115
Zinc	15 mg	16.9 mg*	113
Vitamin B6	2 mg	2.53 mg*	127
Vitamin D	400 IU	441 IU*	110
Folic Acid	400 mcg	458 mcg*	115
Manganese	5 mg	5.06 mg**	101
Vitamin E	30 IU	31.9 IU**	106
Pantothenic Acid	10 mg	12.6 mg**	126
Calcium	300 mg	341 mg*	114
Selenium	21 mcg	27 mcg**	129
Inositol	50 mg	52.2 mg**	104
Biotin	300 mcg	312 mcg**	104
Vitamin B12	6 mcg	6.93 mcg**	116
Chromium	18 mcg	22.1 mcg*	123
Phosphorus	200 mg	257 mg**	129
Choline (bitartrate)	21 mg	22.2 mg**	106
Potassium	90 mg	105 mg*	117
Magnesium	80 mg	80.3 mg**	100
Iron	4.5 mg	Identification established+	
Molybdenum	18.75 mcg	Identification established+	
Iodine	150 mcg	Identification established+	

INGREDIENTS: Proprietary non-GMO protein blend (rice protein, pea protein and soy [isolated soy protein and fermented soy]), fructose, freeze-dried pineapple pieces, coconut flavor, xanthan gum, piña colada flavor, FOS, guar gum, psyllium, maltodextrin, oat bran, microcrystalline cellulose, spirulina, apple pectin, bee pollen, lecithin, lemon bioflavonoids, papaya, bromelain, chlorophyll. ++

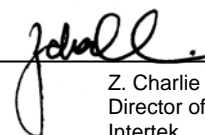
*TYPICAL ASSAY: An assay determination based on two or more lot numbers.

**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