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MG MASON'S GUARANTEE

This product has been manufactured and packaged in strict conformance with industry and government standards.

Suggested Serving: Two heaping tablespoons - 30 grams (approx. 1 oz).

Directions: Add 2 Tablespoons of Protein Powder "96%" to 6-8 oz. of your favorite beverage, fruit, vegetable, juice, milk, etc. Shake in closed container or mix in blender for about 20 seconds. Can be mixed in with staple foods, vegetables, meat loaf, omelettes, pancakes and with flour in baking. Additional flavoring may be added although Protein Powder "96%" has a delicious flavor of its own.

Keep Out of the Reach of Children.

Store in a dry, controlled room environment.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to

Manufactured in the USA for: **MASON VITAMINS, INC.**
Miami Lakes, FL 33014 USA
Visit us at: www.masonvitamins.com



Dietary Supplement



Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. **"96%"**

PROTEIN POWDER

*Shown to promote immune, prostate and bone health while helping to maintain proper muscle development and energy levels.**

SUGAR & CARB FREE • NO PRESERVATIVES

NET WEIGHT 16 oz (1 POUND)

1320-16



Supplement Facts

Serving Size 2 heaping tbsp (30g)
Serving Per Container 15

Amount Per Serving		% DV
Calories 104	Calories from Fat 0	
Total Fat	0	0%
Saturated Fat	0	0%
Cholesterol	0	0%
Sodium	300 mg	12%
Total Carbohydrate	0	0%
Dietary Fiber	0	0%
Sugars	0	
Protein	26	
Vitamin A	0%	Vitamin C 0%
Calcium	5%	Iron 10%

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

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		30g	
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

Amino Acid Profile per Serving

Alanine	1,118 mg	Lysine	1,664 mg
Arginine	1,872 mg	Methionine	364 mg
Aspartic Acid	2,990 mg	Phenylalanine	1,326 mg
Cystine	338 mg	Proline	1,352 mg
Glutamic Acid	4,940 mg	Serine	1,352 mg
Glycine	1,040 mg	Threonine	1,040 mg
Histidine	676 mg	Tryptophan	260 mg
Isoleucine	1,300 mg	Tyrosine	962 mg
Leucine	2,132 mg	Valine	1,326 mg

Other ingredients: Isolated Soy Protein and Flavoring. **GUARANTEED NO ADDED:** Sugar, Starch, Yeast, Corn, Wheat, Dairy, Gluten, Egg, Fragrance, Artificial Colors or Flavorings and Preservatives.

See bottom of can for Lot and Expiration date