

# Nutrition Facts

Servings Per Container: 30

**Serving Size: 26.5 g (approx. 2 scoops)**

Amount Per Serving

**Calories**

**100**

**% Daily Value\***

**Total Fat 1g 1%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

**Sodium 170mg 7%**

**Total Carbohydrate 3g 1%**

Dietary Fiber 1g **4%**

**Protein 21g 42%**

Not a significant source of cholesterol, total sugars, added sugars, vitamin D, calcium, iron, and potassium.

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Hydrolyzed beef collagen, natural flavors, and luo han guo extract.

**This product is gluten and dairy free.**

**Contains over 17 grams of collagen and protein peptides per serving.**

Product # 7921 Rev. 02/22

**DIRECTIONS:** Two (2) level scoops of **Hydrolyzed Collagen Protein** blended with eight (8) ounces of water (or the beverage of your choice). For ease of mixing, use a blender and add product to room temperature liquid.

## KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area. Sealed with an imprinted safety seal for your protection.

Typical Amino Acid Profile Per Serving:

Alanine	1,945 mg	Lysine	840 mg
Arginine	1,658 mg	Methionine	199 mg
Aspartic acid	1,326 mg	Phenylalanine	508 mg
Cystine	22 mg	Proline	2,652 mg
Glutamic acid	2,431 mg	Serine	751 mg
Glycine	4,420 mg	Threonine	464 mg
Histidine	243 mg	Tryptophan	80 mg
Hydroxyproline	2,254 mg	Tyrosine	287 mg
Isoleucine <sup>†</sup>	376 mg	Valine <sup>†</sup>	663 mg
Leucine <sup>†</sup>	818 mg		

<sup>†</sup> Branch chain amino acids