

# ROOTS

## Supplement Facts

**Serving size** 1 scoop (12.43 g)

**Servings per container** 42

	Amount Per Serving	%DV
Calories	45	
Total Fat	0.5 g	<1%†
Cholesterol	<5 mg	1%†
Total Carbohydrates	3 g	<1%†
Dietary Fiber	<1 g	5%†
Protein	5 g	10%†
Vitamin A (as beta-carotene)	(850 IU) 255 mcg RAE	28%
Vitamin C (as calcium ascorbate, manganese ascorbate)	125 mg	139%
Vitamin D (as cholecalciferol)	(150 IU) 3.75 mcg	19%
Thiamin (as thiamin mononitrate)	2 mg	167%
Riboflavin (as riboflavin 5'-phosphate)	2 mg	154%
Niacin (as niacinamide)	4 mg NE	25%
Vitamin B6 (as pyridoxal 5'-phosphate)	4 mg	235%
Folate (L-5 methyltetrahydrofolate calcium)	100 mcg DFE	25%
Vitamin B12 (as methylcobalamin)	75 mcg	3125%
Biotin	75 mcg	250%
Choline (as choline bitartrate)	20 mg	4%
Calcium (as calcium citrate malate, calcium ascorbate, dicalcium phosphate)	100 mg	8%
Phosphorus (as monosodium phosphate)	8 mg	1%
Magnesium (as magnesium citrate)	75 mg	18%
Zinc (as zinc methionate)	3 mg	27%
Selenium (as L-selenomethionine)	15 mcg	27%
Manganese (as manganese ascorbate)	4 mg	174%
Chromium (as chromium polynicotinate)	40 mcg	114%
Molybdenum (as molybdenum amino acid chelate)	40 mcg	89%
Sodium	100 mg	4%†

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**Proprietary Protein/Amino Acid Blend:**

8400 mg \*

Hydrolyzed Protein Powder (chicken and turkey), L-Glutamine, L-Alanine, Glycine, L-Isoleucine, L-Tyrosine, Proline, L-Asparagine, L-Threonine, Taurine, L-Valine, L-Cystine, L-Serine, L-Lysine (as L-lysine monohydrochloride), L-Arginine (as L-arginine HCl), L-Glutamic Acid HCl, N-Acetyl L-Cysteine, L-Leucine, L-Phenylalanine, Acetyl L-Carnitine HCl, L-Histidine, L-Tryptophan, D-Aspartic Acid, L-Methionine, L-Cysteine (as L-cysteine HCl)

**Proprietary ClearVite™ Blend:**

1598 mg \*

Medium Chain Triglycerides Oil, Evening Primrose Oil (*Oenothera biennis*) (seed), *L. Acidophilus*, Milk Thistle Extract (*Silybum marianum*) (seed), Quercetin (as quercetin dihydrate), Rutin (from Japanese Pagoda Tree Extract [*Sophora japonica*]) (bud), Hesperidin (from Orange Extract [*Citrus aurantium*]) (fruit), Gamma Oryzanol, Ginger (*Zingiber officinale*) (root), Enzyme Blend (protease, amylase, glucanase)

† Daily Values are based on a 2,000 calorie diet.

\* Daily Value (DV) not established.

**Other ingredients:** Natural flavors, cellulose, citric acid, luo han guo fruit extract, sodium chloride, silica.