

# Daily Values

	<b>New Recommended Daily Intake For Adults</b>	<b>Old Recommended Daily Intake For Adults</b>	<b>Difference from Old to New</b>
Fat	78g	65g	+13g
Total Carbohydrates	275g	300g	-25g
Sodium	2,300mg	2,400mg	-100mg
Dietary Fiber	28g	25g	+3g
Added Sugars	50g	(new recommendation)	
Vitamin A	900 mcg RAE	5,000 IU	(depends on source)
Vitamin C	90mg	60mg	+30mg
Calcium	1,300mg	1,000mg	+300mg
Vitamin D	20mcg	400 IU	+10mcg
Vitamin E	15mg	30 IU	-4.9mg
Vitamin K	120mcg	80mcg	+40mcg
Thiamin	1.2mg	1.5mg	-0.3mg
Riboflavin	1.3mg	1.7mg	-0.4mg
Niacin	16mg	20mg	+4mg
Vitamin B <sub>6</sub>	1.7mg	2mg	-0.3mg



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# Daily Values

	<b>New Recommended Daily Intake For Adults</b>	<b>Old Recommended Daily Intake For Adults</b>	<b>Difference from Old to New</b>
Folate	400 mcg DFE	400mcg	mcg DFE
Vitamin B <sub>12</sub>	2.4mcg	6mcg	-3.6mcg
Biotin	30mcg	300mcg	-270mcg
Pantothenic Acid	5mg	10mg	-5mg
Phosphorus	1,250mg	1,000mg	+250mg
Magnesium	420mg	400mg	+20mg
Zinc	11mg	15mg	-4mg
Selenium	55mcg	70mcg	-15mcg
Copper	0.9mg	2mg	-1.1mg
Manganese	2.3mg	2mg	+0.3mg
Chromium	35mcg	120mcg	-85mcg
Molybdenum	45mcg	75mcg	-30mcg
Chloride	2,300mg	3,400mg	-1,100mg
Potassium	4,700mg	3,500mg	+1,200mg
Choline	550mg	(new recommendation)	



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# Unit Changes

- Vitamin A mcg RAE (Retinol Activity Equivalents)
  - 1 retinol activity equivalent (mcg RAE)
    - = 1 mcg retinol
    - = 2 mcg supplemental b-carotene
    - = 12 mcg of dietary b-carotene
    - = 24 mcg of other dietary provitamin A carotenoids (a-carotene or b-cryptoxanthin)
- Folate mcg DFE (Dietary Folate Equivalents)
  - 1 mcg DFE is equal to 1 mcg naturally occurring folate and equal to 0.6 mcg folic acid
- Vitamin D mcg
  - 1 IU is equivalent to 0.025 mcg cholecalciferol or ergocalciferol
- Vitamin E mg
  - 1 IU is equivalent to 0.67 mg d-alpha-tocopherol or 0.9 mg of dl-alpha-tocopherol



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# Nutrition Facts Label

- Serving sizes have been enlarged, bolded
- Calories have been enlarged, bolded
- Calories from Fat has been removed
- Added Sugars has been introduced
- Daily recommended values have been updated and actual amounts of nutrients will now be listed
- The footnote has changed to be more precise

## Nutrition Facts

Servings Per Container: 20

**Serving Size: 33.5 g (approx. 3 scoops)**

Amount Per Serving

**Calories 110**

	% Daily Value†
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 232mg	<b>10%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 17g	<b>34%</b>

Vitamin D 20mcg	100%	Vitamin B12 6mcg	250%
Calcium 200mg	15%	Biotin 135mcg	450%
Iron (from pea) 5mg	28%	Pantothenic acid 3.5mg	70%
Potassium 460mg	10%	Phosphorus 220mg	18%
Vitamin A 250mcg RAE	28%	Iodine 53mcg	35%
Vitamin C 300mg	333%	Magnesium 140mg	33%
Vitamin E 54mg	360%	Zinc 10mg	91%
Vitamin K 80mcg	67%	Selenium 40mcg	73%
Thiamine 2mg	167%	Copper 1mg	111%
Riboflavin 2mg	154%	Manganese 1.3mg	57%
Niacin 7mg NE	44%	Chromium 50mcg	143%
Vitamin B6 6mg	353%	Molybdenum 120mcg	267%
Folate 200mcg DFE	50%		

† 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:** Organic pea protein, organic evaporated cane juice, potassium citrate, calcium magnesium citrate, medium chain triglycerides, natural flavors, magnesium citrate malate, L-Glutamine, trimethylglycine, calcium ascorbate, stevia leaf extract, zinc picolinate, N-Acetyl-L-Cysteine, natural mixed carotenoids, d-alpha-tocopheryl acetate, quercetin, natural mixed tocopherols, manganese gluconate, molybdenum aspartate, pyridoxal-5-phosphate, L-Glutathione, L-Threonine, L-Lysine HCl, niacinamide, copper gluconate, calcium pantothenate, selenium aspartate, cocarboxylase chloride, riboflavin-5-phosphate, chromium picolinate, potassium iodide, vitamin D3, biotin, 5-methyltetrahydrofolic acid glucosamine salt, calcium folinate, phytonadione, and methylcobalamin.



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# Supplement Facts Label

The format of the Supplement Facts label has fewer changes than Nutrition Facts

- Calories from Fat has been removed
- Added Sugars is introduced
- Daily recommended values have been updated
- Calories and serving sizes will not be bolded, because typically calories in supplements do not contribute a large portion to the daily intake value
- The footnote will not change on the Supplement Facts label

## Supplement Facts

**Serving Size: 3 Capsules**

**Servings Per Container: 83**

<b>Amount Per Serving</b>	<b>% Daily Value</b>
Calories 10	
Total Fat 1 g	2%†
Saturated Fat 1 g	5%†
Calcium (as calcium caprylate) 100 mg	8%
Magnesium (as magnesium caprylate) 50 mg	13%
Caprylic Acid (as calcium and magnesium caprylate) 1,200 mg	*

† Percent Daily Values based on a 2,000 calorie diet

\* Daily Value not established

**Other ingredients:** Calcium caprylate, magnesium caprylate, cellulose, capsule shell (gelatin and water).



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