



Nutrition Facts

Serving Size 38 grams (approximately 2 level scoops)
Servings Per Container 14

	per 100 g	per 38 g serving
Energy kJ/kcal	1541/368	586/140
Protein g	2.6	1
Carbohydrate g	79	30
of which Sugars g	16	42
Fat g	5.3	2
of which Saturates g	0.5	0.2
Fibre g	34	13
Salt g	0.3	0.11

	%ECRDA*	%ECRDA*
Vitamin A (RE)	4210 µg.....526	1600 µg.....200
Vitamin D	33 µg.....660	12.7 µg.....254
Vitamin E	51 mg.....425	19.4 mg.....162
Vitamin C	158 mg.....198	60 mg.....75
Thiamin	3.9 mg.....355	1.5 mg.....136
Riboflavin	4.7 mg.....336	1.8 mg.....129
Niacin	52.6 mg.....329	20 mg.....125
Vitamin B ₆	5.3 mg.....379	2 mg.....143

Nature's Sunshine uses natural source materials in its products that are subject to colour variation. Contents may settle during shipping.

	per 100 g	per 38 g serving
	%ECRDA*	%ECRDA*
Folic acid	1079 µg.....540	410 µg.....205
Vitamin B ₁₂	15.8 µg.....632	6 µg.....240
Biotin	789 µg.....1578	300 µg.....600
Pantothenic Acid	26.3 mg.....438	10 mg.....167
Potassium	263 mg.....13	100 mg.....5
Calcium	642 mg.....80	244 mg.....31
Phosphorus	368 mg.....53	140 mg.....20
Magnesium	244.7 mg.....65	93 mg.....25
Iron	13 mg.....93	5 mg.....36
Zinc	10.5 mg.....105	4 mg.....40
Copper	1.3 mg.....130	0.5 mg.....50
Manganese	1.1 mg.....55	0.4 mg.....20
Selenium	44.7 µg.....81	17 µg.....31
Chromium	86.8 µg.....217	33 µg.....83
Molybdenum	50 µg.....100	19 µg.....38
Iodine	115.8 µg.....77	44 µg.....29

*RDA = Recommended Daily Allowance

This product contains Vitamin A in the form of retinol.

Do not take if you are pregnant or likely to become pregnant except on the advice of a doctor.

NATURE'S SUNSHINE®

TNT

TOTAL NUTRITION TODAY



AN EXPLOSION OF ENERGY AND NUTRITION
HIGH FIBRE NUTRITIONAL BEVERAGE MIX - 532 g

Food Supplement - 14 day supply

Best Before End: See Base of Container

Store in a cool, dry place, out of the reach and sight of children

DIRECTIONS

For 28 servings: Add one level scoop to 4 fl. oz. (118 ml) of water. **For 14 servings:** Add two level scoops to 8 fl. oz. (236.5 ml) of water. Stir briskly until dissolved.

Do not exceed the stated recommended dosage.

Food supplements should not be used as a substitute for a balanced diet.

Ingredients

Fibre blend: Gum arabic, rice bran, **soy** fibre, cellulose fibre, **oat** fibre, guar gum, beet fibre, pea fibre, **oat** bran, apple fibre, corn bran, broccoli, carrot, tomato, cabbage, **celery**, spinach. Other ingredients: Fructose, creamer [corn syrup solids, high oleic sunflower oil, sodium caseinate (**milk**), dipotassium phosphate, mono & diglycerides, **soy** lecithin, tocopherols, tricalcium phosphate], natural flavours (contains **buttermilk**), **soy** lecithin, bulking agents; tricalcium phosphate, maltodextrin, citric acid, magnesium oxide, beta carotene, salt, citrus pectin, ascorbic acid (vitamin C), d-alpha tocopherol acetate (vitamin E), biotin, vitamin A palmitate, niacinamide (niacin), ferrous fumarate, zinc citrate, d-calcium pantothenate (pantothenic acid), cholecalciferol (vitamin D₃), folic acid, copper gluconate, pyridoxine hydrochloride, thiamine mononitrate (vitamin B₁), riboflavin (vitamin B₂), manganese citrate, potassium iodide, cyanocobalamin, chromium chloride, sodium molybdate, and selenomethionine.

Allergy Advice: For allergens see ingredients in bold.

• TNT contains high amounts of soluble fibre, and includes antioxidant vitamins which contribute to the protection of cells from oxidative stress.

• B vitamins contribute towards normal energy-yielding metabolism, a reduction in tiredness and fatigue, and normal immune system function.

• Minerals such as calcium for the maintenance of normal bones, teeth and muscle function, magnesium which contributes to normal protein synthesis and psychological function, and zinc which contributes to normal cognitive function and maintenance of vision.

This product is suitable for vegetarians.

Always consult your Doctor or Pharmacist before taking food supplements, when you are on prescribed medication.

This can is sealed for your protection. Do not use if inner seal is missing or damaged.

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Stock No. 4308

Manufactured by

Nature's Sunshine Products Inc., Utah, 84660, USA

Product of U.S.A.

Supplied by

NSPUK, Hortonwood 32, Telford, TF1 7YL, UK