

LIFEMAX™

LIVE LIFE TO THE MAX

Signature Grain

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Scoop (10 g) Servings Per Container: 34

	Amount per serving	% Daily Value		Amount per serving	% Daily Value
Calories	53		Signature Grain™		
Calories from fat	30		(Salvia Hispanica L)	10 g	**
Total Fat	3 g	5%	Amino acids		
Saturated fat	0.3 g	2%	Alanine	104 mg	**
Trans fat	0 g		L-Arginine	286 mg	**
Polyunsaturated fat	3 g		Aspartic Acid	185 mg	**
Monounsaturated fat	0.3 g		Cystine	7 mg	**
Cholesterol	0 mg	0%	Glutamic Acid	387 mg	**
Total Carbohydrates	3 g	1%	Glycine	111 mg	**
Dietary Fiber	3 g	13%	Histidine	45 mg	**
Insoluble fiber	3 g		Iso-Leucine	85 mg	**
Soluble fiber	<0.010 g		Leucine	159 mg	**
Sugars	0 g		Lysine	149 mg	**
Protein	3 g	5%	Methionine	30 mg	**
Vitamin E (as mixed tocopherols)	0.3 IU	1%	Phenylalanine	167 mg	**
Thiamin	0.1 mg	10%	Proline	96 mg	**
Riboflavin	0.03 mg	1%	Serine	133 mg	**
Niacin (vitamin B3)	1.1 mg	5%	Threonine	83 mg	**
Vitamin B 6	0.05 mg	2%	Tryptophan	40 mg	**
Folate (folic acid)	5.1 mcg	1%	Tyrosine	99 mg	**
Biotin	2 mcg	1%	Valine	101 mg	**
Pantothenic acid	0.07 mg	1%	Essential Fatty Acids		
Calcium	52 mg	5%	Omega-3		
Iron	.7 mg	4%	(alpha-linolenic acid)	2,000 mg	150%
Phosphorus	62 mg	6%	Omega-6		
Magnesium	23 mg	6%	(linoleic acid)	667 mg	**
Zinc	0.5 mg	3%	Omega-9 Fatty Acid		
Selenium	7 mcg	10%	Oleic acid	267 mg	**
Copper	0.1 mg	8%	Phytonutrients		
Manganese	0.2 mg	11%	Lignans	935 mg	**
Chromium	7 mcg	6%	Phenolic compounds	770 mg	**
Potassium	55 mg	1%	(chlorogenic acid)		
			(caffeic acid)		
			(myricetin)		
			(quercetin)		
			(kaempferol flavonols)		
			Phytic Acid	157 mg	**

*Percent Daily Values are based on a 2,000 calorie diet. **Daily value not established.