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Minerals

Calcium (mg)	1,000.00	Do not
Iron (mg)	8.00	Do not

Magnesium (mg)	400.00	Do not
Phosphorus (mg)	700.00	Do not
Potassium (mg)	4,700.00	
Sodium (mg)	2,300.00	Less th +
Zinc (mg)	11.00	Do not

Sources:

* Dietary Reference Intakes - For Adult 19-70 years, non-pregnant

+ 2010 Dietary Guidelines for Americans

~ Protein is not adjusted for endurance/strength athletes at an Active or Ve



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