

# TYLACTIN BUILD™

## Helpful tips to BUILD up your nutrition:

### Stack the deck



Want the benefits of Tylactin GMP but still like your amino acid formula? Mix 1 packet of BUILD into your amino acid formula and get the benefit of additional protein.

### Mix it up



- Add BUILD to your Tylactin RESTORE.
- Mix BUILD and a packet of Tylactin RESTORE Powder for a low calorie, high protein boost.

### On its own



- Tylactin BUILD can be consumed on its own by mixing 1 packet into 6-12 oz of water.
- Mio™ drops or TYR friendly flavor enhancers are a great option to build up the flavor.

### Give it a shake



- Make a morning shake by adding 1 packet of BUILD, low Tyr fruit, water and ice. Blend thoroughly.
- As an added treat, pour the shake into popsicle cups and have a yummy frozen fruit snack at night.

### Think outside the glass



- Add BUILD to your favorite pancake, french toast or waffle recipe for a protein packed breakfast.
- Add BUILD to your favorite queso or mix in to your low protein mac 'n' cheese to BUILD up your meal.

NUTRIENTS, per:	1 oz (28 g)	100 g
Calories	100	357
Protein Equivalent, g	20	71
Tyrosine, mg	3	10.7
Phenylalanine, mg	28	100
Total Fat, g	1.5	5.5
Saturated Fat, g	0.1	0.5
Trans Fat, g	0	0
Cholesterol, mg	0	0
Sodium, mg	202	721
Total Carbohydrate, g	4	13
Dietary Fiber, g	2	5
Total Sugars, g	0	1
Includes Added Sugars, g	0	0
Sugar Alcohol, g	0	0
Vitamin A, mcg RAE	65.2	232.9
Vitamin C, mg	8.1	29
Vitamin D, mcg	2.9	10.3
Vitamin E, mg α-TE	1.1	3.9
Vitamin K1, mcg	3.6	12.8
Vitamin K2 (MK-7), mcg	3.6	12.8
Thiamin (B1), mg	0.1	0.4
Riboflavin (B2), mg	0.1	0.4
Niacin (B3), mg	1.2	4.3
Vitamin B6, mg	0.1	0.4
Folate, mcg DFE	24.0	85.7
(Folic acid, mcg)	14.4	51.4)
Vitamin B12, mcg	0.2	0.6
Pantothenic Acid (B5), mg	0.4	1.6
Biotin, mcg	1.9	6.8
Choline, mg	39.9	142.4
Calcium, mg	118.7	423.8
Chromium, mcg	3.1	11.2
Copper, mg	0.0	0.1
Iodine, mcg	13.7	48.9
Iron, mg	1.5	5.2
Magnesium, mg	28.0	99.9
Manganese, mg	0.2	0.7
Molybdenum, mcg	3.6	12.9
Phosphorus, mg	150.1	536.0
Selenium, mcg	4.8	17.1
Zinc, mg	0.9	3.2
Potassium, mg	364.9	1303.1
Chloride, mg	22.3	79.8
Inositol, mg	0.0	0.0

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