

Nutrition Information

1 Serving Per Sachet

Serving Size 38 g (1 sachet)

| Average Quantity | Per Serving | Per 100 g | Per serving with 1 cup (250 mL) low fat soy milk |
|-------------------------------|------------------|-------------------|--|
| Energy | 585 kJ (140 Cal) | 1560 kJ (370 Cal) | 1255 kJ (300 Cal) |
| Protein | 12.6 g | 34 g | 21 g |
| Gluten | 0 g | 0 g | 0 g |
| Fat, total | 0.6 g | 1.7 g | 2.1 g |
| Saturated | 0.3 g | 0.7 g | 0.5 g |
| Carbohydrate | 11.8 g | 31.1 g | 34.3 g |
| Sugars | 9.8 g | 25.8 g | 13.1 g |
| Dietary Fibre | 8.3 g | 20.5 g | 10 g |
| Soluble | 5.7 g | 14.9 g | |
| Insoluble | 2.1 g | 5.6 g | |
| Sodium | 238 mg | 627 mg | 241 mg |
| Potassium | 140 mg | 387 mg | 715 mg |
| Thiamin | 0.55 mg (50%)* | 1.45 mg | 0.55 mg (50%)* |
| Riboflavin | 0.7 mg (42%)* | 1.9 mg | 0.85 mg (50%)* |
| Niacin | 5 mg (50%)* | 13.2 mg | 5 mg (50%)* |
| Folate | 34 µg (18%)* | 91 µg | 44 µg (22%)* |
| Vitamin B6 | 0.8 mg (50%)* | 2.1 mg | 0.8 mg (50%)* |
| Vitamin B12 | 1 µg (50%)* | 2.6 µg | 1 µg (50%)* |
| Vitamin C | 20 mg (50%)* | 53 mg | 20 mg (50%)* |
| Vitamin D | 4.0 µg (40%)* | 10.5 µg | 4.0 µg (40%)* |
| Calcium | 400 mg (50%)* | 1050 mg | 400 mg (50%)* |
| Iron | 4 mg (26%)* | 10.6 mg | 5.4 mg (45%)* |
| Phosphorus | 182 mg (17%)* | 480 mg | 365 mg (36%)* |
| *% Recommended Dietary Intake | | | |

INGREDIENTS Proprietary Protein Blend - low processed soy protein, chickpea powder, pea protein, rice protein; Natural Sweetener Blend - unrefined organic sugar cane, steviol glycosides; Fibre Blend - natural vegetable gums (arabic, guar gum, xanthan gum), fructooligosaccharides, plant cellulose powder, soy fibre, rice bran, apple fibre); cocoa (6.5%), natural flavour, Ancient Grain Blend and Sprout Blend - pea protein, broccoli, alfalfa sprouts, radish sprouts, organic amaranth, organic quinoa, organic millet; calcium (as citrate, phosphate, carbonate, ascorbate); sea salt, Powder Blend - pumpkin powder, pomegranate powder, spirulina powder, yucca powder, mushroom powder; Natural Enzyme Blend, niacinamide, emulsifier (soy and sunflower lecithin), pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin B12.

Complete by Juice Plus®+ is designed to supplement a normal diet to address situations where intakes of energy and nutrients may not be adequate to meet your requirements.

Directions Add one sachet of Complete by Juice Plus®+ powder to one cup (250mL) low fat soy milk. Alternatively use another beverage of your choice e.g. skim milk, rice milk, oat milk, or fruit juice. Stir, shake or blend until smooth. For added nutrition and variety, experiment with additional wholesome ingredients such as fruits, berries and seeds.



Formulated and Distributed by
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Contains soybeans. Made on production line machinery that also produces products containing peanuts, tree nuts, milk, egg, sesame seed and shellfish. **Complete by Juice Plus®+ is made from all non-GMO ingredients.**