

# Nutrition Information

1 Serving Per Sachet

Serving Size 37.5 g (1 sachet)

Average Quantity	Per Serving	Per 100 g	Per serving with 1 cup (250 mL) low fat soy milk
<b>Energy</b>	585 kJ (140 Cal)	1560 kJ (370 Cal)	1255 kJ (300 Cal)
<b>Protein</b>	13.5 g	35 g	21.3 g
Gluten	0 g	0 g	0 g
<b>Fat, total</b>	0.35 g	0.9 g	2 g
Saturated	0.1 g	0.3 g	0.4 g
<b>Carbohydrate</b>	12.4 g	33.2 g	34.9 g
Sugars	10.7 g	28.5 g	14 g
<b>Dietary Fibre</b>	7.7 g	20.5 g	9.4 g
Soluble	5.7 g	15.2 g	
Insoluble	2 g	5.3 g	
<b>Sodium</b>	230 mg	612 mg	263 mg
<b>Potassium</b>	50 mg	131 mg	625 mg
Thiamin	0.55 mg (50%)*	1.5 mg	0.55 mg (50%)*
Riboflavin	0.7 mg (41%)*	1.9 mg	0.8 mg (50%)*
Niacin	5 mg (50%)*	13.3 mg	5 mg (50%)*
Folate	36 µg (18%)*	96 µg	46 µg (23%)*
Vitamin B6	0.8 mg (50%)*	2.1 mg	0.8 mg (50%)*
Vitamin B12	1 µg (50%)*	2.7 µg	1 µg (50%)*
Vitamin C	20 mg (50%)*	53.3 mg	20 mg (50%)*
Vitamin D	4 µg (40%)*	10.7 µg	4 µg (40%)*
Calcium	400 mg (50%)*	1070 mg	400 mg (50%)*
Iron	3.1 mg (26%)*	8.4 mg	4.4 mg (37%)*
Phosphorus	170 mg (17%)*	452 mg	353 mg (35%)*

\*% 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); natural flavour, Ancient Grain Blend and Sprout Blend - pea protein, broccoli sprouts, 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; Proprietary Natural Enzyme Blend, niacinamide, emulsifier (soy and sunflower lecithin), pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin B12.

**Complete by Juice Plus<sup>®</sup>+** 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<sup>®</sup> 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  
The Juice Plus+ Company, LLC  
The Juice Plus+ Company Australia Pty Ltd.  
14 Merewether Street  
Merewether NSW 2291  
(02) 4963 0000  
L-086AU.2031

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<sup>®</sup>+** is made from all non-GMO ingredients.