

Nutrition Facts

1 serving per packet

Serving size 1 packet (38g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 10%

Total Carbohydrate 20g 7%

Dietary Fiber 7g 25%

Soluble Fiber 5g

Insoluble Fiber 2g

Total Sugars 10g

Includes 10g Added Sugars 20%

Protein 13g 26%

Vit. D 4.0mcg 20% • Thiamin 0.6mg 50%

Calcium 450mg 35% • Riboflavin 0.7mg 50%

Iron 3.7mg 20% • Niacin 8.0mg NE 50%

Potas. 280mg 6% • Vit. B₆ 0.8mg 50%

Vit. C 22mg 25% • Vit. B₁₂ 2.4mcg 100%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Complete by Juice Plus⁺ is a whole food based shake mix that provides a delicious, healthy burst of balanced nutrition in every serving, including:

+ 13 grams of minimally processed, water-washed soy and other plant protein

+ 7 grams of our proprietary blend of soluble and insoluble fiber

Directions

Shake or blend 1 packet with 1 cup water, juice, or your favorite non-dairy beverage. For added nutrition and variety, blend with fresh fruit or berries to create your own smoothie recipes!

+ INGREDIENTS

Soy protein, organic evaporated cane sugar, acacia gum, cocoa (processed with alkali), fructooligosaccharides, plant cellulose, natural flavor, chickpea powder, soy fiber, calcium phosphate, xanthan gum, calcium carbonate, calcium citrate, pea protein, rice protein, sea salt, sprouts and ancient grains (broccoli sprout, alfalfa sprout, radish sprout, organic amaranth, organic quinoa, organic millet), pumpkin powder, pomegranate powder, rice bran, digestive enzymes, calcium ascorbate, citrus pectin, niacinamide, stevia leaf extract (Reb A), apple fiber, spirulina powder, yucca powder, guar gum, mushroom powder, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin B₁₂.

Contains: Soy

This product is gluten-free. To find out more about our plant-based ingredients, please visit our website at www.JuicePlus.com



Formulated for and distributed by
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