

Nutrition Facts

1 serving per packet

Serving size 1 packet (38.5g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 260mg 11%

Total Carbohydrate 20g 7%

Dietary Fiber 8g 29%

Soluble Fiber 6g

Insoluble Fiber 2g

Total Sugars 10g

Includes 10g Added Sugars 20%

Protein 13g 26%

Vitamin D 4.0mcg 20%

Calcium 440mg 35%

Iron 2.4mg 15%

Potassium 140mg 4%

Vitamin C 22mg 25%

Vitamin 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.

Directions

Shake or blend 1 packet with 1 cup water, juice, or your favorite non-dairy beverage.

This product is gluten-free.

Ingredients

Protein Blend (yellow pea protein, rice protein, pumpkin seed protein, sunflower seed powder), organic evaporated cane sugar, fructooligosaccharides, cocoa (processed with alkali), alfalfa sprout powder, mineralized seaweed, chickpea powder, natural flavors, sea salt, quinoa sprouts high in vitamin B₁₂, gum acacia, guar gum, pumpkin powder, pomegranate juice powder, rice bran, acerola cherry extract, xanthan gum, digestive enzymes, stevia leaf extract (Reb A), apple powder, spirulina powder, yucca extract, vitamin D₂, mushroom powder, broccoli sprout powder, radish sprout powder, salt.

Formulated for and distributed by
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