



# Kate Farms® Nutrition Shake

Flavors: Vanilla, Chocolate, Coffee

The delicious plant-based, organic Kate Farms Nutrition Shake is ready to be enjoyed as a meal or nutritious snack. Like everything from Kate Farms, there isn't any dairy, soy, gluten, or artificial sweeteners, flavors, colors, or preservatives—only All Good Things®.



Nutrition Shake  
Everyday Nutrition



## Nutrition Facts

Serving Size **1 Carton (325 mL)**

Amount Per Serving  
**Calories 330**

% Daily Value\*

**Total Fat** 12 g **15%**

Saturated Fat 5 g **25%**

Trans Fat 0 g

Polyunsaturated Fat 5 g

Monounsaturated Fat 2 g

**Cholesterol** 0 mg **0%**

**Sodium** 260 mg **11%**

**Total Carbohydrate** 38 g **14%**

Dietary Fiber 6 g **21%†**

Soluble Fiber 5 g

Insoluble Fiber 1 g<sup>‡</sup>

Total Sugars 18 g<sup>§</sup>

Includes 18 g Added Sugars **36%\***

**Protein** 16 g **26%**

Vitamin D 7 mcg 35% • Calcium 330 mg 25%

Iron 5 mg 30% • Potassium 550 mg 10%

Vitamin A 480 mcg 50% • Vitamin C 50 mg 60%

Vitamin E 4.7 mg 30% • Vitamin K 30 mcg 25%

Thiamin 0.7 mg 60% • Riboflavin 0.6 mg 45%

Niacin 4 mg 25% • Vitamin B6 0.7 mg 40%

Folate 120 mcg DFE 30% • Vitamin B12 2.1 mcg 90%

(70 mcg folic acid)

Biotin 20 mcg 70% • Pantothenic Acid 4 mg 80%

Phosphorus 300 mg 25% • Iodine 40 mcg 25%

Magnesium 115 mg 25% • Zinc 7 mg 60%<sup>1</sup>

Selenium 15 mcg 25% • Copper 0.3 mg 35%

Manganese 0.8 mg 35% • Chromium 16 mcg 45%

Molybdenum 35 mcg 80% • Chloride 330 mg 15%

Choline 150 mg 25%

\*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.

<sup>1</sup>Chocolate 7 g/25%. <sup>2</sup>Chocolate 2 g.  
<sup>3</sup>Chocolate 20 g/40%. <sup>4</sup>Chocolate 6.5 mg/60%.

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## Ingredients

### Vanilla

Purified Water, Pea Protein\*, Agave Syrup\*, Brown Rice Syrup Solids\*, Agave Inulin\*, **Contains 1.5% or Less of:** Vanilla Extract\*, Natural Flavor\*, High Linoleic Sunflower Oil\*, Medium Chain Triglycerides (MCT from Coconut)\*, Flaxseed Oil\*, Pea Starch\*, Locust Bean Gum\*, Rosemary Extract\*, Sunflower Lecithin\*, **Spectra® Phytonutrient Blend\*** (Extracts and Concentrates from: Broccoli\*, Coffeeberry\*\*, Green Tea\*, Turmeric\*, Kale\*, Broccoli Sprout\*, Acai\*, Cinnamon\*, Garlic\*, Tomato\*, Blueberry\*, Carrot\*, Beet\*, Raspberry\*, Spinach\*, Tart Cherry\*, Blackberry\*), **Vitamins and Minerals** (Tricalcium Phosphate, Choline Bitartrate, Dimagnesium Phosphate, Magnesium Chloride, Sodium Chloride, Sodium Ascorbate, Dipotassium Phosphate, Calcium Carbonate, Potassium Chloride, Beta Carotene, DL-Alpha-Tocopheryl Acetate, Ferric Pyrophosphate, Sodium Molybdate, Zinc Oxide, Biotin, Calcium Pantothenate, Cholecalciferol [Vitamin D3], Folic Acid, Niacinamide, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Vitamin A Palmitate, Chromium Picolinate, Copper Sulfate, Manganese Sulfate, Sodium Selenite, Cyanocobalamin [Vitamin B12], Phylloquinone, Potassium Iodide).

\*Organic

### Chocolate

Purified Water, Agave Syrup\*, Pea Protein\*, Brown Rice Syrup Solids\*, Agave Inulin\*, **Contains 1.5% or Less of:** Dutch Cocoa Powder (Processed with Alkali)\*, Natural Flavor\*, High Linoleic Sunflower Oil\*, Medium Chain Triglycerides (MCT from Coconut)\*, Flaxseed Oil\*, Pea Starch\*, Locust Bean Gum\*, Sunflower Lecithin\*, Rosemary Extract\*, **Spectra® Phytonutrient Blend\*** (Extracts and Concentrates from: Broccoli\*, Coffeeberry\*\*, Green Tea\*, Turmeric\*, Kale\*, Broccoli Sprout\*, Acai\*, Cinnamon\*, Garlic\*, Tomato\*, Blueberry\*, Carrot\*, Beet\*, Raspberry\*, Spinach\*, Tart Cherry\*, Blackberry\*), **Vitamins and Minerals** (Tricalcium Phosphate, Choline Bitartrate, Dimagnesium Phosphate, Magnesium Chloride, Sodium Chloride, Sodium Ascorbate, Dipotassium Phosphate, Calcium Carbonate, Potassium Chloride, Beta Carotene, DL-Alpha-Tocopheryl Acetate, Ferric Pyrophosphate, Sodium Molybdate, Zinc Oxide, Biotin, Calcium Pantothenate, Cholecalciferol [Vitamin D3], Folic Acid, Niacinamide, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Vitamin A Palmitate, Chromium Picolinate, Copper Sulfate, Manganese Sulfate, Sodium Selenite, Cyanocobalamin [Vitamin B12], Phylloquinone, Potassium Iodide).

\*Organic

### Coffee

Purified Water, Pea Protein\*, Agave Syrup\*, Brown Rice Syrup Solids\*, Agave Inulin\*, **Contains 1.5% or Less of:** Coffee Flavor (Coffee Extract\*, Coffee\*, Natural Flavor)\*, High Linoleic Sunflower Oil\*, Medium Chain Triglycerides (MCT from Coconut)\*, Flaxseed Oil\*, Locust Bean Gum\*, Pea Starch\*, Rosemary Extract\*, Sunflower Lecithin\*, **Spectra® Phytonutrient Blend\*** (Extracts and Concentrates from: Broccoli\*, Coffeeberry\*\*, Green Tea\*, Turmeric\*, Kale\*, Broccoli Sprout\*, Acai\*, Cinnamon\*, Garlic\*, Tomato\*, Blueberry\*, Carrot\*, Beet\*, Raspberry\*, Spinach\*, Tart Cherry\*, Blackberry\*), **Vitamins and Minerals** (Tricalcium Phosphate, Choline Bitartrate, Dimagnesium Phosphate, Magnesium Chloride, Sodium Chloride, Sodium Ascorbate, Dipotassium Phosphate, Calcium Carbonate, Potassium Chloride, Beta Carotene, DL-Alpha-Tocopheryl Acetate, Ferric Pyrophosphate, Sodium Molybdate, Zinc Oxide, Biotin, Calcium Pantothenate, Cholecalciferol [Vitamin D3], Folic Acid, Niacinamide, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Vitamin A Palmitate, Chromium Picolinate, Copper Sulfate, Manganese Sulfate, Sodium Selenite, Cyanocobalamin [Vitamin B12], Phylloquinone, Potassium Iodide).

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Kate Farms Nutrition Shake 4-packs are available on shelves at select H-E-B stores. Find us in the nutritional drinks section near the pharmacy.

Scan to find us at a store near you.



Not suitable for infants less than 1 year old.