

Nutrition Facts

15 servings per container **Serving Size 2 Scoops (64 grams)**

Amount per serving

Calories **260**

Total Fat	8 g	10%
Saturated Fat	3 g	15%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	320 mg	14%
Total Carbohydrate	23 g	8%
Dietary Fiber	5 g	18%
Total Sugars	12 g	
Includes 8 g Added Sugars		16%
Protein	25 g	
Vitamin D	2 mcg	10%
Calcium	230 mg	20%
Iron	10.9 mg	60%
Potassium	400 mg	8%
Vitamin A	500 mcg	60%
Vitamin C	26 mg	30%
Vitamin E	5.6 mg	35%
Thiamine	0.42 mg	35%
Riboflavin	0.51 mg	40%
Niacin	6.3 mg	40%
Vitamin B6	0.5 mg	30%
Folate	105 mcg DFE	25%
Vitamin B12	0.77 mcg	30%
Biotin	84.8 mcg	280%
Pantothenic Acid	2.7 mg	50%
Phosphorus	450 mg	35%
Iodine	95 mcg	60%
Magnesium	115 mg	25%
Zinc	4.7 mg	45%
Selenium	38 mcg	70%
Copper	0.59 mg	70%
Manganese	1.62 mg	70%
Chromium	10.2 mcg	30%
Molybdenum	77.8 mcg	170%



INGREDIENTS

Pea Protein*, Brown Rice Solids*, Hemp Seed Protein*, Banana Fruit Powder*, Coconut Oil Powdered Creamer*, Coconut Milk Powder*, Spinach Leaf Powder*, Pumpkin Seed Protein*, High Linoleic Safflower Oil*, Date Powder*, Flaxseed Powder*, Red Beet Juice Powder*, Kale Powder*, Natural Flavour*, Brown Rice Protein*, Sweet Potato Powder*, Carrot Powder*, Lentein Complete (Water Lentils Protein) Powder, Papaya Fruit Concentrate, Seaweed Extract, Stevia Leaf Extract*, Citric Acid, Malic Acid, Peppermint Powder*, Fruit & Vegetable Blend (Spinach*, Broccoli*, Carrot*, Beet*, Tomato*, Apple*, Cranberry*, Orange*, Blueberry*, Strawberry*, Shiitake Mushroom*), Natural Flavour, Kelp Powder*, Lactobacillus Plantarum (1 Billion/serving).

*Organically grown ingredients

* 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.

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COMPLETE PLANT-BASED MEAL



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