

# L-DRINK

ORANGE FLAVOR

## Nutrition Facts

About 10 servings per container

Serving size 0.4 fl oz (12mL)

Amount Per Serving

**Calories** **20**

% Daily Value

**Total Fat** 0g **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 4g **2%**

**Protein** 0g

Not a significant source of sat. fat, *trans* fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium.

**INGREDIENTS:** Purified water, vegetable glycerin, natural flavors, citric acid, potassium sorbate (to protect freshness).

# L-DRINK

TROPICAL BERRY FLAVOR

## Nutrition Facts

About 10 servings per container

Serving size 0.4 fl oz (12mL)

Amount Per Serving

**Calories** **20**

% Daily Value

**Total Fat** 0g **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 4g **2%**

**Protein** 0g

Not a significant source of sat. fat, *trans* fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium.

**INGREDIENTS:** Purified water, vegetable glycerin, natural flavors, citric acid, potassium sorbate (to protect freshness).

# ALGAL OIL

OMEGA-3 DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Capsule

	Amount / Capsule	% DV*
Calories	5	
Total Fat	0.5 g	<1%*
Algal Oil (from Aurantiochytrium)	500 mg	..... †
DHA Omega-3 Fatty Acid	200 mg	

\* Percentage Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily value not established.

**OTHER INGREDIENTS:** Hypromellose, silicon Dioxide, water.

# HIBISCUS HERBAL TEA

**INGREDIENTS:** Organic hibiscus leaves.

# SPEARMINT HERBAL TEA

**INGREDIENTS:** Organic spearmint leaves.

# SPEARMINT LEMON HERBAL TEA

**INGREDIENTS:** Organic spearmint leaves, organic lemon peel, organic lemongrass.

# NR-1

VEGETABLE POWDER WITH VITAMINS  
& MINERAL SUPPLEMENT

## Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% Daily Value*
Vitamin A (as Beta Carotene) 1,250 IU	25%
Vitamin C (Ascorbic Acid) 15 mg	25%
Vitamin D (as Cholecalciferol) 100 IU	25%
Vitamin E (as DL-Alpha Tocopherol Acetate) 7.5 IU	25%
Vitamin K (as Phyttonadione) 20mcg	25%
Thiamin (as Thiamine Mononitrate) 0.38 mcg	25%
Riboflavin 0.43 mg	25%
Niacin (as Niacinamide) 5 mg	25%
Vitamin B6 (as Pyridoxine HCl) 0.5 mg	25%
Folic Acid 100 mcg	25%
Vitamin B12 (as Cyanocobalamin) 1.5 mcg	25%
Biotin 15 mcg	5%
Pantothenic Acid (as Calcium-D-Panthenate) 2.5 mg	25%
Calcium (as Calcium Carbonate and Tribasic Calcium Phosphate) 100mg	10%
Iron (as Ferrous Fumarate) 4.5 mg	25%
Phosphorous (as Tribasic Calcium Phosphate) 10 mg	1%
Iodine (as Potassium Iodine) 37.5 mcg	25%
Magnesium (as Magnesium Oxide) 26 mg	7%
Zinc (Zinc Oxide) 3.75 mg	25%
Selenium (as Sodium Selenate) 7.5 mcg	11%
Copper (as Cupric Sulfate) 0.25 mg	13%
Manganese (as Manganese Sulfate) 0.5 mg	25%
Chromium (as Chromium Picolinate) 17.4 mcg	15%
Molybdenum (as Sodium Molybdate) 18.8 mcg	25%

L-Nutra Powder Blend 600 mg †  
Beet Root, Spinach Leaf, Tomato Fruit, Carrot Root,  
Collards Leaf, Kale Leaf.

† Daily value not established

**OTHER INGREDIENTS:** Stearic acid, microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, magnesium stearate, silicon dioxide, food-grade shellac.

# L-BAR

PROPRIETARY NUT-BASED BAR

## Nutrition Facts

Serving size 1 bar (46g)

Amount Per Serving  
**Calories 260**

	% Daily Value*
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 9g	
Includes 7g Added Sugars	<b>14%</b>

### Protein 5g

Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 3mg	15%
Potassium 190mg	4%

\* 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.

**INGREDIENTS:** Macadamias, honey, pecans, almonds, almond butter, coconut, chicory root fiber, flaxseed, coconut oil, coconut flour, sea salt, natural flavor, mixed tocopherols (vitamin E), citric acid, ascorbic acid.

**CONTAINS ALMONDS, COCONUT, MACADAMIA NUTS, PECANS.**

# L-BAR

PROPRIETARY CHOCO CRISP BAR

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 bar (23g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 3g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	5%
Potassium 100mg	2%

\* 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.

**INGREDIENTS:** chicory root fiber, almond butter, brown rice crispy, cocoa powder (natural), almonds, chocolate chips (cane sugar, unsweetened chocolate, cocoa butter), rolled oats, brown rice syrup, flaxseed oil, rice dextrin, grape juice, salt.

**CONTAINS ALMONDS.**

# KALE CRACKERS

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 packet (33g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 1.5mg	8%
Potassium 190mg	4%

\* 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.

**INGREDIENTS:** Almonds, sesame seeds, tapioca flour, chia seeds, flax seeds, sunflower oil, kale, sea salt, coconut sugar, coconut vinegar, onion, chili pepper, cumin seed, black pepper, mixed tocopherols (vitamin E), garlic, oregano, citric acid.

**CONTAINS ALMONDS, COCONUT.**

# OLIVES SEA SALT

## Nutrition Facts

Serving size 1 packet (20g)

Amount Per Serving

**Calories** **35**

% Daily Value

**Total Fat** 3.5g **4%**

Saturated Fat 0.5g **3%**

**Sodium** 220mg **10%**

**Total Carbohydrate** 0g **0%**

**Protein** 0g

Not a significant source of *trans* fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium.

**INGREDIENTS:** Olives, olive oil, sea salt, lactic acid.  
May contain pits or pit fragments.

# OLIVES GARLIC FLAVOR

## Nutrition Facts

Serving size 1 packet (20g)

Amount Per Serving

**Calories** **40**

% Daily Value

**Total Fat** 4g **5%**

Saturated Fat 1g **4%**

**Sodium** 240mg **10%**

**Total Carbohydrate** 0g **0%**

**Protein** 0g

Not a significant source of *trans* fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium.

**INGREDIENTS:** Olives, olive oil, sea salt, lactic acid, garlic, thyme.  
May contain pits or pit fragments.

# TOMATO SOUP MIX

## Nutrition Facts

Serving size 1 packet (33g)

Amount Per Serving

**Calories** **110**

% Daily Value\*

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

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

**Sodium** 650mg **28%**

**Total Carbohydrate** 25g **9%**

Dietary Fiber 4g **14%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 2g

Vitamin D 0mcg **0%**

Calcium 24mg **0%**

Iron 0mg **0%**

Potassium 340mg **8%**

\* 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.

**INGREDIENTS:** Rice flour, tomato\*, chicory root fiber, onion\*, sea salt, olive oil\* (olive oil, potato starch, rosemary extract), whole grain brown rice, yeast extract, basil\*, parsley\*. \*dried

# WHITE BEAN & SPINACH SOUP MIX

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 packet (33g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>110</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 460mg	<b>20%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 2mg	10%
Potassium 440mg	10%

\* 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.

**INGREDIENTS:** White beans\*, whole grain brown rice, rice flour, chicory root fiber, olive oil\* (olive oil, potato starch, rosemary extract), spinach leaves\*, sea salt, celery\*, onion\*, yeast extract, garlic\*. \*dried

# BLACK BEAN SOUP MIX

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 packet (33g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 320mg	6%

\* 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.

**INGREDIENTS:** Black beans\*, chicory root fiber, whole grain brown rice, rice flour, olive oil\* (olive oil, potato starch, rosemary extract), sea salt, onion\*, yeast extract, garlic\*, coriander\*, oregano\*. \*dried

# BUTTERNUT SQUASH SOUP MIX

## Nutrition Facts

Serving size 1 packet (33g)

Amount Per Serving  
**Calories 110**

% Daily Value\*

<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 790mg	<b>34%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 41mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 420mg	<b>8%</b>

\* 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.

**INGREDIENTS:** Butternut squash\*, rice flour, whole grain brown rice, chicory root fiber, sea salt, carrots\*, olive oil\* (olive oil, potato starch, rosemary extract), onion\*, yeast extract.

\*dried

# BUTTERNUT SQUASH & QUINOA SOUP MIX

## Nutrition Facts

Serving size 1 packet (33g)

Amount Per Serving  
**Calories 120**

% Daily Value\*

<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 41mg	<b>4%</b>
Iron 2mg	<b>10%</b>
Potassium 420mg	<b>8%</b>

\* 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.

**INGREDIENTS:** Butternut squash\*, quinoa, whole grain brown rice, rice flour, chicory root fiber, olive oil\* (olive oil, potato starch, rosemary extract), sea salt, onion\*, yeast extract, garlic\*, chives\*.

\* dried