

The Kroma 5-Day Reset Nutritional Insert

45 Individual Serving Sachets: **NET WT. 30.2oz (855g)**

1 OMG Cookie Butter Jar 15 Servings: **NET WT. 8.5oz (240g)**

Additional items (Limited Edition Resets only):

1 Tea Can 10 Sachets: **NET WT. 0.1oz (2.7g)**

3 Chai Latte Individual Serving Sachets: **NET WT. 0.6oz (18g)**

1 Superfood Creamer Jar 10 Servings: **NET WT. 1.8oz (50g)**

Additional items (Deluxe Resets only):

1 Tea Can 10 Sachets: **NET WT. 0.1oz (2.7g)**

Supergreens Elixir

Supplement Facts

Serving size: 1 Sachet (11g)

	Amount per Serving	%Daily Value
Calories	25	
Total Fat	0.5g	1%†
Total Carbohydrate	4g	1%†
Dietary Fiber	1g	5%†
Total Sugars	less than 1g	††
Protein	2g	3%
Vitamin A (as Beta Carotene, Retinyl Palmitate, Betatene®)	1,000mcg RAE	111%
Vitamin C (as Ascorbic Acid)	300mg	333%
Vitamin D3 (as Cholecalciferol) (VegD3®)†	20mcg (800IU)	100%
Vitamin E (as d-Alpha Tocopheryl Succinate)	14mg	93%
Vitamin K (as Phytanadione)	100mcg	83%
Thiamin (as Thiamine Hydrochloride)	4mg	333%
Riboflavin (Vitamin B2)	4mg	308%
Niacin (as Niacinamide)	20mg NE	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	8mg	471%
Folate (as 5-MTHF)	1,000mcg DFE	250%
Vitamin B12 (as Methylcobalamin)	100mcg	4,167%
Biotin	300mcg	1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	10mg	200%
Calcium	170mg	13%
Iron	100mg	556%
Phosphorus	120mg	10%
Iodine (as Kelp Stipe & Fronds*)	150mcg	100%
Magnesium (as Magnesium Citrate*, Aquamin® F*)	100mg	24%
Zinc (as Zinc Citrate)	16.5mg	150%
Selenium (as L-Selenomethionine)	80mcg	145%
Copper (as Copper Gluconate)	0.6mg	67%
Manganese (as Manganese Gluconate)	2.3mg	100%
Chromium (as Chromium Picolinate)	40mcg	114%
Potassium	300mg	6%

Superfoods – Veggies and Fruit Blend 4,200mg ††

Spirulina*, Apple Fiber*, Apple Pectin Extract, Bitter Orange Extract, Plantago Arenaria Husk*, Broccoli Stem*, Chlorella*, Carrot Root*, Cocoa Seeds Extract*, Beet Root Juice*, Kale Leaf*, Spinach Leaf*, Ginger Root*, Cauliflower Whole Plant*, Artichoke Leaf Extract*, Bilberry Extract, European Elder Berry Extract*, Black Currant Fruit Extract, Dog Rose Fruit Extract, Acai Fruit Extract*, Grape Seed Extract, Hawthorn Fruit Extract, Cranberry Concentrate*, Bacopa Leaves Extract*

Nutrient Dense Antioxidants, Minerals and Herbs 1,455mg ††

Flax Seed*, Red Algae Lithothamnion sp. Extract (Aquamin® F)*, Alpha Lipoic Acid, Echinacea Purpurea Stem Leaf and Flower*, Green Tea Leaf Extract*, Japanese Knotweed Root Extract, Sage Leaf, Milk Thistle Seed Extract*, Dandelion Root Extract*, Beta Glucans, Asian Ginseng Stem and Leaf Extract*, Aloe Vera Whole Plant Extract*, Vitamin K2 (as Menaquinone-7)

Super Mushroom and Adaptogen Mix 225mg ††

Licorice Root*, Turmeric Root Extract*, Cordyceps Mushroom Mycelia*, Chaga Mushroom Fruiting Body*, Lion's Mane Mushroom Fruiting Body*, Gotu Kola Whole Herb Extract*, Ashwagandha Root Extract*, Rhodiola Root Extract*, Turkey Tail Mushroom Fruiting Body*, Astragalus Root Extract*

Digestive Enzyme blend & Dairy Free Probiotics 105mg ††

Digeseb® Enzyme Blend (Amylase, Cellulase, Lactase, Lipase, Protease), Lactobacillus acidophilus, Coenzyme Q10

†Percent Daily Value based on a 2,000 calorie diet.

††Daily Value not established.

Other Ingredients: Chocho Plant Protein, Sunflower Lecithin*, Natural Flavors, Luo Han Guo (Monk Fruit) Extract, Citric Acid, Stevia Leaf Extract (Rebaudioside M).

24K Beef Bone Broth

Nutrition Facts

Serving size 1 Sachet (22g)

Amount/serving		%Daily Value
Calories	70	
Total Fat	0g	0%
Sodium	270mg	12%
Total Carbohydrate	3g	1%
Total Sugars	0g	
Protein	15g	0%

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

Ingredients: Beef Broth Blend (Grass-fed Beef Broth, Tapioca Starch*, Collagen, Sea Salt, Apple Cider Vinegar), Deactivated Nutritional Yeast Flakes, Red Miso (Soybeans*, Rice*, Salt), Mirepoix (Onion, Carrot, Celery, Salt, Garlic, Pepper), Tapioca Starch*, Pink Himalayan Salt, Garlic, Turmeric*, Arctic Sea Algae* (Aquamin®), Onion, Sprouted Brown Rice Protein*, Chives, Pumpkin*, Kale*, Spinach*, Sweet Potato, Carrot*, Broccoli*, Tasmanian Kelp*, Parsley Flakes, Black Pepper.

Contains Soy (Miso).

OMG Cookie Butter

Nutrition Facts

15 servings per container

Serving size 1 tbsp (16g)

Amount/serving		%Daily Value*
Calories	110	
Total Fat	9g	12%
Sat. Fat	3.5mg	18%
Sodium	25mg	1%
Total Carbohydrate	4g	1%
Dietary Fiber	2g	7%
Total Sugars	2g	
Incl. 1g Added Sugars	2%	
Protein	3g	4%
Calcium	38mg	2%
Iron	1mg	6%

Not a significant source of trans fat, cholesterol, vitamin D, and potassium.

*The % Daily Value 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: Raw Almond Butter*, Coconut Butter*, Coconut Oil*, Hemp Seeds*, Goji Berries*, Chocho Plant Protein, Coconut Palm Sugar*, Maple Sugar*, Lucuma*, Ceylon Cinnamon*, Luo Han Guo (Monk Fruit), Himalayan Pink Salt.

Contains Tree Nuts (Almonds, Coconut).

*Organic Ingredients

Distributed by Kroma Wellness, PBC / Del Mar, CA 92014

NO GLUTEN, GMOS, OR DAIRY. TESTED FOR HEAVY METALS.

Store in a cool, dry place.

24K Chicken Bone Broth

Nutrition Facts

Serving size 1 Sachet (22g)

Amount/serving		%Daily Value
Calories	80	
Total Fat	0g	0%
Sodium	170mg	7%
Total Carbohydrate	8g	3%
Total Sugars	1g	
Protein	12g	0%

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

Ingredients: Chicken Bone Broth Blend* (Chicken Bones*, Onion*, Apple Cider Vinegar*), Bovine Collagen, Deactivated Nutritional Yeast Flakes, Roasted Chicken, Red Miso (Soybeans*, Rice*, Salt), Mirepoix (Onion, Carrot, Celery, Salt, Garlic, Pepper), Tapioca Starch*, Pink Himalayan Salt, Turmeric*, Arctic Sea Algae* (Aquamin®), Garlic, Sprouted Brown Rice Protein*, Pumpkin*, Kale*, Spinach*, Sweet Potato, Carrot*, Broccoli*, Onion, Tasmanian Kelp*, Parsley Flakes, Chive Flakes, Black Pepper, Rosemary Extract.

Contains Soy (Miso).

Veggie Broth With Miso

Nutrition Facts

Serving size 1 Sachet (10g)

Amount/serving		%Daily Value
Calories	35	
Total Fat	0g	0%
Sodium	190mg	8%
Total Carbohydrate	5g	2%
Total Sugars	1g	
Protein	2g	

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

Ingredients: Vegetable Broth ([Base (Deactivated Nutritional Yeast, Red Miso*, Mirepoix (Carrot, Celery, Onion, Garlic), Tapioca Starch*)], [Flavour Blend (Pink Himalayan Salt, Brown Rice Protein*, Turmeric*, Chives, Black Pepper, Aquamin®, Tasmanian Kelp*)], [Veggie Blend (Garlic, Pumpkin*, Kale*, Spinach*, Sweet Potato, Carrot*, Broccoli, Onion)], Turmeric*.

Contains Soy (Miso).

Veggie Broth With Miso + Plant Protein

Nutrition Facts

Serving size 1 Sachet (18g)

Amount/serving		%Daily Value*
Calories	70	
Total Fat	2.5g	3%
Sodium	190mg	8%
Total Carbohydrate	7g	3%
Dietary Fiber	2g	7%
Total Sugars	1g	
Protein	7g	9%
Calcium	67mg	6%

Not a significant source of saturated fat, trans fat, cholesterol, added sugars, vitamin D, iron, and potassium.

*The % Daily Value 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: Vegetable Broth ([Base (Deactivated Nutritional Yeast, Red Miso*, Mirepoix (Carrot, Celery, Onion, Garlic), Tapioca Starch*)], [Flavour Blend (Pink Himalayan Salt, Brown Rice Protein*, Turmeric*, Chives, Black Pepper, Aquamin®, Tasmanian Kelp*)], [Veggie Blend (Garlic, Pumpkin*, Kale*, Spinach*, Sweet Potato, Carrot*, Broccoli, Onion)], Chocho Plant Protein, Turmeric*.

Contains Soy (Miso).

Cacao Banana Smoothie

Nutrition Facts

Serving size 1 Sachet (33g)

Amount/serving
Calories 150

%Daily Value*

Total Fat 6g 8%

Sat. Fat 2g 10%

Sodium 80mg 3%

Total Carbohydrate 12g 4%

Dietary Fiber 6g 21%

Total Sugars 4g

Incl. 1g Added Sugars 2%

Protein 11g 15%

Calcium 197mg 15%

Potassium 145mg 4%

Not a significant source of trans fat, cholesterol, vitamin D, and iron.

*The % Daily Value 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: Chocho Plant Protein, Cacao*, Coconut Water, Maple Sugar*, Ceylon Cinnamon*, Banana*, Luo Han Guo (Monk Fruit), Reishi*, Digestive Enzyme Blend (Amylase, Cellulase, Lactase, Lipase, Protease) (as DigeSEB®), Maca*, Ginger Extract*, Himalayan Pink Salt.

Contains Tree Nuts (Coconut).

Vanilla Cinnamon Smoothie

Nutrition Facts

Serving size 1 Sachet (27g)

Amount/serving
Calories 120

%Daily Value*

Total Fat 5g 6%

Sat. Fat 1.5g 8%

Sodium 35mg 2%

Total Carbohydrate 10g 4%

Dietary Fiber 5g 18%

Total Sugars 3g

Protein 9g 13%

Calcium 164mg 15%

Potassium 160mg 4%

Iron 1mg 6%

Not a significant source of trans fat, cholesterol, added sugars, and vitamin D.

*The % Daily Value 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: Chocho Plant Protein, Coconut Milk*, Coconut Water, Ceylon Cinnamon*, Lucuma*, Coconut Sugar*, Luo Han Guo (Monk Fruit), Reishi*, Maple Sugar*, Vanilla Bean Ground*, Digestive Enzyme Blend (Amylase, Cellulase, Lactase, Lipase, Protease) (as DigeSEB®), Vanilla Extract, Cordyceps*, Mesquite*, Ginger Extract*, Himalayan Pink Salt.

Contains Tree Nuts (Coconut).

Blueberry Açai Smoothie

Nutrition Facts

Serving size 1 Sachet (27g)

Amount/serving
Calories 120

%Daily Value*

Total Fat 4.5g 6%

Sat. Fat 1g 5%

Sodium 0mg 0%

Total Carbohydrate 10g 4%

Dietary Fiber 4g 14%

Total Sugars 4g

Incl. 2g Added Sugars 4%

Protein 10g 14%

Calcium 164mg 15%

Not a significant source of trans fat, cholesterol, vitamin D, iron, and potassium.

*The % Daily Value 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: Chocho Plant Protein, Blueberry, Maple Sugar*, Luo Han Guo (Monk Fruit), Digestive Enzyme Blend (Amylase, Cellulase, Lactase, Lipase, Protease) (as DigeSEB®), Goji, Acerola*, Acai*, Camu Camu*, Tart Cherry*.

Super Porridge

Nutrition Facts

Serving size 1 Sachet (52g)

Amount/serving
Calories 260

%Daily Value*

Total Fat 17g 22%

Saturated Fat 2.5g 13%

Sodium 150mg 7%

Total Carbohydrate 20g 7%

Dietary Fiber 7g 25%

Total Sugars 6g

Incl. 2g Added Sugar 4%

Protein 10g 14%

Calcium 97mg 8%

Iron 3mg 15%

Potassium 239mg 6%

Not a significant source of trans fat, cholesterol, and vitamin D.

*The % Daily Value 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: Almond Meal, Sunflower Seeds*, Hemp Seeds*, Coconut Flour*, Chocho Plant Protein, Rolled Oats*, Goji Berries*, Pecan Meal, Walnut Meal, Flaxseed Meal*, Oat Flour*, Coconut Palm Sugar*, Ceylon Cinnamon*, Maple Sugar*, Luo Han Guo (Monk Fruit), Himalayan Pink Salt.

Contains Tree Nuts (Almond, Coconut, Pecan, Walnut).

Spicy Passion Latte

Nutrition Facts

Serving size 1 Sachet (11g)

Amount/serving
Calories 45

%Daily Value*

Total Fat 1g 1%

Sat. Fat 0.5g 3%

Sodium 80mg 3%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 7%

Total Sugars 3g

Incl. 2g Added Sugars 4%

Protein 1g

Calcium 17mg 2%

Potassium 118mg 2%

Not a significant source of trans fat, cholesterol, vitamin D, and iron.

*The % Daily Value 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: Cacao*, Lucuma*, Goji, Maca*, Mesquite*, Luo Han Guo (Monk Fruit), Reishi*, Maple Sugar*, Pumpkin Pie Spice* (Cinnamon*), Ginger*, Allspice*, Cloves*, Nutmeg*), Ashwagandha*, Chaga*, Cordyceps*, Himalayan Pink Salt, Ceylon Cinnamon*, Ginger Extract*, Natural Flavor, Cayenne Pepper*.

Beauty Matcha Latte

Nutrition Facts

Serving size 1 Sachet (17g)

Amount/serving
Calories 60

%Daily Value*

Total Fat 0g 0%

Sodium 100mg 4%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Total Sugars 2g

Incl. 2g Added Sugars 4%

Protein 11g 0%

Potassium 84mg 2%

Not a significant source of saturated fat, trans fat, cholesterol, vitamin D, calcium, and iron.

*The % Daily Value 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: Bovine Collagen, Ceremonial Grade Matcha*, Turmeric Root Extract*, Ginger Extract*, Luo Han Guo (Monk Fruit), Beauty Mushrooms Blend (Chaga*, Cordyceps*, Maitake*, Antrodia*, Turkey Tail*, King Trumpet*), Maple Sugar*, Goji*, Maca*, Himalayan Pink Salt.

Ultimate Vitality Latte

Nutrition Facts

Serving size 1 Sachet (18g)

Amount/serving
Calories 90

%Daily Value*

Total Fat 5g 6%

Sat. Fat 5g 25%

Sodium 25mg 1%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 7%

Total Sugars 3g

Incl. 3g Added Sugars 6%

Protein 1g

Potassium 71mg 2%

Not a significant source of trans fat, cholesterol, vitamin D, calcium, and iron.

*The % Daily Value 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: Coconut Milk*, Turmeric Extract*, Ginger Extract*, Reishi*, Maple Sugar*, Black Pepper*, Ceylon Cinnamon*, Anrodia*, Turkey Tail*, Nutmeg*, Cardamom*.

Contains Tree Nuts (Coconut).

Change Your Life Chai Latte (Ltd. Edition)

Nutrition Facts

Serving size 1 Sachet (6g)

Amount/serving
Calories 15

%Daily Value*

Total Fat 0g 0%

Sodium 0mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 2g

Incl. 1g Added Sugars 2%

Protein 0g

Not a significant source of trans fat, saturated fat, cholesterol, vitamin D, calcium, iron, and potassium.

*The % Daily Value 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: Masala Chai (Black Tea Extract, Spices*), Maple Sugar*, Cordyceps*, Reishi*, Luo Han Guo (Monk Fruit), Ashwagandha*, Turmeric*, Vanilla Extract.

Superfood Creamer (Ltd. Edition)

Nutrition Facts

10 servings per container

Serving size 1 tsp (5g)

Amount/serving
Calories 25

%Daily Value*

Total Fat 2g 3%

Sat. Fat 2g 10%

Sodium 0mg 0%

Total Carbohydrate 3g 1%

Total Sugars 1g

Protein 0g

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

Ingredients: Coconut Milk*, MCT Oil*, Acacia Gum*, Coconut Nectar*.

Contains Tree Nuts (Coconut).

Calming + Restore Magnesium

Supplement Facts

Serving size: 1 Sachet (4g)

Amount/serving
Calories 5

%Daily Value*

Magnesium 310mg 74%

(from Magnesium Gluconate, Magnesium Citrate, Magnesium Acetyl Taurinate)

Prebiotic + Mental Function Blend 1.1g †

Jerusalem Artichoke Inulin Root Powder*, L-Theanine

†Daily Value not established.

Other Ingredients: Natural Flavors, Citric Acid, Luo Han Guo (Monk Fruit), Beet Juice (Color), Purple Carrot Juice (Color).

Recipe ideas



Do not participate in or consume these products or contents if you are pregnant, nursing, or have an underlying health condition or food-related allergies. Consult your doctor before participating if you are under the age of 18. Kroma's 5-Day Reset and products contain allergens such as Tree Nuts (Almond, Coconut, Pecan, Walnut), Soy and Oats. Kroma products are manufactured in facilities that process other food allergens such as milk, eggs, fish, shellfish, peanuts (including peanut oil), and wheat and products containing gluten. Please be advised that cross contamination may occur. THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Cranberry Hydration Elixir

Supplement Facts	Amount / Serving	%Daily Value	Amount / Serving	%Daily Value	Amount / Serving	%Daily Value
Serving size: 1 Sachet (6g)	Calories 30		Vitamin C 14mg	16%	Hydration blend 5,263mg	††
†Percent Daily Value based on a 2,000 calorie diet.	Total Carbohydrate 4g	2%†	Magnesium 40mg	10%	Coconut Water, Cranberry Concentrate*, Ginger Rhizomes Extract*, Cayenne Pepper Fruit*	
††Daily Value not established.	Total Sugars 3g	††	(as Aquamin® MgAG)			
	Incl. 0g Added Sugars	0%†	Sodium 25mg	1%		
			Potassium 180mg	4%		

Other Ingredients: Citric Acid, Himalayan Pink Salt, Stevia Leaf Extract (Rebaudioside M), Thiamine Hydrochloride, Riboflavin.

Contains Tree Nuts (Coconut).