

Nutritional Profile

Nutrition Facts

1 servings per container

Serving size 1 Pouch (104.5g)

Amount Per Serving

Calories 500

% Daily Value*

Total Fat 25g 32%

Saturated Fat 2.9g 15%

Trans Fat 0g

Polyunsaturated Fat 9.7g

Monounsaturated Fat 12.4g

Cholesterol 0mg 0%

Sodium 430mg 19%

Total Carbohydrate 50g 18%

Dietary Fiber 11g 39%

Total Sugars 16g

Includes 8g Added Sugars 16%

Sugar Alcohol 0g

Protein 29g 58%

Vitamin D 5mcg 25%

Calcium 325mg 25%

Iron 4.5mg 25%

Potassium 1175mg 25%

Vitamin A 25%

Vitamin E 25%

Vitamin K 25%

Thiamin 25%

Riboflavin 25%

Niacin 25%

Vitamin B6 25%

Folate 100mcg DFE 25%
(25mcg folic acid)

Vitamin B12 25%

Biotin 25%

Pantothenic Acid 25%

Phosphorus 25%

Iodine 25%

Magnesium 25%

Zinc 25%

Selenium 25%

Copper 25%

Manganese 25%

Chromium 25%

Molybdenum 25%

Chloride 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.

Ingredients: Flaxseed (micro-milled), Brown Rice Protein, Brown Rice Milk Powder, Sunflower Oil Powder (Sunflower oil, Tapioca flour), Brown Rice Sugar, Raspberry Powder, Banana Powder, Mango Powder, Vitamin and Mineral Blend, Natural Raspberry Flavor.

Serving Suggestion: Fill a water bottle with 500mL of cold water. Empty the full Tudo package into the bottle, seal, and shake vigorously for 20 seconds until fully mixed. You can adjust the volume of water depending on your desire for a thicker (less water) or thinner (more water) consistency.

Health Guidance: Children, women who are pregnant, nursing, or may become pregnant should consult their doctor before consuming Tudo.

Manufactured for Tudo Worldwide Inc. in Fredericton, Canada.

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