

Nutritional Profile

Nutrition Facts

1 servings per container
Serving size 1 Package (110.5g)

Amount Per Serving
Calories 500

	% Daily Value*
Total Fat 25g	32%
Saturated Fat 0.87g	4%
Trans Fat 0g	
Polyunsaturated Fat 0.97g	
Monounsaturated Fat 23.22g	
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 50g	18%
Dietary Fiber 11g	38%
Total Sugars 16g	
Includes 8g Added Sugars	16%
Protein 29g	
Vitamin D 5mcg	25%
Calcium 325mg	25%
Iron 4.5mg	25%
Potassium 1175mg	25%
Vitamin A	25%
Vitamin C	25%
Vitamin K	25%
Thiamin	25%
Riboflavin	25%
Niacin	25%
Vitamin B6	25%
Folate	25%
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), Rice Protein, Brown Rice Milk Powder, Sunflower Oil Powder (Sunflower oil, Tapioca flour), Brown Rice Sugar, Banana Powder, Raspberry Powder, Mango Powder, Vitamin and Mineral Blend.

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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