

ripple®

PLANT-BASED MILK

RIPPLE MILK

REFRIGERATED & ON-THE-GO
MILK COMPARISON



Nutrition Facts

6 servings per container	
Serving size	1 cup (240mL)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber <1g	0%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 8g	11%
Vit. D 5mcg	25%
Calc. 440mg	30%
Iron 1.6mg	8%
Potas. 380mg	8%
Vit. A 90mcg	10%
Vit. B12 2.5mcg	100%

INGREDIENTS: WATER, PEA PROTEIN BLEND (WATER, PEA PROTEIN), CANE SUGAR, VEGETABLE OIL (SUNFLOWER, SAFFLOWER, OR CANOLA OIL), CONTAINS LESS THAN 1% OF VITAMIN A PALMITATE, VITAMIN D2, VITAMIN B12, TRICALCIUM PHOSPHATE, DIPOTASSIUM PHOSPHATE, SUNFLOWER LECITHIN, NATURAL FLAVOR, SEA SALT, GUM ARABIC, GUAR GUM, GELLAN GUM.



Nutrition Facts

4 servings per container	
Serving size	1 carton (236mL)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carb. 7g	3%
Dietary Fiber <1g	0%
Total Sugars 6g	
Incl. 6g Added Sugars	12%
Protein 8g	11%
Vitamin D 5mcg	25%
Calcium 440mg	30%
Iron 2mg	8%
Potassium 414mg	8%
Vitamin A 150mcg	15%
Riboflavin 0.48mg	35%
Vitamin B12 1.1mcg	45%
Phosphorus 515mg	40%
Magnesium 24mg	6%

INGREDIENTS: WATER, PEA PROTEIN BLEND (WATER, PEA PROTEIN), CANE SUGAR, VEGETABLE OIL (SUNFLOWER, SAFFLOWER, OR CANOLA OIL), CONTAINS LESS THAN 1% OF VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN, VITAMIN B12, MAGNESIUM CITRATE, TRICALCIUM PHOSPHATE, DIPOTASSIUM PHOSPHATE, GUM ARABIC, SEA SALT, MIXED TOCOPHEROLS (TO PRESERVE FRESHNESS), SUNFLOWER LECITHIN, NATURAL FLAVOR, GUAR GUM, GELLAN GUM.



Nutrition Facts

6 servings per container	
Serving size	1 cup (240mL)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 13g	5%
Dietary Fiber <1g	0%
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 8g	11%
Vit. D 5mcg	25%
Calc. 440mg	30%
Iron 2.8mg	15%
Potas. 530mg	10%
Vit. A 90 mcg	10%
Vit. B12 2.5mcg	100%

INGREDIENTS: WATER, PEA PROTEIN BLEND (WATER, PEA PROTEIN), CANE SUGAR, VEGETABLE OIL (SUNFLOWER, SAFFLOWER, OR CANOLA OIL), CONTAINS LESS THAN 1% OF VANILLA EXTRACT, VITAMIN A PALMITATE, VITAMIN D2, VITAMIN B12, TRICALCIUM PHOSPHATE, DIPOTASSIUM PHOSPHATE, SUNFLOWER LECITHIN, NATURAL FLAVOR, SEA SALT, GUM ARABIC, GUAR GUM, GELLAN GUM.



Nutrition Facts

4 servings per container	
Serving size	1 carton (236mL)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carb. 16g	6%
Dietary Fiber <1g	0%
Total Sugars 15g	
Incl. 15g Added Sugars	30%
Protein 8g	11%
Vitamin D 5mcg	25%
Calcium 440mg	30%
Iron 2mg	8%
Potassium 419mg	8%
Vitamin A 150mcg	15%
Riboflavin 0.48mg	35%
Vitamin B12 1.1mcg	45%
Phosphorus 545mg	45%
Magnesium 24mg	6%

INGREDIENTS: WATER, PEA PROTEIN BLEND (WATER, PEA PROTEIN), CANE SUGAR, VEGETABLE OIL (SUNFLOWER, SAFFLOWER, OR CANOLA OIL), CONTAINS LESS THAN 1% OF VANILLA EXTRACT, VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN, VITAMIN B12, MAGNESIUM CITRATE, TRICALCIUM PHOSPHATE, DIPOTASSIUM PHOSPHATE, GUM ARABIC, SEA SALT, MIXED TOCOPHEROLS (TO PRESERVE FRESHNESS), SUNFLOWER LECITHIN, NATURAL FLAVOR, GUAR GUM, GELLAN GUM.



Nutrition Facts

6 servings per container	
Serving size	1 cup (240mL)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 15g	
Includes 15g Added Sugars	30%
Protein 8g	11%
Vit. D 5mcg	25%
Calc. 440mg	30%
Iron 2.4mg	15%
Potas. 480mg	10%
Vit. A 90mcg	10%
Vit. B12 2.5mcg	100%

INGREDIENTS: WATER, PEA PROTEIN BLEND (WATER, PEA PROTEIN), CANE SUGAR, VEGETABLE OIL (SUNFLOWER, SAFFLOWER, OR CANOLA OIL), ALKALIZED COCOA POWDER, CONTAINS LESS THAN 1% OF VITAMIN A PALMITATE, VITAMIN D2, VITAMIN B12, TRICALCIUM PHOSPHATE, DIPOTASSIUM PHOSPHATE, SUNFLOWER LECITHIN, NATURAL FLAVOR, SEA SALT, GUM ARABIC, GUAR GUM, GELLAN GUM.



Nutrition Facts

4 servings per container	
Serving size	1 carton (236mL)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carb. 17g	6%
Dietary Fiber 1g	4%
Total Sugars 15g	
Incl. 15g Added Sugars	30%
Protein 8g	11%
Vitamin D 5mcg	25%
Calcium 440mg	30%
Iron 2mg	10%
Potassium 477mg	10%
Vitamin A 150mcg	15%
Riboflavin 0.48mg	35%
Vitamin B12 1.1mcg	45%
Phosphorus 510mg	40%
Magnesium 30mg	6%

INGREDIENTS: WATER, PEA PROTEIN BLEND (WATER, PEA PROTEIN), CANE SUGAR, VEGETABLE OIL (SUNFLOWER, SAFFLOWER, OR CANOLA OIL), ALKALIZED COCOA, CONTAINS LESS THAN 1% OF VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN, VITAMIN B12, MAGNESIUM CITRATE, TRICALCIUM PHOSPHATE, DIPOTASSIUM PHOSPHATE, GUM ARABIC, SEA SALT, MIXED TOCOPHEROLS (TO PRESERVE FRESHNESS), SUNFLOWER LECITHIN, NATURAL FLAVOR, GUAR GUM, GELLAN GUM.

ripple®

PLANT-BASED MILK

RIPPLE MILK

REFRIGERATED & ON-THE-GO
MILK COMPARISON



Nutrition Facts			
6 servings per container			
Serving size		1 cup (240mL)	
Calories		Age 4+ Years	Age 1-3 Years
		140	140
		% DV*	% DV**
Total Fat	8g	10%	21%
Saturated Fat	1g	5%	10%
Trans Fat	0g		
Polyunsaturated Fat	5g		
Monounsaturated Fat	2g		
Cholesterol	0mg	0%	0%
Sodium	120mg	5%	8%
Total Carb.	8g	3%	5%
Dietary Fiber	2g	7%	14%
Total Sugars	5g		
Included Added Sugars	5g	10%	20%
Protein	8g	12%	48%
Vitamin D	5mcg	25%	35%
Calcium	455mg	35%	60%
Iron	2mg	8%	25%
Potassium	423mg	8%	15%
Vitamin A	90mcg	10%	30%
Riboflavin	0.48mg	35%	90%
Vitamin B12	1.1mcg	45%	120%
Phosphorus	530mg	40%	115%
Magnesium	24mg	6%	30%
Choline	55mg	10%	30%

*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.
**The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, PEA PROTEIN BLEND (WATER, PEA PROTEIN), VEGETABLE OIL (SUNFLOWER, SAFFLOWER, OR CANOLA OIL), CANE SUGAR, CONTAINS LESS THAN 1% OF SOLUBLE CORN FIBER, MAGNESIUM CITRATE, RIBOFLAVIN, VITAMIN B12, DHA ALGAL OIL, CHOLINE BITARTRATE, VITAMIN A PALMITATE, VITAMIN D2, DIPOTASSIUM PHOSPHATE, TRICALCIUM PHOSPHATE, SUNFLOWER LECITHIN, SEA SALT, NATURAL FLAVOR, GUM ARABIC, GUAR GUM, GELLAN GUM, WITH ROSEMARY EXTRACT, MIXED TOCOPHEROLS, AND ASCORBYL PALMITATE TO PRESERVE FRESHNESS.



Nutrition Facts	
4 servings per container	
Serving size 1 carton (236mL)	
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 6g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carb. 8g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	
Incl. 5g Added Sugars	10%
Protein 8g	12%
Vitamin D 5mcg	25%
Calcium 455mg	35%
Iron 2mg	8%
Potassium 419mg	8%
Vitamin A 150mcg	15%
Riboflavin 0.48mg	35%
Vitamin B12 1.1mcg	45%
Phosphorus 539mg	45%
Magnesium 24mg	6%
Choline 55mg	10%

*The % Daily Values tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, PEA PROTEIN BLEND (WATER, PEA PROTEIN), SUNFLOWER OIL, CANE SUGAR, CONTAINS LESS THAN 1% OF SOLUBLE CORN FIBER, MAGNESIUM CITRATE, RIBOFLAVIN, VITAMIN B12, DHA ALGAL OIL, CHOLINE BITARTRATE, VITAMIN A PALMITATE, VITAMIN D2, DIPOTASSIUM PHOSPHATE, TRICALCIUM PHOSPHATE, SEA SALT, NATURAL FLAVOR, GUM ARABIC, GUAR GUM, GELLAN GUM, WITH MIXED TOCOPHEROLS, ASCORBYL PALMITATE, AND SODIUM ASCORBATE TO PRESERVE FRESHNESS.