

Directions: Mix 1 level scoop in 250ml of water (coconut water included). Delicious with unsweetened almond milk.

NUTRITION INFORMATION

RAW ORGANIC PLANT BASED NUTRITIONAL SHAKE WITH SUGARS, VITAMINS AND MINERALS.

One 37 g scoop per serving. Approximately 14 servings per container.

TYPICAL VALUES	PER 100g	PER SERVING	% RI PER SERVING
Energy	1470 kJ	544 kJ	12%
	351 kcal	130 kcal	12%
Fat	4 g	2 g	2%
of which:			
Saturates	0 g	0 g	0%
Carbohydrate	35 g	13 g	5%
of which:			
Sugars	16 g	6 g	7%
Fibre	19 g	7 g	+
Protein	54 g	20 g	40%
Salt	0.4 g	0.1 g	2%
Vitamin A*	811 µg	300 µg	38%
Vitamin D*	14 µg	5 µg	100%
Vitamin E*	27 mg	10 mg	84%
Vitamin K*	108 µg	40 µg	53%
Vitamin C*	41 mg	15 mg	19%
Thiamin*	2 mg	0.8 mg	68%
Riboflavin*	2.3 mg	0.9 mg	61%
Niacin*	27 mg	10 mg	63%
Vitamin B6*	3 mg	1 mg	71%
Folate*	270 µg	100 µg	50%
Vitamin B12*	16 µg	6 µg	240%
Biotin*	81 µg	30 µg	60%
Pantothenic Acid*	14 mg	5 mg	83%
Zinc*	6 mg	2.3 mg	23%
Manganese**	0.8 mg	0.3 mg	15%
Selenium**	57 µg	21 µg	38%
Chromium*	195 µg	72 µg	180%

Reference Intake of Average Adult (8400 kJ/2000 kcal)

+ Reference Intake (RI) not established.

*RAW Food-Created Nutrients**

**Naturally Occurring

Store in a cool, dry place. Keep out of reach of children. Do not use if safety seal is broken or missing. Do not use as a substitute for a varied and balanced diet and a healthy lifestyle. For allergens, see ingredients in **bold**.

Manufactured in a facility that also processes egg, milk, soya and tree nuts.

INGREDIENTS: Raw Organic Protein Blend

(63%): Organic Pea Protein, Organic Sprouted Brown Rice Protein, Organic Amaranth (sprout), Organic Buckwheat (sprout), Organic Millet (pearl & sprout), Organic Quinoa (sprout), Organic Chia Seed (sprout), Organic Aduzuki Bean (sprout), Organic Flax Seed (sprout), Organic Garbanzo Bean (sprout), Organic Lentil (sprout), Organic Pumpkin Seed (sprout), **Organic Sesame Seed (sprout)**, Organic Sunflower Seed (sprout), **Raw Organic Fibre Blend (18%)**: Organic Tapioca Fibre, Organic Chia Seed, Organic Flax Meal, **Organic Flavour Blend (15%)**: Organic Cane Sugar, Organic Vanilla Flavour, **Raw Organic Fruit & Vegetable Blend (2%)**: Organic Spinach (leaf), Organic Baobab (fruit), Organic Apple (fruit), Organic Beet (root), Organic Broccoli (stalk & flower), Organic Carrot (root), Organic Tomato (fruit), Organic Green Bell Pepper (fruit), Organic Brussels Sprout (leaf), Organic Ginger (root), Organic Garlic (bulb), Organic Onion (bulb), Organic Strawberry (fruit), Organic Cherry (fruit), Organic Parsley (leaf), Organic Cauliflower (flower & stem), Organic Blackberry (fruit), Organic Cabbage (leaf), Organic Blueberry (fruit), Organic Raspberry (fruit), Organic Kale (leaf), Organic Cucumber (gourd), **Organic Celery (stalk)**, Organic Asparagus (flower & stem), **Raw Organic Greens Blend (1%)**: Organic Alfalfa Grass Juice, Organic Spirulina, **Organic Barley Grass Juice, Organic Oat Grass Juice, Organic Wheat Grass Juice, Raw Live Bacteria & Enzyme Blend (<1%)**: Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Peptidase, Pectinase, Xylanase, Hemicellulase, [*Lactobacillus plantarum*, *Lactobacillus bulgaricus*] 1.5 Billion CFU

Made in the U.S.A. from foods grown in the U.S.A. and other countries.

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