

# NUTRITION INFORMATION

**RAW ORGANIC PLANT BASED VANILLA PROTEIN POWDER FOR DIET AND EXERCISE SUPPORT WITH SWEETENERS, VITAMINS AND MINERALS.**

One 46g scoop per serving

Approximately 10 servings per container

TYPICAL VALUES	PER 100g	PER SERVING	% RI PER SERVING
Energy	1546 kJ	711 kJ	8%
	370 kcal	170 kcal	9%
Fat	4 g	2 g	3%
of which:			
Saturates	0 g	0 g	0%
Carbohydrate	26 g	12 g	5%
of which:			
Sugars	<1 g	<1 g	<1%
Fibre	20 g	9 g	+
Protein	61 g	28 g	56%
Salt	0.3 g	0.2 g	3%
Vitamin A <sup>1</sup>	1957 µg	900 µg	113%
Vitamin D <sup>1</sup>	54 µg	25 µg	500%
Vitamin E <sup>1</sup>	44 mg	20 mg	168%
Vitamin K <sup>1</sup>	174 µg	80 µg	107%
Calcium**	435 mg	200 mg	25%
Magnesium**	152 mg	70 mg	19%
Iron**	6 mg	3 mg	19%
Chromium**	261 µg	120 µg	300%

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

+ Reference Intake (RI) not established.

## TYPICAL AMINO ACID PROFILE

(Per 46g Serving)

ALANINE	1420 mg
ARGININE	2370 mg
ASPARTIC ACID	3080 mg
CYSTINE	340 mg
GLUTAMIC ACID	4710 mg
GLYCINE	1220 mg
HISTIDINE	670 mg
ISOLEUCINE**	1340 mg
LEUCINE**	2340 mg
LYSINE*	1780 mg
METHIONINE*	450 mg
PHENYLALANINE*	1540 mg
PROLINE	1290 mg
SERINE	1490 mg
THREONINE*	980 mg
TRYPTOPHAN*	290 mg
TYROSINE	1220 mg
VALINE**	1440 mg

\*Essential Amino Acids

\*\*Branched Chain Amino Acids

**Directions:** Mix 1 level scoop in 300ml of water (scoop included). Delicious with unsweetened almond milk. Not intended for children.

### INGREDIENTS:

**Raw Certified Organic Protein Blend (89%):** Organic Pea Protein, Organic Sprouted Brown Rice Protein, Organic Tapioca Fibre, Organic Chia Seed & Sprout, Organic Flax Seed & Sprout, Organic Cracked-Wall Chlorella, Organic Amaranth Sprout, Organic Quinoa Sprout, Organic Millet Sprout, Organic Buckwheat Sprout, Organic Garbanzo Bean Sprout, Organic Lentil Sprout, Organic Adzuki Bean Sprout, Organic Sunflower Seed Sprout, Organic Pumpkin Seed Sprout, **Organic Sesame Seed Sprout**

**Diet & Exercise Support Blend (2%):** Raw Organic Svetol® (Naturally Decaffeinated Green Coffee Bean Extract), Raw Organic Ashwagandha

**Superfood Blend (1%):** Organic Baobab Fruit, Organic Cinnamon, Organic Daikon Radish Sprout, Organic Alfalfa Sprout

**Raw Live Bacteria & Enzyme Blend (<1%):** [*Lactobacillus acidophilus*, *Lactobacillus plantarum*] (3 Billion CFU), Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Peptidase, Pectinase, Hemicellulase, Xylanase

**Organic Flavour Blend (8%):** Organic vanilla flavouring, Sweeteners (organic erythritol (E968), organic stevia extract (leaf) (E960), sea salt, organic chai flavour.

\*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.

Packaged by weight not volume. Settling may occur.

**CAUTION:** Consult with your healthcare practitioner before starting any new fitness program, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision. This product is not intended for use by children.



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