

FRUITS, VEGETABLES, LEGUMES, SEEDS,
ANCIENT GRAIN... KISSED BY THE SUN,
NURTURED BY THE RAIN, EMBRACED
BY THE EARTH... THE SOURCE OF WELL-
BEING AS NATURE INTENDED.



GREAT TASTE | MIXES SMOOTHLY

Spoonfuls

VEGAN PROTEIN NUTRITIONAL SHAKE

Not only are plants a great source of nutrition...they can also be a great source of protein. Protein doesn't have to come from animals (grazing cows can be thankful for that) it can just as easily come from the earth. When sourced that way, earth-harvested plant protein can give you all the protein you need while being more sustainable than animal protein, environmentally-conscious and non-gmo...all with a friendly carbon footprint. When eating a healthier diet (or at least trying)...adding a vegan protein can be a great addition to your day. It's great-tasting nutrition at 160 calories without high levels of fat. Nutritious, plant-harvested, protein...vital nutrients...fruit, vegetable and green concentrates...probiotics, digestive enzymes, flaxseed EFA, plus all the goodness of ayurvedic botanicals. That's the broad-spectrum nutrition you get in every Solgar® Spoonfuls.

MIXED
BERRY
FLAVOR



EACH SERVING CONTAINS:

20 grams of complete plant protein

Excellent source of fiber

4 Billion CFU** - live unique IS-2™ probiotic

4,000 Spectra™ ORAC antioxidant activity

100% of DV of 15 key vitamins & minerals

Dietary Supplement
10 - 1.4 oz. (42g) Packets
Net Weight 14 oz. (418g)

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

SOLGAR® SPOONFULS BROAD-SPECTRUM NUTRITION:

- Plant-sourced multi-protein blend derived from peas, brown rice, hemp seed and pumpkin - excellent source of protein
- Unique greens blend including concentrates of Chlorella (cracked cell wall), Barley Grass, Spirulina, Alfalfa Juice Powder, Dandelion Leaf and Watercress
- A broad spectrum of Spectra™ ORAC blend comprised of over 25 fruit, vegetable, botanical and phytonutrient concentrates and extracts that help neutralize body-cell-damaging free radicals. The ingredients within Spectra™ ORAC are active against the five major types of free radicals in the body.
- Unique digestive Enzyme Blend containing Papain and Bromelain
- Energy supporting B-Vitamins, which aid in the conversion of food into energy
- Vita-Shine D3™ Unique, vegan lichen-sourced cholecalciferol
- 100% Daily Value of 15 key vitamins and minerals, including Vitamin C as proprietary Ester-C®
- Accented with traditional Indian botanicals from the ancient system of Ayurvedic health practices

Excellent source of fiber

4 Billion CFU** of Unique IS-2™ probiotic

Solgar® Spoonfuls makes it easy to add a plant-based source of protein to your diet every day. One serving a day gives you 20 grams of protein plus whole food and plant-based concentrates, nutrients and a rich complement of essential vitamins. With Spoonfuls, you can take your protein...your way. One serving in the morning...is a great way to start your day. Not in the mood for a morning shake?...top off your yogurt with a sprinkle of Solgar® Spoonfuls. Then, add the rest to your almond milk at lunch...you can even add it to a water bottle and take it on the go. Easy-mixing Spoonfuls gives you great-tasting protein plus a full complement of nutrition where and when you want it. AM or PM, with Spoonfuls from Solgar you get wholesome, dairy-free protein anyway you like it. Spoonfuls of earth-harvested plant protein never tasted so good...and was never so easy.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Ester-C® and Ester-C® are registered trademarks of The Ester-C Company. U.S. Patent Nos. 6,892,744 and 6,197,813.

**Date of manufacture

SUGGESTED USE: For adults, mix one (1) packet (42g) in 12 ounces of your favorite non-dairy beverage of choice and blend or shake vigorously once daily. May also be blended with fresh fruit.

SUPPLEMENT FACTS

Serving Size: 1 packet (42g)
Servings Per Container: 10

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories 160		Selenium (as Selenium Glycinate Complex) 70 mcg	100%
Calories from Fat 25		Copper (as Copper Bisglycinate Chelate) 2 mg	100%
Total Fat 3 g	5%***	Manganese (as Manganese Bisglycinate Chelate) 2 mg	100%
Saturated Fat 1 g	5%***	Chromium (as Chromium Yeast) 120 mcg	100%
Cholesterol <5 mg	2%	Molybdenum (as Molybdenum Glycinate Chelate) 75 mcg	100%
Total Carbohydrate 13 g	4%***	Sodium 200 mg	8%
Dietary Fiber 7 g	28%***	Potassium (as Potassium Phosphate, Potassium Iodide) 200 mg	6%
Sugars <1 g	***	Complete Protein Blend 30 g	***
Protein 20 g	30%***	Pea Protein Isolate, Brown Rice Protein, Hemp Seed Protein, Pumpkin Seed Protein	
Vitamin A (as Retinyl Palmitate) 5,000 IU	100%	Omega-3 EFA Blend Flaxseed Powder 4 g	***
Vitamin C (as Ester-C® Calcium Ascorbate) 60 mg	100%	Greens Blend 1,550 mg	***
Vitamin D3 (as Cholecalciferol from Lichen) 400 IU	100%	Chlorella Powder (Cracked Cell Wall), Barley Grass, Spirulina, Alfalfa Juice Powder, Dandelion Leaf Powder, Watercress Powder	
Vitamin E (as d-Alpha Tocopherol) 10 IU	93%	Spectra™ ORAC 4,000	100 mg
Vitamin K (as Phytonadione) 50 mcg	53%	Green Coffee Extract, Green Tea Extract, Barley Sprout Concentrate, Onion Extract, Apple Extract, Acerola Extract, Camu Camu Concentrate, Quercetin, Turmeric Concentrate, Boswellia Concentrate, Acai Concentrate, Turmeric Concentrate, Garlic Concentrate, Basil Concentrate, Oregano Concentrate, Cinnamon Concentrate, Camellia Concentrate, Elderberry Concentrate, Mangosteen Concentrate, Black Currant Extract, Blueberry Extract, Sweet Cherry Concentrate, Blackberry Concentrate, Chokeberry Concentrate, Raspberry Concentrate, Spinach Concentrate, Kale Concentrate, Bilberry Extract, Brussels Sprout Concentrate	
Thiamin (Vitamin B1) (as Thiamin Hydrochloride) 1.5 mg	100%	Unique IS-2™ 4 Billion CFU	***
Riboflavin (Vitamin B2) 1.7 mg	100%	(Bacillus Coagulans IS-2™)	
Niacin (as Nicotinic Acid) 20 mg	100%	Ashwagandha Extract 100 mg	***
Vitamin B6 (as Pyridoxine Hydrochloride) 2 mg	100%	1.5% Withania	
Folic Acid 400 mcg	100%	(Withania somnifera) (leaf and root)	
Vitamin B12 (as Cyanocobalamin) 6 mcg	100%	Bacopa Extract (Bacopa monnieri L.) (series) 100 mg	***
Biotin 150 mcg	50%	Digestive Enzyme Blend 15 mg	***
Pantothenic Acid (as d-Calcium Pantothenate) 10 mg	100%	Papain, Bromelain	
Calcium (as Tricalcium Phosphate) 200 mg	20%		
Iron (as Ferric Glycinate) 9 mg	50%		
Phosphorus (as Potassium Phosphate, Tricalcium Phosphate) 250 mg	25%		
Iodine (as Potassium Iodide) 80 mcg	53%		
Magnesium (as Magnesium Bisglycinate Chelate) 40 mg	10%		
Zinc (as Zinc Bisglycinate Chelate) 7.5 mg	50%		

Percent Daily Values (DV) are based on a 2,000 calorie diet
***Daily Value (DV) not established

Other Ingredients: Soluble Corn Fiber, Natural Flavors, Inulin, Gum Blend (Organic Gum Acacia, Organic Guar Gum, Xanthan Gum), Maltodextrin, Stevia.

FREE OF: Gluten, Wheat, Dairy, Soy, Artificial Flavor and Color.

Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your healthcare practitioner before taking any dietary supplement. Avoid this product if you are allergic to yeast, ragweed or dairy-like flowers. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not produced for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if torn or damaged.

WARNING: This product contains a chemical known to the state of California to cause birth defects or other reproductive harm.

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Product of Canada

Carefully Manufactured for:

Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07065 U.S.A.

For more information, call toll-free
1-877-SOLGAR-4, www.solgar.com

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