

**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

**VANILLA
CHAI**
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. (41g) Packets
Net Weight 14 oz. (410g)

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.
- Excellent source of fiber
- 4 Billion CFU** of Unique IS-2™ probiotic
- 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

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. 6,878,744 and 6,193,813.

**At time of manufacture

SUGGESTED USE: For adults, mix one (1) packet (41g) 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 (41g)

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	150	Selenium	70 mcg 100%
Calories from Fat	25	(as Selenium Glycinate Complex)	
Total Fat	3 g 5%***	Copper (as Copper Bisglycinate Chelate)	2 mg 100%
Saturated Fat	1 g 5%***	Manganese	2 mg 100%
Cholesterol	<5 mg 2%	(as Manganese Bisglycinate Chelate)	
Total Carbohydrate	12 g 4%***	Chromium (as Chromium Yeast)	120 mcg 100%
Dietary Fiber	7 g 28%***	Molybdenum	75 mcg 100%
Sugars	<1 g	(as Molybdenum Glycinate Chelate)	
Protein	20 g 30%***	Sodium	200 mg 8%
Vitamin A (as Retinyl Palmitate)	5,000 IU 100%	Potassium	220 mg 6%
Vitamin C (as Ester-C® Calcium Ascorbate)	60 mg 100%	(as Potassium Phosphate, Potassium Iodide)	
Vitamin D3 (as Cholecalciferol from Lichen)	400 IU 100%	Complete Protein Blend	20 g
Vitamin E (as d-Alpha Tocopherol)	15 IU 50%	Pea Protein Isolate, Brown Rice Protein, Hemp Seed Protein, Pumpkin Seed Protein	
Vitamin K (as Phytanadione)	50 mcg 100%	Omega-3 EPA Blend Flaxseed Powder	4 g
Thiamin (Vitamin B1) (as Thiamin Hydrochloride)	1.5 mg 100%	Greens Blend	1,550 mg
Riboflavin (Vitamin B2)	1.7 mg 100%	Chlorella Powder (Cracked Cell Wall), Barley Grass, Spirulina, Alfalfa Juice Powder, Dandelion Leaf Powder, Watercress Powder	
Niacin (as Nicotinic Acid)	20 mg 100%	Spectra™ ORAC 4,000	100 mg
Vitamin B6 (as Pyridoxine Hydrochloride)	2 mg 100%	Green Coffee Extract, Green Tea Extract, Barley Sprout Concentrate, Onion Extract, Apple Extract, Acaiola Extract, Camu Camu Concentrate, Quercetin, Tomato Concentrate, Broccoli Concentrate, Acai Concentrate, Turmeric Concentrate, Garlic Concentrate, Basil Concentrate, Oregano Concentrate, Cinnamon Concentrate, Carrot Concentrate, Elderberry Concentrate, Mangosteen Concentrate, Black Currant Extract, Blueberry Extract, Sweet Cherry Concentrate, Blackberry Concentrate, Chokeberry Concentrate, Raspberry Concentrate, Sprinch Concentrate, Kale Concentrate, Bilberry Extract, Brussels Sprout Concentrate	
Vitamin B12 (as Cyanocobalamin)	6 mcg 100%	Unique IS-2™	4 Billion CFU
Biotin	150 mcg 50%	(Bacillus Coagulans IS-2™)	
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%	Ashwagandha Extract	100 mg
Calcium (as Tricalcium Phosphate)	200 mg 20%	1.5% Withanolides (Withania somnifera) (leaf and root)	
Iron (as Ferric Glycinate)	9 mg 50%	Bacopa Extract (Bacopa monnieri L.) (aerial)	100 mg
Phosphorus (as Potassium Phosphate, Tricalcium Phosphate)	250 mg 25%	Digestive Enzyme Blend Papain, Bromelain	15 mg
Iodine (as Potassium Iodide)	80 mcg 50%		
Magnesium (as Magnesium Bisglycinate Chelate)	40 mg 10%		
Zinc (as Zinc Bisglycinate Chelate)	7.5 mg 50%		

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 intended 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.

Spectra™ is a trademark of VDF FutureCeuticals, Inc., used under license.

VitaShine D3™ and Ester-C® are trademarks of ESB Developments, Ltd.

Unique IS-2™ is a trademark of Unique Biotech Limited.

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

© 2018 Solgar, Inc.

SOLGB63725 00A

Part No. 22-65738

