

| Amount Per Serving                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | %DV |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| Greens Blend 1,550 mg ***                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |     |
| Chlorella Powder (Cracked Cell Wall),<br>Barley Grass, Spirulina, Alfalfa Juice Powder,<br>Dandelion Leaf Powder, Watercress Powder                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |     |
| Spectra™ ORAC 4,000 100 mg ***                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |     |
| Green Coffee Extract, Green Tea Extract,<br>Broccoli Sprout Concentrate, Onion Extract,<br>Apple Extract, Acerola Extract, Camu Camu Concentrate,<br>Quercetin, Tomato Concentrate, Broccoli Concentrate,<br>Acai Concentrate, Turmeric Concentrate, Garlic Concentrate,<br>Basil Concentrate, Oregano Concentrate, Cinnamon Concentrate,<br>Carrot Concentrate, Elderberry Concentrate, Mangosteen<br>Concentrate, Black Currant Extract, Blueberry Extract, Sweet Cherry<br>Concentrate, Blackberry Concentrate, Chokeberry Concentrate,<br>Raspberry Concentrate, Spinach Concentrate,<br>Kale Concentrate, Bilberry Extract, Brussels Sprout Concentrate |     |
| Unique IS-2™ 4 Billion CFU ***<br>(Bacillus Coagulans IS-2)†                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |     |
| Ashwagandha Extract 100 mg ***<br>1.5% Withanolides<br>(Withania somnifera) (leaf and root)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |     |
| Bacopa Extract 100 mg ***<br>(Bacopa monnieri L.) (aerial)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |     |
| Digestive Enzyme Blend 15 mg ***<br>Papain, Bromelain                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |     |
| ***Percent Daily Values (DV) are based on a 2,000 calorie diet<br>***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 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.

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

**Ester-C** and Ester-C® are registered trademarks of The Ester C Company, U.S. Patent Nos. 6,878,744 and 6,197,813.

\*At time of manufacture  
Product of Canada  
Carefully Manufactured for:  
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GREAT TASTE | MIXES SMOOTHLY

# Spoonfuls

## VEGAN PROTEIN NUTRITIONAL SHAKE

VANILLA  
CHAI  
FLAVOR



NON-GMO  
SUITABLE FOR VEGANS  
GLUTEN, WHEAT & DAIRY FREE

### ONE PACKET 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  
Net Weight 1.4 oz. (41 g)

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

SUGGESTED USE: For adults, mix one (1) packet (41g) in 12 ounces of your favorite non-dairy beverage of choice or blend or shake vigorously once daily. May also be blended with fresh fruit.

## SUPPLEMENT FACTS

Serving Size: 1 packet (41g)

| Amount Per Serving                                                               | %DV  |
|----------------------------------------------------------------------------------|------|
| Calories 150                                                                     |      |
| Calories from Fat 25                                                             |      |
| Total Fat 3 g                                                                    | 5%*  |
| Saturated Fat 1 g                                                                | 5%*  |
| Cholesterol <5 mg                                                                | 2%   |
| Total Carbohydrate 12 g                                                          | 4%*  |
| Dietary Fiber 7 g                                                                | 28%* |
| Sugars <1 g                                                                      | ***  |
| Protein 20 g                                                                     | 30%* |
| Vitamin A (as Retinyl Palmitate) 5,000 IU                                        | 100% |
| Vitamin C (as Ester-C® Calcium Ascorbate) 60 mg                                  | 100% |
| Vitamin D3 (as Cholecalciferol from Lichen) 400 IU                               | 100% |
| Vitamin E (as d-Alpha Tocopherol) 15 IU                                          | 50%  |
| Vitamin K (as Phytonadione) 50 mcg                                               | 63%  |
| Thiamin (Vitamin B1) (as Thiamin Hydrochloride) 1.5 mg                           | 100% |
| Riboflavin (Vitamin B2) 1.7 mg                                                   | 100% |
| Niacin (as Nicotinic Acid) 20 mg                                                 | 100% |
| Vitamin B6 (as Pyridoxine Hydrochloride) 2 mg                                    | 100% |
| Folic Acid 400 mcg                                                               | 100% |
| Vitamin B12 (as Cyanocobalamin) 6 mcg                                            | 100% |
| Biotin 150 mcg                                                                   | 50%  |
| Pantothenic Acid (as d-Calcium Pantothenate) 10 mg                               | 100% |
| 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%  |
| Selenium (as Selenium Glycinate Complex) 70 mcg                                  | 100% |
| Copper (as Copper Bisglycinate Chelate) 2 mg                                     | 100% |
| Manganese (as Manganese Bisglycinate Chelate) 2 mg                               | 100% |
| Chromium (as Chromium Yeast) 120 mcg                                             | 100% |
| Molybdenum (as Molybdenum Glycinate Chelate) 75 mcg                              | 100% |
| Sodium 200 mg                                                                    | 8%   |
| Potassium (as Potassium Phosphate, Potassium Iodide) 220 mg                      | 6%   |
| Complete Protein Blend 20 g                                                      | ***  |
| Pea Protein Isolate, Brown Rice Protein, Hemp Seed Protein, Pumpkin Seed Protein |      |
| Omega-3 EPA Blend Flaxseed Powder 4 g                                            | ***  |