

| Amount Per Serving                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | %DV               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| Greens Blend                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 1,550 mg ***      |
| Chlorella Powder (Cracked Cell Wall), Barley Grass, Spirulina, Alfalfa Juice Powder, Dandelion Leaf Powder, Watercress Powder                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                   |
| Spectra™ ORAC 4,000                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 100 mg ***        |
| Green Coffee Extract, Green Tea Extract, Broccoli Sprout Concentrate, Onion Extract, Apple Extract, Acerola 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, Spinach Concentrate, Kale Concentrate, Bilberry Extract, Brussels Sprout Concentrate |                   |
| Unique IS-2™ (Bacillus Coagulans IS-2)*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 4 Billion CFU *** |
| Ashwagandha Extract 1.5% Withanolides ( <i>Withania somnifera</i> ) (leaf and root)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 100 mg ***        |
| Bacopa Extract ( <i>Bacopa monnieri</i> L.) (aerial)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 100 mg ***        |
| Digestive Enzyme Blend Papain, Bromelain                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 15 mg ***         |
| **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 daisy-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:

Solgar, Inc., 500 Willow Tree Road  
Leonia, NJ 07605 U.S.A.

For more information,  
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LOT/EXP



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.

**RECOMMENDED 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           |
|---------------------------------------------------------------------------------------------------------|---------------|
| Calories                                                                                                | 150           |
| Calories from Fat                                                                                       | 25            |
| Total Fat                                                                                               | 3 g 5%*       |
| Saturated Fat                                                                                           | 1 g 5%*       |
| 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)                                                                       | 10 IU 33%     |
| Vitamin K (as Phytanadione)                                                                             | 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 Pea Protein Isolate, Brown Rice Protein, Hemp Seed Protein, Pumpkin Seed Protein | 20 g ***      |
| Omega-3 EPA Blend Flaxseed Powder                                                                       | 4 g ***       |