

Fruits, vegetables, legumes, seeds, ancient grain...nurtured by the sun, nurtured by the rain, embraced by the earth...the source of well-being as nature intended. 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 190 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.

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% 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. Three small scoops throughout your 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. Three small scoops in a shake in the morning...is a great way to start your day. Not in the mood for a morning shake?...add one small scoop to your favorite yogurt. Then, add a small scoop 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...and it's 65 calories per small scoop. 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 6,197,813.

This product is sold by weight, not by volume; therefore settling may occur.

**At time of manufacture

†per 3 scoop serving

Product of Canada

Carefully Manufactured for:
Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.
For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com
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GREAT TASTE | MIXES SMOOTHLY

Spoonfuls

VEGAN PROTEIN NUTRITIONAL SHAKE

NON-GMO

SUITABLE FOR VEGANS

GLUTEN, WHEAT & DAIRY FREE

CHOCOLATE COCONUT

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
Net Weight 24.19 oz. (686g)

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

SUGGESTED USE: For adults, mix three (3) scoops (49g) 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: 3 Scoops (49g)
Servings Per Container: 14

Amount Per Serving	%DV
Calories	190
Calories from Fat	30
Total Fat	3.5 g 5%***
Saturated Fat	1.5 g 8%***
Total Carbohydrate	16 g 5%***
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 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%

Amount Per Serving	%DV
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 EFA Blend Flaxseed Powder	4 g ****
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	100 mg ****
1.5% Withanolides (Withania somnifera) (leaf and root)	
Bacopa Extract (Bacopa monnieri 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: Cocoa Powder, Soluble Corn Fiber, Natural Flavors, Inulin, Maltodextrin, Gum Blend (Organic Gum Acacia, Organic Guar Gum, Xanthan Gum), 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 seal under cap is missing 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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