

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. 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.

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 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
-  An excellent source of 22 select 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 55 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® registered trademarks of The Ester C Company.

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

MIXED
BERRY
FLAVOR



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

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

An excellent source of 22 select vitamins and minerals

Dietary Supplement
Net Weight 20.74 oz. (588g)

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

SUGGESTED: For adults, mix three (3) scoops (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			Amount Per Serving	%DV
Serving Size: 3 Scoops (42g)				
Servings Per Container: 14				
Amount Per Serving		%DV		
Calories	160			
Total Fat	3 g	4%***		
Saturated Fat	1 g	5%***		
Total Carbohydrate	13 g	5%***		
Dietary Fiber	7 g	25%***		
Total Sugars	1 g	***		
Protein	20 g	30%***		
Vitamin A (as Retinyl Palmitate)	1,500 mcg	167%		
Vitamin C (as Ester-C® Calcium Ascorbate)	60 mg	67%		
Vitamin D3 (as Cholecalciferol from Lichen)	10 mcg (400 IU)	50%		
Vitamin E (as d-Alpha Tocopherol)	6.7 mg	45%		
Vitamin K (as Phytonadione)	50 mcg	42%		
Thiamin (Vitamin B1) (as Thiamin Hydrochloride)	1.5 mg	125%		
Riboflavin (Vitamin B2)	1.7 mg	131%		
Niacin (as Nicotinic Acid)	20 mg	125%		
Vitamin B6 (as Pyridoxine Hydrochloride)	2 mg	118%		
Folate	666 mcg DFE (400 mcg folic acid)	167%		
Vitamin B12 (as Cyanocobalamin)	6 mcg	250%		
Biotin	150 mcg	500%		
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	200%		
Calcium (as Tricalcium Phosphate)	200 mg	15%		
Iron (as Ferric Glycinate)	9 mg	50%		
Phosphorus (as Potassium Phosphate, Tricalcium Phosphate)	250 mg	20%		
Iodine (as Potassium Iodide)	80 mcg	53%		
Magnesium (as Magnesium Bisglycinate Chelate)	40 mg	10%		
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				
Bacillus Coagulans IS-2.Unique IS-2™			20 mg	****
4 Billion CFU**				
Ashwagandha Extract			100 mg	****
1.5% Withanolides (Withania somnifera) (leaf and root)				
Bacopa Extract (Bacopa monnieri L.) (leaf)			100 mg	****
Digestive Enzyme Blend			12 mg	****
Papain, Bromelain				
***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, Tapioca Dextrin, Stevia Leaf Extract.

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, including a known sensitivity to latex, 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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