

Cut or tear here

Resealable

100% recyclable pouch

daily greens

91 vitamins, minerals, and
wholefood-sourced nutrients

Adaptogens

Super greens & fruit complex

Mushroom blend

Dairy-free probiotics

Antioxidants

Huel®



Huel®

Supplement Facts

Serving Size 1 Scoop (15g)
Servings Per Container 30

	Amount per serving	% DV
Calories	50	
Total Fat	1.0g	1%*
Saturated Fat	0g	0%*
Polysaturated Fat	1.0g	†
Monounsaturated Fat	0g	†
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbohydrate	8g	3%*
Dietary Fiber	3g	7%*
Total Sugars	<1g	†
Includes 0g Added Sugars		0%*
Protein	3g	6%*
Vitamin A (as retinyl acetate)	925mcg	100%
Vitamin C (as ascorbic acid)	425mg	472%
Vitamin D (as ergocalciferol, cholecalciferol)	48.3mcg	232%
Vitamin E (as d-alpha tocopherol)	21mg	140%
Vitamin K (as menaquinone-7)	132mcg	110%
Thiamin (Vitamin B1) (from quinoa)	0.2mg	17%
Riboflavin (Vitamin B2) (from quinoa)	0.3mg	23%
Niacin (as niacinamide)	21mg	131%
Vitamin B6 (as pyridoxine hydrochloride)	3.1mg	182%
Folate (as L-methylfolate calcium)	703mcg (DFE)	178%
Vitamin B12 (as methylcobalamin)	5.6mcg	233%
Biotin (from chlorella)	10mcg	33%
Pantothenic Acid (as d-calcium pantothenate)	5.2mg	104%
Choline (from chlorella)	23mg	4%
Calcium (as calcium carbonate, dicalcium phosphate)	130mg	10%
Iron (as ferrous gluconate)	5.5mg	31%
Phosphorus (as dipotassium phosphate, dicalcium phosphate)	133mg	11%
Iodine (as potassium iodide)	44mcg	29%
Magnesium (as magnesium oxide)	43mg	10%
Zinc (as zinc oxide)	19mg	143%
Selenium (as selenum yeast)	28mcg	51%
Copper (from fermented)	0.1mg	11%
Manganese (from oats)	0.4mg	17%
Chromium (as chromium picolinate)	30mcg	109%
Molybdenum (from peas)	7.0mcg	19%
Potassium (as dipotassium phosphate, potassium citrate)	480mg	10%
Omega-3 Fatty Acids	0.5g	†
Omega-6 Fatty Acids	0.5g	†

* Percentage Daily Values are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

daily greens

Greens superblend powder with 91 vitamins,
minerals and wholefood-sourced nutrients

	Amount per serving	% DV
Plant-Based Protein and Superfood Blend	8934mg	†
Tapoca Starch, Organic Gluten-Free Oats, Pea Fiber, Organic Pea Protein, Flaxseed, Organic Mung Bean Protein, Organic Chia Seeds, Organic Sprouted Quinoa		
Organic Antioxidant Greens Blend	2594mg	†
Organic Chlorella, Organic Spirulina, Organic Broccoli, Organic Broccoli Sprouts, Organic Camu, Organic Spinach, Organic Kale, Organic Nettle Aerial Part, Organic Green Tea Leaf Extract, Organic Sweet Fennel Fruit, Organic Artichoke Leaf, Organic Basil Leaf, Organic Black Garlic, Organic Green Coffee Bean Extract, Organic Mate Leaf Extract, Organic Cacthus Marine Algae (Aquamari F)		
Organic Superfruit Blend	506mg	†
Organic Tomatoes, Organic Coconut Nectar, Organic Apples, Organic Lemon Peel, Organic Acaioba Fruit Extract, Organic Red Grape Vine Leaf, Organic Small Plantain Leaf, Organic Bilberry, Organic Strawberry, Organic Raspberry, Organic Blueberry, Organic Tart Cherry, Organic Elderberry, Organic Cranberry		
Organic Adaptogen and Super Mushroom Complex	173mg	†
Organic Ashwagandha Root, Organic Rhodiola Root Extract, Organic Siberian Ginseng Root, Organic Lemon Balm Leaf, Organic Marshmallow Root, Organic Maca Tube, Organic White Ginseng Root, Organic Red Ginseng Root, Organic Ginger Root, Organic Maitake Mushroom, Organic Shiitake Mushroom, Organic Reishi Mushroom, Organic Cordyceps Militaris Mushroom		
Organic Botanical Blend	122mg	†
Organic Creosote Bark, Organic Burdock Root, Organic Dandelion Root, Organic Echinacea Aerial Part, Organic Hawthorn Flowering Top, Organic Hibiscus Flower Extract, Organic Lemongrass Leaf		
Probiotics	3mg	†
Bacillus Coagulans MTCC 5856, Bifidobacterium Bifidum 1008		

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Other Ingredients

Natural Flavors, Sunflower Lecithin, Guar Gum, Organic Stevia Leaf Extract

Produced in a facility that handles milk.

Distributed by: Huel Inc., 45 Main Street, Suite 604, Brooklyn, NY, 11201, USA. Made in the USA.

Making the perfect Daily Greens:

- 1: Add 8.45 fl oz (250 ml) cold water to your bottle
- 2: Add 1 level scoop of Daily Greens (15g/500g)
- 3: Shake for 10 seconds.



Animal-Free

GMO-Free

Planet-kind