

THE
KOACHE
APPROACH
1 2 3 4
CLEAN
YOUR WAY TO WEIGHT LOSS & WELLNESS
CREATED BY LISA SAFF KOACHE, M.D. & SPECTRA WELLNESS SOLUTIONS
COMPLETE SHAKE
CHAI

NET WT. 44.6 OZ. (2 LB. 14.6 OZ.) 1,320 G.

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: Two Level Scoops (44 g)
Servings Per Container: 30

Two Level (22 g) Scoops Contain:		% DV
Calories	160	
Calories from Fat	45	
Calories from Saturated Fat	10	
Total Fat	5 g	8%*
Saturated Fat	1 g	5%*
Total Carbohydrate	13 g	4%*
Dietary Fiber	6 g	24%*
Soluble Fiber	5 g	**
Insoluble Fiber	1 g	**
Sugars	4 g	**
Protein	22 g	45%*
Vitamin A (as Palmitate)	2,500 IU	50%
Vitamin C (as Sodium Ascorbate)	30 mg	50%
Vitamin D (as Vitamin D2)	600 IU	150%
Vitamin E (from Mixed Tocopherols)	15 IU	50%
Thiamin (as Thiamin HCl)	750 mcg	50%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	850 mcg	50%
Niacin (as Niacinamide)	10 mg	50%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	1 mg	50%
Folate (as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	200 mcg	50%

Two Level (22 g) Scoops Contain:		% DV
Vitamin B12 (as Methylcobalamin)	9 mcg	150%
Biotin	150 mcg	50%
Pantothenic Acid (as Calcium Pantothenate)	5 mg	50%
Calcium (as Calcium Malate)	25 mg	2%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as Magnesium Malate)	25 mg	6%
Zinc (as Zinc Bisglycinate Chelate)	7.5 mg	50%
Selenium (as Selenomethionine)	35 mcg	50%
Copper (as Copper Bisglycinate Chelate)	1 mg	50%
Manganese (as Manganese Bisglycinate Chelate)	1 mg	50%
Chromium (as Chromium Nicotinate Glycinate Chelate)	60 mcg	50%
Molybdenum (as Molybdenum Glycinate Chelate)	37.5 mcg	50%
Sodium (as Sodium Citrate and Sodium Chloride)	220 mg	9%
Potassium (as Potassium Citrate)	110 mg	3%
Proprietary Blend (Proteins)	25.5 g	
Pea Protein Isolate		**
Chia Protein		**
Chlorella Protein		**
Proprietary Blend (Fibers)	4.6 g	
Inulin (from Chicory)		**
Bamboo Fiber		**

Two Level (22 g) Scoops Contain:		% DV
Pea Fiber		**
Flax Seed Powder		**
Apple Fiber		**
Proprietary Blend (Fruits)	220 mg	
Raspberry (Berry)		**
Apricot (Edible Fruit)		**
Mango (Edible Fruit)		**
Pineapple (Edible Fruit)		**
Proprietary Blend (Vegetables)	100 mg	
Carrot		**
Broccoli		**
Cabbage		**
Beet		**
Spinach		**
Proprietary Blend (Digestive Enzymes)	100 mg	**
Proprietary Blend (Probiotics)††	5 mg	
Lactobacillus acidophilus		**
Bifidobacterium lactis		**

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

Manufactured For:
Spectra Wellness Solutions
509 S. Armenia Suite 302
Tampa, FL 33609
(813) 319-0911
www.spectracomplete.com

Tamper Evident: Use only if bottle is sealed.

If pregnant, consult your health-care practitioner before using this product.

Store tightly sealed in a cool, dry place.

†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A.
††Typically provides 500 million organisms.



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Other Ingredients: Organic Cane Juice Sugar, Sunflower Oil, Flavors, Medium Chain Triglyceride Oil, Cocoa Powder, Stevia extract (leaf) (Rebaudioside A 95%), Xanthan Gum.

Suggested Use: Mix two level scoops with 8-10 ounces of water or preferred beverage daily or as directed by a health-care practitioner.