

superfood

PROTEIN SMOOTHIE

plant-based
protein blend.

vegan friendly.

no soy, dairy
or whey.

no artificial
colors, flavors,
or dyes.

17g of protein
per serving.

super greens.

high fiber.

all natural.

STRAWBERRY CREME



DIETARY SUPPLEMENT - 1 SERVING
NET WT. 33G

superfood

PROTEIN SMOOTHIE



NATURE'S BEST...NOTHING LESS!

Superfood Protein Smoothie is a convenient all-in-one nutritional shake which contains a blend of plant-based proteins, greens, fiber, healthy fats, vitamins, minerals and digestive enzymes.

PLANT-BASED PROTEIN: Pea protein isolate, alfalfa protein, organic hemp seed protein, whole grain brown rice protein, and sacha inchi protein provide a superior nutritional and functional value.¹

GREENS: Alfalfa, wheat and barley grass along with organic broccoli, organic kale and spirulina provide a powerful and complete super greens complex.¹

HIGH FIBER: Both hemp seed and sacha inchi protein are excellent sources of dietary fiber, and inulin is an all-natural soluble vegetable fiber that nourishes the good intestinal flora which helps promote digestive health and improved immune function.¹

HEALTHY FATS: Hemp seed protein and sacha inchi protein are high in essential fatty acids (EFAs) and both contain healthy Omega-3, -6 and -9 fats in an ideal ratio. Medium-chain triglycerides (MCT's) derived from coconut oil are used by the body for energy.¹

VITAMINS & MINERALS: Spirulina is a type of blue-green algae which provides vitamins, minerals and antioxidants to the body to help prevent cellular damage. Maca is a nutritionally dense superfood that contains high amounts of minerals, vitamins, enzymes and all of the essential amino acids.¹

DIGESTIVE ENZYMES: A proprietary enzyme blend facilitates the breakdown of nutrients for higher absorption and assimilation.¹

Directions: Mix packet (33 g) in 8 ounces of cold water or your favorite non-dairy beverage such as almond milk. For optimal health, take one or more servings daily. Superfood Protein Smoothie can also be added to your favorite smoothie recipe. See www.ground-based.com for smoothie recipes and more information.

"NATURE'S BEST...NOTHING LESS!"

Ground-Based Nutrition is an innovative leader in the natural food supplement industry. We pride ourselves on using the highest quality natural whole food ingredients. We use no artificial sweeteners, colors, flavors, dyes, additives, or man-made synthetic chemicals.

Supplement Facts

Serving Size: 1 Packet (33g)
Servings Per Container: 1

Amount Per Serving	% Daily Value
Calories	130
Calories from Fat	36
Total Fat	4 g 8 %
Saturated Fat	2 g 11 %
Trans Fat	0 g --
Cholesterol	0 mg --
Total Carbohydrate	6 g 2 %
Dietary Fiber	5 g 20 %
Sugars	0 g --
Protein	17 g 34 %
Vitamin A	175 IU 4 %
Vitamin C	4 mg 7 %
Calcium	36 mg 3 %
Iron	6 mg 36 %
Sodium	202 mg 8 %
Potassium	22 mg 1 %
Plant-Based Protein Blend	21,200 mg --
Pea protein isolate, alfalfa protein, organic hemp seed protein, whole grain brown rice protein, and sacha inchi protein	
Super Greens Blend	2,210 mg --
Alfalfa grass, wheat grass, barley grass, organic broccoli, organic kale, spirulina	
Fiber and Nutrient Blend	3,000 mg --
Inulin, maca root	
Medium Chain Triglycerides	4,000 mg --
Coconut oil	
Digestive Enzyme Blend	100 mg --
Papain, bromelain, protease enzyme complex	

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

Other Ingredients: Natural strawberry flavoring and color, guar gum, xanthan gum, citric acid, natural flavor.

KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE



Ground-Based
NUTRITION

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