



Gluten Free

Dairy Free

Soy

Free

Meal Replacement Plant Protein

Provides energy°

Satisfies hunger°

· Non-GMO

Vegan

Net Wt. 1.2 lb. (525 g) Dietary Supplement



Supplement Facts

Serving Size 1 Scoop (37.5 g) Servings Per Container About 14

	Amount Per Serving	% Daily Value
Calories	155	
Calories from Fat	25	
Total Fat	3 g	5% [†]
Saturated Fat	0.5 g	3%⁺
Sodium	270 mg	11% [†]
Potassium	100 mg	3%⁺
Total Carbohydrate	15 g	5%†
Dietary Fiber	5 g	20% [†]
Sugars	<1 g	*
Protein	16 g	32% [†]
Vitamin A	2,580 IU	52%
Vitamin C	30 mg	50%
Calcium	245 mg	25%

Plant Protein Blend

Pea protein isolate, organic sprouted amaranth. organic sprouted quinoa, chlorella protein, cranberry

Plant Energy Blend 6.075 ma Organic oat bran, organic amaranth, organic quinoa organic buckwheat, organic millet, organic chia mustard sprouts, cabbage sprouts

3.950 ma Organic acacia gum fiber, organic beet, grape seed goji extract, bilberry extract, protease, amylase cellulase, lactase, lipase, aurora blue® blueberr

Amount % Daily Per Serving Value

Flax seed oil powder, flax seed, sacha inchi seed, chia

988 mg Bacillus coagulans 1 billion cfu, fructo-oligosaccharides

rmented Whole Food Blend 50 mg pice blend (cinnamon, allspice, clove), essential

Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Natural vanilla flavor, inulin, xanthan

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.

Plant Essential Fatty Acid Blend 1,516 mg

nulin), alpha galactosidase, bromelain

natural chai flavor, lo han guo, organic maltodextrin, organi

Does not contain: Yeast, Wheat, Gluten, Sov. Dairy, Fish

TYPICAL VITAMIN & MINERAL PROFILE PER 37.5 g OF POWDER

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin D	174 IU	44%	Pantothenic Acid	5 mg	50%
Vitamin E	15 IU	50%	lodine	74 mcg	49%
Thiamin (Vitamin B1)	640 mcg	43%	Magnesium	9 mg	2%
Riboflavin (Vitamin B2)	860 mcg	51%	Zinc	7 mg	47%
Niacin	10 mg	50%	Selenium	12 mcg	17%
Vitamin B6	850 mcg	43%	Copper	360 mcg	18%
Folic Acid (folate)	269 mcg	67%	Manganese	2 mg	100%
Vitamin B12	3 mcg	50%	Chromium	46 mcg	38%
Biotin	146 mcg	49%	Molybdenum	11 mcg	15%

TYPICAL AMINO ACID PROFILE PER 37.5 g OF POWDER						
L-Alanine	720 mg	L-Lysine	1260 mg			
L-Arginine	1440 mg	L-Methionine	180 mg			
L-Aspartic Acid	1980 mg	L-Phenylalanine	900 mg			
L-Cystine	180 mg	L-Proline	720 mg			
L-Glutamine	2962 mg	L-Serine	900 mg			
L-Glycine	840 mg	L-Threonine	720 mg			
L-Histidine	540 mg	L-Tryptophan	180 mg			
L-Isoleucine	1105 mg	L-Tyrosine	720 mg			
L-Leucine	1645 mg	L-Valine	1105 mg			

DIRECTIONS: As a dietary supplement, add one (1) scoop (37.5 g) to 8 - 12 oz of cold water. Stir. shake or blend until smooth.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions

This product is sold by weight, not by volume. Contents may settle during shipping and handling.

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

TAMPER EVIDENT Do not use if outer seal is broken or missing.

pure living, naturally true™

Welcome to the world of plnt™:

an array of earth-friendly herbs, supplements and whole foods. At our root, our products are made with some of earth's finest natural ingredients and whole foods. That's why we leave out the "a" in plnt, to represent the absence of artificial additives and ingredients. With no synthetic preservatives, colors, flavors or sweeteners, our supplements are formulated the way Mother Nature intended.

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