



Meal Replacement Plant Protein

- Provides energy*
- Satisfies hunger*
- Non-GMO
- Vegan

Net Wt. 2.3 lb. (1.1 kg)
Dietary Supplement

vanilla
16g protein

Gluten
Free

Dairy
Free

Soy
Free

Nut
Free



Supplement Facts

Serving Size 1 Scoop (37.5 g)
Servings Per Container About 28

	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 20 g *
Pea protein isolate, organic sprouted amaranth, organic sprouted quinoa, chlorella protein, cranberry seed protein.

Plant Energy Blend 6,075 mg *
Organic oat bran, organic amaranth, organic quinoa, organic buckwheat, organic millet, organic chia, broccoli sprouts, watercress sprouts, kale sprouts, mustard sprouts, cabbage sprouts.

Other Ingredients: Natural vanilla flavor, inulin, xanthan gum, stevia, silica, leucine, isoleucine, valine, glutamine, glycine, natural chai flavor, lo han guo, organic maltodextrin, organic corn starch.

Does not contain: Yeast, Wheat, Gluten, Soy, Dairy, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

• 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.

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.

	Amount Per Serving	% Daily Value
Fiber/Antioxidant Blend	3,950 mg	*
Organic acacia gum fiber, organic beet, grape seed extract, plum fruit extract, strawberry juice, noni fruit, pineapple juice, guava juice, organic apple, orange juice, raspberry juice, mango juice, acai juice, cupuacu juice, camu camu fruit extract, green tea extract, watermelon juice, organic hawthorn berry extract, grape skin extract, elderberry fruit, organic goji extract, bilberry extract, protease, amylase, cellulase, lactase, lipase, aurora blue® blueberry.		
Plant Essential Fatty Acid Blend	1,516 mg	*
Flax seed oil powder, flax seed, <i>sacha inchi</i> seed, chia seed, hemp seed.		
Digestive Blend	988 mg	*
<i>Bacillus coagulans</i> 1 billion cfu, fructo-oligosaccharides (inulin), alpha galactosidase, bromelain.		
Fermented Whole Food Blend	50 mg	*
Fermented mushroom blend (reishi, shiitake, maitake), organic fermented vegetable blend (tomato, pea, carrot, spinach, pepper), organic fermented fruit blend (cherry, banana, apple, strawberry, blueberry), organic fermented sprout blend (amaranth, quinoa, millet), organic cultured spice blend (cinnamon, allspice, clove), essential glyconutrient blend (mannose, glucose, galactose, xylose (from <i>coffea arabica</i> and aloe barbadensis))		

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

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.

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%	Iodine	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

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