



Meal Replacement Plant Protein

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

Net Wt. 1.2 lb. (525 g)
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 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 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.

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.

	Amount Per Serving	% Daily Value
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 <i>aloe barbadensis</i>)).		
[†] Percent Daily Values are based on a 2,000 calorie diet.		
*Daily Value not established.		

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.

TYPICAL VITAMIN & MINERAL PROFILE PER 37.5 g OF POWDER			
	Amount Per Serving	% Daily Value	
Vitamin D	174 IU	44%	Pantothenic Acid
Vitamin E	15 IU	50%	Iodine
Thiamin (Vitamin B1)	640 mcg	43%	Magnesium
Riboflavin (Vitamin B2)	860 mcg	51%	Zinc
Niacin	10 mg	50%	Selenium
Vitamin B6	850 mcg	43%	Copper
Folic Acid (folate)	269 mcg	67%	Manganese
Vitamin B12	3 mcg	50%	Chromium
Biotin	146 mcg	49%	Molybdenum

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

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.

AuroraBlue® is a registered trademark of Denali BioTechnologies.

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.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information and to reorder.



Item No.
VS-3322
2022598