



Meal Replacement Plant Protein

- Provides energy^o
- Satisfies hunger^o
- Non-GMO
- Vegan

Net Wt. 1.2 lb. (553 g)
Dietary Supplement

chocolate
17g protein



Gluten
Free

Dairy
Free

Soy
Free

Nut
Free

Supplement Facts

Serving Size 1 Scoop (39.5 g)
Servings Per Container About 14

	Amount Per Serving	% Daily Value
Calories	160	
Total Fat	3 g	4%†
Saturated Fat	0.5 g	3%†
Sodium	260 mg	11%
Total Carbohydrate	16 g	6%†
Dietary Fiber	6 g	21%†
Total Sugars	<1 g	*
Includes 0 g Added Sugars		0%†
Protein	17 g	34%†
Vitamin A	1548 mcg	172%
Vitamin C	30 mg	33%
Calcium	245 mg	19%
Potassium	200 mg	4%

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, sacha inchi 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: Cocoa, natural chocolate flavor, inulin, Rebaudioides A (*Stevia rebaudiana*), guar gum, L-isoleucine, L-leucine, L-valine, L-glutamine, natural vanilla flavor, natural caramel flavor, Lo Han Guo, silica, organic maltodextrin, organic corn starch.

Does not contain: 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 39.5 g OF POWDER				
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin D	4 mcg	20%	Pantothenic Acid	5 mg 100%
Vitamin E	14 mg	93%	Iodine	74 mcg 49%
Thiamin (Vitamin B1)	1 mg	83%	Magnesium	9 mg 2%
Riboflavin (Vitamin B2)	1 mg	77%	Zinc	7 mg 64%
Niacin	10 mg	63%	Selenium	12 mcg 22%
Vitamin B6	1 mg	59%	Copper	360 mcg 40%
Folate	448 mcg DFE (269 mcg folic acid)	112%	Manganese	2 mg 87%
Vitamin B12	3 mcg	125%	Chromium	46 mcg 131%
Biotin	146 mcg	487%	Molybdenum	11 mcg 24%

TYPICAL AMINO ACID PROFILE PER 39.5 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 (39.5 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 products
including herbs, supplements,
vitamins, multis, and whole foods
independently tested to ensure
purity, potency, and consistent
quality. The plnt line of products
is gluten- and dairy-free, with
ingredients sourced in nature.
That's why we leave out the "a"
in plnt, to represent the absence
of artificial preservatives, colors,
flavors, or sweeteners. The result is
nutrition that you can believe in.

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-3323
2022549