Nutrition Facts

Serving Size 1 Pouch (53.5g)

Amount Per Serving

Calories 210	Calories from Fat 60
	% Daily Value *
Total Fat 7g	**10%**
Saturated Fat 4g	**21%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 200mg	**8%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 3g	**14%**
Sugars 4g	
Protein 23g	**46%**

Vitamin A 0%	•	Vitamin C 15%	
Calcium 10%	•	Iron 4%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

Whey Protein Concentrate, Organic Alkalized Cocoa Powder, Flavor, non-GMO Coconut Oil, Organic Greens Blend Powders (Organic Spirulina (*Artrospira platensis*) Algae, Organic Broken Cell Wall Chlorella (*Chlorella pyrenoidosa*) Algae, Organic Spinach (*Spinacia oleracia*) Leaf, Organic Barley Grass Leaf, Organic Wheat Grass (*Triticum aestivum*) Leaf), L-Glutamine, Organic Vegetable Blend Powders (Organic Parsley Leaf, Organic Kale (*Brassica oleracia*) Aerial Part, Organic Ginger Rhizome, Organic Beet (*Beta vulgaris*) Root, Organic Rosehips Fruit), Organic Chocolate Flavor, Organic Vanilla Flavor, Fruit Blend Powders (Organic Orange Peel, Organic Lemon Peel, Acerola (*Malphigia glabra*) Fruit), Medium Chain Triglycerides, Maltodextrin, Organic Maca (*Lepidium meyenii*) Root Powder, Organic Guar Gum, Green Tea Leaf Extract, Cinnamon Bark Extract, Sea Salt, Sunflower Seed Oil Lecithin, Xanthan Gum, Organic Stevia Leaf Extract, Alpha Lipoic Acid.