Nutrition Facts

Serving Size: 2 Scoops (72g)
Servings Per Container: Approx. 15

Amount Per Serving

Calories 290	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 40mg	**2%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 10g	**40%**
Sugars 7g	
Protein 34g	**68%**

Vitamin A	45%	•	Vitamin C	100%
Calcium	2%	•	Iron	60%
Vitamin D	45%	•	Vitamin E	50%
Vitamin K	15%	•	Thiamin	70%
Riboflavin	70%	•	Niacin	40%
Vitamin B6	60%	•	Folate	35%
Vitamin B12	40%	•	Biotin	40%
Pantothenic acid	35%	•	Phosphorous	15%
Iodine	40%	•	Zinc	30%
Selenium	15%	•	Copper	60%
Chromium	100%	•		

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

Ingredients: Organic Rice Protein Concentrate, Organic Whole Grain Brown Rice Milk Powder, Organic Inulin, Organic Flax, Organic Cane Sugar, Organic Coconut Milk Powder (Organic Coconut Milk, Organic Maltodextrin, Vegetable Protein, Rice Extract, Calcium Phosphate, Sodium Carbonate), Organic Cocoa Powder (Processed with Alkali), Natural Flavor, Organic Alfalfa Extract, Organic Guar Gum, Vitamin and Mineral Blend (Vitamin E (as d-Alpha Tocopherol Acetate), Iron (as Ferric Orthophosphate), Niacinamide, Zinc (as Zinc Oxide), Pantothenic Acid (as Calcium d-Pantothenate), Thiamin (as Thiamin Mononitrate), Riboflavin, Vitamin B6 (as Pyridoxine Hydrochloride), Copper (as Copper Sulfate), Vitamin A (as Retinyl Palmitate), Folic Acid, Biotin, Chromium (as Chromium Chloride), Iodine (as Potassium Iodide), Vitamin K1 (as Phytonadione), Selenium (as Selenomethionine), Vitamin D (as Cholecalciferol), Vitamin B12 (as Cyanocobalamin)), Organic Rebaudioside A (Stevia Extract), Organic Spirulina, Ascorbic Acid, Papain, LactoSpore® *Bacillus coagulans*.
Contains Coconut Ingredients. Contains 94% organic ingredients.

Directions: We suggest you mix 1 serving (2 scoops) with 12 oz. of water in a shaker cup or glass. You can substitute 1 serving of All-In-One Meal for any one of your three daily meals.

Do not use if packaging has been tampered with.
Store in a cool, dry place (60°F to 80°F).

Note: This product is sold by weight, so some settling may occur. Shake container before use.

Made in the U.S.A. from international ingredients.
Distributed by Iovate Health Sciences U.S.A. Inc.
1105 North Market Street, Suite 1330,
Wilmington, DE 19801.
© 2014. For lot no. and expiry date: see bottle.

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LactoSpore®

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