

Balanced Meal Complete Nutritional Shake is chock full of Whole-Food Fermented Vitamins & Minerals, Five Plant Proteins, Organic Fermented Sprouts, Herbs, Vegetables, Fruits, Spices, Fiber, Essential Fatty Acids, Antioxidants, Probiotics, Prebiotics, & Digestive Enzymes.

- **22 Whole-Food Fermented Vitamins & Minerals** is real nutrition from real foods. Organic fermented sprouts, herbs, vegetables, fruits, and spices give you plenty of essential nutrients while also providing naturally occurring enzymes and unique phytonutrients.
- **Multi-Source Plant Protein Matrix** contains 20g of complete plant protein from Organic Sprouted Amaranth & Quinoa, Chlorella, Cranberries and Peas. BCAAs, Glutamine and Glycine help create the perfect balance of essential amino acids.
- **Multi-Source Low-Glycemic Energy Matrix** provides slow-release complex carbs from Organic Oats, Amaranth, Quinoa, Buckwheat, Millet and Chia.
- **Multi-Source Fiber/Antioxidant Matrix** is packed with 23 fruits, berries, vegetables and herbs which are some of the most powerful plant sources of antioxidants that nature can provide. You'll also receive 6g of organic fiber in every serving.
- **Multi-Source Plant EFA Matrix** is four of nature's richest sources of essential fatty acids: Flax, Chia, Hemp and Sacha Inchi. They contain all three types of EFAs your body needs including, Omega 3, 6 & 9.
- **Probiotic, Prebiotic and Digestive Enzyme Matrix** jump starts digestion and nutrient absorption the moment you drink your shake and ensures that you get the most out of the proteins, complex carbohydrates and healthy fats in Balanced Meal.

Other Ingredients: Natural vanilla flavor, inulin, guar gum, stevia, silica, natural chai flavor, luo han guo, organic maltodextrin and organic corn starch.

Contains No dairy, yeast, wheat, gluten, preservatives, artificial colors or flavors.

Suggested Use: Add two (2) level scoops to 9-12 oz. of chilled water or preferred beverage in a shaker cup or blender, and mix for about 5 seconds. Drink and enjoy a shake each day.

Store in a cool, dry place and away from direct light.

This product is sold by weight not volume. Settling may occur.

KEEP OUT OF REACH OF CHILDREN.

Plant-Based Balanced Meal

COMPLETE NUTRITIONAL SHAKE

17g
protein
per serving

6g
fiber
per serving

22
vitamins &
minerals

- Whole-Food Fermented Vitamins/Minerals
- Organic Sprout, Vegetable & Fruit Blends
- Plant-Based Complete Protein & Fiber
- Probiotics, Prebiotics & Digestive Enzymes

GLUTEN FREE | NO DAIRY
NO SOY | NON-GMO

Dietary Supplement

Net Wt. 15.87 (1 lb. / 450 g)



SUPPLEMENT FACTS

Serving Size: 2 Scoops (Approximately 37.5 g)
Servings Per Container 12

	Amount Per Serving	% Daily Value
Calories	160	
Total Fat	3 g	4%*
Saturated Fat	0.5 g	3%*
Sodium	300 mg	13%
Total Carbohydrate	15 g	5%*
Dietary Fiber	6 g	21%
Total Sugars	<1 g	**
Protein	17 g	30%*
Vitamin A (as beta carotene)	1548 mcg	172%
Vitamin C (as ascorbic acid)	30 mg	33%
Vitamin D-3 (as cholecalciferol)	4 mcg (160 IU)	20%
Vitamin E (as succinate, acetate)	14 mg	93%
Vitamin B-1 (as thiamine hydrochloride, mononitrate)	1 mg	83%
Vitamin B-2 (as riboflavin)	1 mg	77%
Niacin (as niacinamide)	10 mg	63%
Vitamin B-6 (as pyridoxine hydrochloride)	1 mg	59%
Folate	448 mcg DFE (269 mcg folic acid)	112%
Vitamin B-12 (as cyanocobalamin)	3 mcg	125%
Biotin	146 mcg	487%
Pantothenic Acid (as d-calcium pantothenate)	5 mg	100%
Calcium (from carbonate)	245 mg	19%
Iodine (from potassium iodide)	74 mcg	49%
Magnesium (from citrate, oxide)	9 mg	2%
Zinc (from citrate, oxide)	7 mg	64%
Selenium (from methionine, selenite)	12 mcg	22%
Copper (from gluconate)	0.36 mg	40%
Manganese (from citrate, gluconate)	2 mg	87%
Chromium (from chelate, chloride)	46 mcg	131%

	Amount Per Serving	% Daily Value
Molybdenum (from chelate, molybdate)	11 mcg	24%
Potassium	65 mg	1%
Multi Source Vitamins & Minerals Matrix with Fermented Whole Foods:	850 mg	**
Organic Fermented Herbal Blend: Reishi, Shiitake, Maitake; Organic Fermented Vegetable Blend: Tomato, Pea, Carrot, Spinach, Pepper; Fermented Fruit Blend: Cherry, Banana, Apple, Strawberry, Blueberry; Organic Fermented Sprout Blend: Amaranth, Quinoa, Millet; Organic Cultured Spice Blend: Cinnamon, Allspice, Cloves; Essential Glyconutrient Blend: Mannose, Glucose, Galactose, Xylose (from <i>Coffea arabica</i> , <i>Aloe barbadensis</i>)		
Multi-Source Plant Protein Matrix:	20 g	**
Pea Protein Isolate, Organic Sprouted Amaranth, Organic Sprouted Quinoa, Chlorella protein, Cranberry Seed protein, and a proprietary amino acid blend of Leucine, Isoleucine, Valine and Glutamine.		
Multi-Source Low-Glycemic Energy Matrix:	6,075 mg	**
Organic Oat Bran, Organic Amaranth, Organic Quinoa, Organic Buckwheat, Organic Millet, Organic Chia, Broccoli sprouts, Watercress sprouts, Kale sprouts, Mustard sprouts and Cabbage sprouts.		
Multi-Source Fiber/Antioxidant Matrix:	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 Hawthorne berry extract, Grape skin extract, Elderberry fruit, Organic Goji extract, Bilberry extract, Protease, Amylase, Cellulase, Lactase, Lipase and Wild Alaskan Aurora Blue® Blueberry.		
Multi-Source Plant EFA Matrix:	1,516 mg	**
Flax Seed Oil Powder, Flax seed, Sacha inchi seed, Chia seed and Hemp seed.		
Probiotic, Prebiotic, & Digestive Enzyme Matrix:	988 mg	**
<i>Bacillus coagulans</i> (1 Billion viable cells), Fructo-Oligosaccharides (Inulin), Alpha-galactosidase and Bromelain.		

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

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