

Organic Balanced Meal Complete Nutritional Shake offers perfect blends of five Plant Proteins, Organic Fermented Sprouts, Organic Fibers, Digestive Enzymes, and Probiotics.

- **Multi-source Plant Protein Blend** is a uniquely formulated blend of Organic Pea, Organic Hemp, Organic Cranberry & Organic *Sacha Inchi* proteins which together provide 22g of healthy plant proteins.
- **Organic Fermented Sprout Blend** provides two nutrient-rich grains which have given life-sustaining nutrition to people for centuries.
- **Organic Multi-source Fiber Blend** is comprised of Organic Brown Acacia and Organic Flax fiber which supply 5g of healthy fiber in each serving.
- **Lactospore Probiotic** contains highly-stable healthy bacteria which aid digestion and help support the immune system.†
- **Digestive Enzyme Blend** enhances the absorption of nutrients such as proteins, fibers, complex carbohydrates and healthy fats.
- **20 Vitamins & Minerals** provide the essential nutrients that your body needs for optimal health, and help make Organic Balanced Meal a complete source of nutrition.
- Vegan and vegetarian approved.

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

Suggested Use: Add one (1) level scoop 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.

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

KEEP OUT OF REACH OF CHILDREN.



Certified Organic by QAI.



Plant-Based

ORGANIC

Balanced Meal

COMPLETE NUTRITIONAL SHAKE

22g
protein
per serving

• Organic Flax, Cranberry, Hemp & *Sacha Inchi*

5g
fiber
per serving

• Organic Fermented Sprouts

20
vitamins &
minerals

• Probiotics & Digestive Enzymes

**GLUTEN FREE | NO DAIRY
NO SOY | NON-GMO**

Dietary Supplement
Net Wt. 14.8 oz. (420 g)



SUPPLEMENT FACTS

Serving Size: 1 Scoop (Approximately 35 g)
Servings Per Container 12

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	150		Calcium (as tribasic calcium phosphate)	50 mg	4%
Total Fat	3 g	4% *	Iron (as ferrous sulfate)	4.5 mg	25%
Sodium	300 mg	13%	Magnesium (as magnesium oxide)	20 mg	5%
Total Carbohydrate	8 g	3% *	Zinc (as zinc oxide)	3.75 mg	34%
Dietary Fiber	5 g	18% *	Selenium (as l-selenomethionine)	17.5 mcg	32%
Protein	22 g	40% *	Manganese (as manganese citrate)	0.5 mg	22%
Vitamin A (as beta carotene)	750 mcg (1,250 IU)	83%	Chromium (as chromium polynicotinate)	30 mcg	86%
Vitamin C (as ascorbic acid)	15 mg	17%	Multi-source Plant Protein Blend:	27,520 mg	**
Vitamin D-3 (as cholecalciferol)	3 mcg (100 IU)	15%	Organic Pea Protein, Organic Cranberry Protein, Organic Hemp Protein, Organic Sacha Inchi		
Vitamin E (as d-alpha tocopheryl succinate)	5 mg (7.5 IU)	33%	Organic Multi-source Fiber Blend:	5,569 mg	**
Vitamin K (as phytonadione)	20 mcg	17%	Organic Brown Acacia, Organic Flax Seed		
Thiamine (as thiamine hydrochloride)	0.38 mg	32%	Organic Fermented Sprout Blend:	20 mg	**
Riboflavin	0.43 mg	33%	Organic Amaranth Sprout, Organic Quinoa Sprout		
Niacin (as niacinamide)	5 mg	31%	Digestive Enzyme Blend:	37 mg	**
Vitamin B-6 (as pyridoxine HCl)	0.5 mg	29%	Protease, Amylase, Cellulase, Papain, Lipase		
Folate	167 mcg DFE (100 mcg folic acid)	42%	Lactospore Probiotic	0.5 billion	**
Vitamin B-12 (as methylcobalamin)	1.5 mcg	63%	<i>Bacillus coagulans</i>		
Biotin	75 mcg	250%			
Pantothenic Acid (as d-calcium pantothenate)	2.5 mg	50%			

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

**Daily Value not established.

Other Ingredients: Natural flavors, xanthan gum, organic vanilla flavor, organic stevia, silica, organic vanilla chai flavor, salt.



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