Nutrition Facts

1 serving per packet

Serving size 1 packet (37.5g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 250mg	**11%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 7g	**25%**
Soluble Fiber 5g	
Insoluble Fiber 2g	
Total Sugars 10g	
Includes 10g Added Sugars	**20%**
Protein 14g	**28%**

Vit. D 4.0mcg	20%	Thiamin 0.6mg	50%
Calcium 440mg	35%	Riboflavin 0.7mg	50%
Iron 2.4mg	15%	Niacin 8.0mg NE	50%
Potas. 140mg	4%	Vit. B$_6$ 0.8mg	50%
Vit. C 22mg	25%	Vit. B$_{12}$ 2.4mcg	100%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Complete by Juice Plus+ is a whole food based shake mix that provides a delicious, healthy burst of balanced nutrition in every serving, including:

+ 14 grams of minimally processed, water-washed soy and other plant protein

+ 7 grams of our proprietary blend of soluble and insoluble fiber

Directions

Shake or blend 1 packet with 1 cup water, juice, or your favorite non-dairy beverage. For added nutrition and variety, blend with fresh fruit or berries to create your own smoothie recipes!

+ INGREDIENTS

Soy protein, organic evaporated cane sugar, acacia gum, fructooligosacccharides, Vanilla powder and other natural flavors, plant cellulose, soy fiber, chickpea powder, pea protein, rice protein, guar gum, calcium phosphate, calcium citrate, calcium carbonate, sea salt, xanthan gum, sprouts and ancient grains (broccoli sprout, alfalfa sprout, radish sprout, organic amaranth, organic quinoa, organic millet), pumpkin powder, pomegranate powder, rice bran, digestive enzymes, calcium ascorbate, citrus pectin, niacinamide, apple fiber, stevia leaf extract (Reb A), spirulina powder, yucca powder, mushroom powder, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin B$_{12}$. **Contains: Soy**

This product is gluten-free.
To find out more about our plant-based ingredients, please visit our website at www.JuicePlus.com

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