

# NUTRITION INFORMATION

RAW ORGANIC PLANT BASED FRENCH VANILLA PROTEIN SHAKE  
WITH VEGETABLE GREENS, SWEETENER, VITAMINS AND MINERALS.

One 27g scoop per serving  
Approximately 15 servings per container

TYPICAL VALUES	PER 100g	PER SERVING	% RI PER SERVING
Energy	1550 kJ	418 kJ	5%
	370 kcal	100 kcal	5%
Fat	4 g	1 g	1%
of which:			
Saturates	0 g	0 g	0%
Carbohydrate	11 g	3 g	1%
of which:			
Sugars	4 g	<1 g	1%
Fibre	11 g	3 g	+
Protein	74 g	20 g	40%
Salt	0.5 g	0.1 g	2%
Vitamin A	444 µg	120 µg	15%
Vitamin K	119 µg	32 µg	43%
Iron	13 mg	4 mg	26%
Zinc	11 mg	3 mg	30%
Manganese	6 mg	2 mg	80%
Selenium	91 µg	25 µg	45%
Chromium	36 µg	10 µg	24%

Reference Intake of Average Adult (8400 kJ/2000 kcal)

+ Reference Intake (RI) not established.

## TYPICAL AMINO ACID PROFILE (Per 27g Serving)

ALANINE.....	969 mg
ARGININE.....	1640 mg
ASPARTIC ACID.....	1980 mg
CYSTINE.....	312 mg
GLUTAMIC ACID.....	3250 mg
GLYCINE.....	832 mg
HISTIDINE.....	441 mg
ISOLEUCINE*.....	927 mg
LEUCINE*.....	1600 mg
LYSINE*.....	1030 mg
METHIONINE*.....	396 mg
PHENYLALANINE*.....	1030 mg
PROLINE.....	919 mg
SERINE.....	932 mg
THREONINE*.....	710 mg
TRYPTOPHAN*.....	256 mg
TYROSINE.....	919 mg
VALINE*.....	1070 mg

\*Essential Amino Acids

^ Branched Chain Amino Acids

**DIRECTIONS:** Mix 1 level scoop in 200ml of water (scoop included). Delicious with unsweetened almond milk.

## INGREDIENTS:

*Organic Raw Protein & Greens Blend (96%):* Organic Sprouted Brown Rice Protein, Organic Pea Protein, Organic Spinach (leaf), Organic Chia Protein, Organic Alfalfa Grass Juice, Organic Broccoli (stalk & flower), Organic Navy Bean (sprout), Organic Lentil Bean (sprout), Organic Garbanzo Bean (sprout), Organic Carrot (root), Organic Beet (root), Organic Kale (leaf), *Organic Flavour Blend (4%):* Organic Vanilla Flavours, Sweetener: Organic Stevia Extract (leaf) (E960), *Raw Live Bacteria & Enzyme Blend (<1%):* Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Peptidase, Pectinase, Xylanase, Hemicellulase, [*Lactobacillus plantarum*, *Lactobacillus bulgaricus*] (1.5 Billion CFU)

Store in a cool, dry place. Keep out of reach of children. Do not use if safety seal is broken or missing. Do not use as a substitute for a varied and balanced diet and a healthy lifestyle.

Manufactured in a facility that also processes egg, milk, soya and tree nuts.

Packaged by weight not volume.  
Settling may occur.



We Buy  
100% Certified  
Renewable  
Energy



Recyclable  
Bottle

## Certified



Corporation

Certified by the  
nonprofit B Lab  
to meet rigorous  
standards of social  
and environmental  
performance,  
accountability  
and transparency.

Made in the U.S.A. from foods grown  
in the U.S.A. and other countries.  
Garden of Life LLC  
4200 Northcorp Parkway  
Palm Beach Gardens, FL 33410 USA  
www.gardenoflife.com  
©2017 Garden of Life LLC

Distributed in UK by Kinetic Ent. LTD  
London NW10 7FY  
Certified Organic by QCS  
www.kinetic4health.co.uk

UKRPGVS-110217

