

Nutrition Information

Serving Size 1 Scoop (37.5 g)

Servings per Container about 15

Average Quantity	Per Serving	Per 100 g	Per serving with 1 cup (250 mL) low fat soy milk
Energy	585 kJ (140 Cal)	1560 kJ (370 Cal)	1255 kJ (300 Cal)
Protein	13.5 g	35 g	21.3 g
Gluten	0 g	0 g	0 g
Fat, total	0.35 g	0.9 g	2 g
Saturated	0.1 g	0.3 g	0.4 g
Carbohydrate	12.4 g	33.2 g	34.9 g
Sugars	10.7 g	28.5 g	14 g
Dietary Fibre	7.7 g	20.5 g	9.4 g
Soluble	5.7 g	15.2 g	
Insoluble	2 g	5.3 g	
Sodium	230 mg	612 mg	263 mg
Potassium	50 mg	131 mg	625 mg
Thiamin	0.55 mg (50%)*	1.5 mg	0.55 mg (50%)*
Riboflavin	0.7 mg (41%)*	1.9 mg	0.8 mg (50%)*
Niacin	5 mg (50%)*	13.3 mg	5 mg (50%)*
Folate	36 µg (18%)*	96 µg	46 µg (23%)*
Vitamin B6	0.8 mg (50%)*	2.1 mg	0.8 mg (50%)*
Vitamin B12	1 µg (50%)*	2.7 µg	1 µg (50%)*
Vitamin C	20 mg (50%)*	53.3 mg	20 mg (50%)*
Vitamin D	4 µg (40%)*	10.7 µg	4 µg (40%)*
Calcium	400 mg (50%)*	1070 mg	400 mg (50%)*
Iron	3.1 mg (26%)*	8.4 mg	4.4 mg (37%)*
Phosphorus	170 mg (17%)*	452 mg	353 mg (35%)*

*% Recommended Dietary Intake

Complete by Juice Plus®+ is designed to supplement a normal diet to address situations where intakes of energy and nutrients may not be adequate to meet your requirements.

Directions Add one scoop of Complete by Juice Plus®+ powder to one cup (250mL) low fat soy milk. Alternatively use another beverage of your choice e.g. skim milk, rice milk, oat milk, or fruit juice. Stir, shake or blend until smooth. For added nutrition and variety, experiment with additional wholesome ingredients such as fruits, berries and seeds.

+ INGREDIENTS

Proprietary Protein Blend – low processed soy protein, chickpea powder, pea protein, rice protein; Natural Sweetener Blend – unrefined organic sugar cane, steviol glycosides; Fibre Blend – natural vegetable gums (arabic, guar gum, xanthan gum), fructooligosaccharides, plant cellulose powder, soy fibre, rice bran, apple fibre); natural flavour, Ancient Grain Blend and Sprout Blend – pea protein, broccoli sprouts, alfalfa sprouts, radish sprouts, organic amaranth, organic quinoa, organic millet; calcium (as citrate, phosphate, carbonate, ascorbate); sea salt, Powder Blend – pumpkin powder, pomegranate powder, spirulina powder, yucca powder, mushroom powder; Proprietary Natural Enzyme Blend, niacinamide, emulsifier (soy and sunflower lecithin), pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin B12.

Contains soybeans. Made on production line machinery that also produces products containing peanuts, tree nuts, milk, egg, sesame seed and shellfish.

Complete by Juice Plus®+ is made from all non-GMO ingredients.



Formulated and Distributed by
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