

## Nutrition Facts

About 15 servings per container

**Serving size 1 scoop (38g)**

**Amount per serving**

**Calories 140**

**% Daily Value\***

**Total Fat 1g 1%**

Saturated Fat 0g **0%**

*Trans Fat* 0g

**Cholesterol 0mg 0%**

**Sodium 220mg 10%**

**Total Carbohydrate 20g 7%**

Dietary Fiber 7g **25%**

Soluble Fiber 5g

Insoluble Fiber 2g

Total Sugars 10g

Includes 10g Added Sugars **20%**

**Protein 13g 26%**

Vitamin D 4.0mcg 20%

Calcium 450mg 35%

Iron 3.7mg 20%

Potassium 280mg 6%

Vitamin C 22mg 25%

Thiamin 0.6mg 50%

Riboflavin 0.7mg 50%

Niacin 8.0mg NE 50%

Vitamin B<sub>6</sub> 0.8mg 50%

Vitamin B<sub>12</sub> 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<sup>+</sup>** is a whole food based shake mix that provides a delicious, healthy burst of balanced nutrition in every scoop, including:

- + 13 grams of minimally processed, water-washed soy and other plant protein
- + 7 grams of our proprietary blend of soluble and insoluble fiber

### + INGREDIENTS

Soy protein, organic evaporated cane sugar, acacia gum, cocoa (processed with alkali), fructooligosaccharides, plant cellulose, natural flavor, chickpea powder, soy fiber, calcium phosphate, xanthan gum, calcium carbonate, calcium citrate, pea protein, rice protein, sea salt, 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, stevia leaf extract (Reb A), apple fiber, spirulina powder, yucca powder, guar gum, mushroom powder, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin B<sub>12</sub>.

**Contains: Soy**

### Way more than just a shake.

Feel better from the inside out thanks to plant-powered nutrition packed with prebiotics, fiber, protein, greens, and a superfood blend of essential nutrients.

### Directions

Shake or blend 1 scoop (1/4 cup) Complete by Juice Plus<sup>+</sup> powder 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!



Formulated for and distributed by  
The Juice Plus+ Company, LLC  
140 Crescent Drive, Collierville, TN 38017

This product is gluten-free.  
To find out more about our plant-based ingredients, please visit our website at [www.JuicePlus.com](http://www.JuicePlus.com).