

PROTEIN + GLUTEN-FREE + PREBIOTICS  
 LOW GLYCEMIC + FIBER + VEGAN

## Nutrition Facts

About 15 servings per container

**Serving size 1 scoop (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%**

Vitamin D 4.0mcg 20%

Calcium 440mg 35%

Iron 2.4mg 15%

Potassium 140mg 4%

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®+** is a whole food based shake mix that provides a delicious, healthy burst of balanced nutrition in every scoop, including:

- + 14 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, fructooligosaccharides, 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<sub>12</sub>.

**Contains: Soy**

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)

### 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®+ 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

Manufactured on equipment that processes products containing dairy, wheat, peanuts and tree nuts.

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