

PROTEIN + GLUTEN-FREE + NON-DAIRY  
LOW GLYCEMIC + FIBER + VEGAN

## Nutrition Facts

Serving Size 1 Scoop (37.5g)  
Servings Per Container about 15

### Amount Per Serving

Calories 120      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 230mg      10%

Potassium 50mg      1%

Total Carbohydrate 20g      7%

Dietary Fiber 8g      32%

Soluble Fiber 6g

Insoluble Fiber 2g

Sugars 11g

Protein 13g      26%

Vitamin A 0% • Vitamin C 40%

Calcium 45% • Iron 15%

Vitamin D 40% • Thiamin 40%

Riboflavin 40% • Niacin 40%

Vitamin B6 40% • Vitamin B12 40%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Produced on equipment that also processes peanuts, tree nuts, milk, egg, sesame, and shellfish.

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

**Juice Plus+ Complete®** is a natural 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 natural protein
- + 8 grams of our proprietary blend of soluble and insoluble fiber

### + INGREDIENTS

Proprietary protein blend (low processed soy protein, chickpea powder, pea protein, rice protein), natural sweetener blend (organic evaporated cane sugar, stevia), proprietary fiber blend [natural gums (arabic, guar, and xanthan), plant cellulose fructooligosaccharides, plant cellulose, soy fiber, rice bran, pectin, apple fiber], natural flavor, proprietary ancient grain and sprout blend (broccoli sprout, alfalfa sprout, radish sprout, organic amaranth, organic quinoa, organic millet), calcium (as citrate, phosphate, carbonate, ascorbate), sea salt, proprietary powder blend (pumpkin powder, pomegranate powder, spirulina powder, yucca powder, mushroom powder), natural enzyme blend, niacinamide, soy and sunflower lecithin, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin B12.

**Contains soybean.**

### Healthy Nutrition — Any Time of the Day

Enjoy a nutritious Juice Plus+ Complete® shake any time of the day. Thanks to our all-natural sweetener blend, it's a great tasting way to replace empty calories in your diet with healthful whole food based nutrition.

### Directions

Shake or blend 1 scoop (1/3 cup) Juice Plus+ Complete® powder with 1 cup skim milk, 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  
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