

# Nutrition Facts

15 servings per container

**Serving size**

**2 scoops (66g)**

**Calories**

**239**

|   | Amount Per Serving | %DV            |
|---|--------------------|----------------|
| <b>Total Fat</b>  | 9 g                | <b>12%*</b>    |
| Saturated Fat   | 4.5 g              | <b>21%*</b>    |
| Trans Fat   | 0 g                | †              |
| Polyunsaturated Fat   | 2.5 g              | †              |
| Monounsaturated Fat   | 2 g                | †              |
| <b>Cholesterol</b>  | 0 mg               | <b>&lt; 1%</b> |
| <b>Total Carbohydrate</b>   | 13 g               | <b>5%*</b>     |
| Dietary Fiber   | 7 g                | <b>23%</b>     |
| Total Sugars  | < 1 g              | †              |
| Includes 0 g Added Sugars   |                    | <b>0%*</b>     |
| Sugar Alcohol   | 0 g                | †              |
| <b>Protein</b>  | 30 g               |                |
| Vitamin A (as beta carotene, org pumpkin seed protein, cocoa)   | 225 mcg            | 25%            |
| Vitamin C (as ascorbic acid, org pumpkin seed protein, cocoa)   | 23 mg              | 25%            |
| Vitamin D3 (as cholecalciferol, org pumpkin seed protein)   | 5 mcg              | 25%            |
| Vitamin E (as d-alpha tocopherol)   | 4 mg               | 25%            |
| Vitamin K (as phytonadione, org pumpkin seed protein)   | 30 mcg             | 25%            |
| Vitamin B1 (as thiamine hydrochloride, org sea kelp)  | 0.3 mg             | 25%            |
| Vitamin B2 (as riboflavin, org pumpkin seed protein, org sea kelp)  | 0.3 mg             | 25%            |
| Vitamin B3 (as niacinamide, org pumpkin seed protein)   | 4 mg               | 25%            |
| Vitamin B6 (as pyridoxine hydrochloride, org pumpkin seed protein)  | 0.4 mg             | 25%            |
| Vitamin B9 (as L-5-methyltetrahydrofolate, org chickpea protein, org pumpkin seed protein)  | 93 mcg DFE         | 23%            |
| Vitamin B12 (as methylcobalamin, org pumpkin seed protein)  | 0.6 mcg            | 26%            |
| Biotin (as d-biotin, org pumpkin seed protein)  | 8 mcg              | 25%            |
| Vitamin B5 (as calcium d-pantothenate)  | 1 mg               | 25%            |
| Calcium (as Z2-Minerals™, org pea protein, org brown rice protein, org chickpea protein, cocoa, org pumpkin seed protein)   | 391 mg             | 30%            |
| Iron (as org pea protein, org brown rice protein, Z2-Minerals™, org chickpea protein, cocoa, org pumpkin seed protein)  | 9 mg               | 51%            |
| Phosphorus (as org chickpea protein, dipotassium phosphate, org brown rice protein, Z2-Minerals™)   | 152 mg             | 12%            |
| Iodine (as org sea kelp)  | 37 mcg             | 25%            |
| Magnesium (as org pumpkin seed protein, Z1-Minerals™, org chickpea protein, Z2-Minerals™, org brown rice protein)   | 134 mg             | 32%            |
| Zinc (as zinc bisglycinate, org chickpea seed protein, org pumpkin seed protein, org sea kelp)  | 6 mg               | 57%            |
| Selenium (as L-selenomethionine, org sea kelp)  | 14 mcg             | 25%            |
| Copper (as copper bisglycinate, org sea kelp)   | 23 mcg             | 3%             |
| Manganese (as manganese bisglycinate)   | 0.6 mg             | 25%            |
| Chromium (as chromium citrate)  | 9 mcg              | 25%            |
| Molybdenum (as molybdenum glycinate)  | 11 mcg             | 25%            |
| Chloride (as potassium chloride, Z1-Minerals™, ancient sea salt, org sea kelp)  | 278 mg             | 12%            |
| Sodium (as org pea protein, ancient sea salt, org brown rice protein, Z2-Minerals™)   | 300 mg             | 13%            |
| Potassium (as org chickpea protein, potassium chloride, dipotassium phosphate, org pumpkin seed protein, org pea protein, Z1-Minerals™, org sea kelp, org brown rice protein) | 451 mg             | 10%            |

## Proprietary Blend

Ultra 30™ Organic Plant-Based Protein Blend (Organic Yellow Pea Protein, Organic Chickpea Protein, Organic Brown Rice Protein, Organic Pumpkin Seed Protein), Sunflower Oil Powder, Medium Chain Triglyceride Oil Powder ((C8 1225 mg)(C10 735 mg)), Cocoa Powder, Resistant Maltodextrin, Natural Chocolate Flavor, Z2-Minerals™ 72 Bioactive Red Algae Minerals and Trace Minerals, Inulin, Xanthan Gum, EnZyme 19™ (Amylase, Protease (I, II, III), Lipase, Galactosidase, Cellulase, Papain, Hemicellulase, Beta-Glucanase, Xylanase, Pectinase, Phytase, Glucoamylase, Diastase, Lactase, Serrapeptase, Bromelain, Invertase), Z1-Minerals™ 72 Ionic Sea Minerals and Trace Minerals, Zero Cane™ (natural fermented sugarcane Rebaudioside-M), Ancient Sea Salt + 60 trace minerals, Bacillus Coagulans.

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.

† Daily Value (DV) not established