

Nutrition Facts

15 servings per container

Serving size

2 scoops (63g)

Calories

239

	Amount Per Serving	%DV
Total Fat	9 g	12%*
Saturated Fat	4 g	21%*
Trans Fat	0 g	†
Polyunsaturated Fat	2.5 g	†
Monounsaturated Fat	2 g	†
Cholesterol	0 mg	< 1%
Total Carbohydrate	13 g	5%*
Dietary Fiber	7 g	23%
Total Sugars	< 1 g	†
Includes 0 g Added Sugars		0%*
Sugar Alcohol	0 g	†
Protein	30 g	

Vitamin A (as beta carotene, org pumpkin seed protein)	225 mcg	25%
Vitamin C (as ascorbic acid, org pumpkin seed protein, org sea kelp)	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, org pumpkin seed protein, org sea kelp)	391 mg	30%
Iron (as org pea protein, org brown rice protein, Z2-Minerals™, org chickpea protein, 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)), Resistant Maltodextrin, Natural Vanilla 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