

# RAWMEAL™

A delicious, organic **MEAL-ON-THE-GO**, packed with incredible nutrition to help you satisfy hunger, manage weight and feel great!

- ▲ 20g Clean, Organic Plant Protein
- ▲ Now Loaded with 45 Superfoods
- ▲ Only 1g of Sugar

- 1.5B Live Probiotics, Plus Enzymes ▲
- 21 Whole Food Vitamins & Minerals ▲
- 5g of Organic Fiber ▲



**ORGANIC MATTERS**  
Farmed without the use of toxic pesticides or fertilizers



**PLANT BASED**  
13 Organic sprouted grains & seeds. Third party certified by Vegan Action

**CLEAN**

Tested and trusted for sport  
 Trusted by sport



**NON-GMO VERIFIED**  
Independent third party verification



**RAW WHOLE FOOD**  
Heat and processing can denature proteins  
**NO JUNK**

Gluten, Soy & Dairy Free. No added sugars, artificial flavors or sweeteners



NEW & IMPROVED

20g PROTEIN

14 SCOOPS!



# RAW MEAL™

**ORGANIC SHAKE & MEAL REPLACEMENT**

NATURALLY FILLING · SUSTAINS ENERGY

A HEALTHY MEAL-ON-THE-GO

EASY TO DIGEST · LIVE PROBIOTICS · NO ADDED SUGARS ★

RAW · VEGAN · GLUTEN FREE · DAIRY FREE · SOY FREE

Net Wt 16.7 oz (475 g)



Directions: Mix 1 level scoop (scoop included) with 8 ounces of water for a shake. Mix 2 level scoops with 16 ounces of water for a meal. Delicious with unsweetened almond or rice milk.

**Nutrition Facts**

Serving Size 1 Scoop (34g) Servings Per Container 14  
Serving Size 2 Scoops (68g) Servings Per Container 7

	Amount Per Serving for RAW Shake (1 scoop) <sup>1</sup>	Amount Per Serving for RAW Shake (1 scoop) <sup>1</sup>	Amount Per Serving for RAW Meal (2 scoops) <sup>2</sup>	Amount Per Serving for RAW Meal (2 scoops) <sup>2</sup>
	Calories from Fat 10	% Daily Value <sup>1</sup>	Calories from Fat 20	% Daily Value <sup>1</sup>
<b>Calories</b> 120			240	
<b>Total Fat</b>	1g	2%	2.5g	4%
Saturated Fat	0g	0%	0g	0%
Polysaturated Fat	.5g		1.5g	
Monounsaturated Fat	0g		0g	
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	0mg	0%
<b>Sodium</b>	10mg	0%	20mg	1%
<b>Potassium</b>	140mg	4%	280mg	8%
<b>Total Carbohydrate</b>	8g	3%	16g	5%
Dietary Fiber	5g	20%	11g	44%
Soluble Fiber	2g		4g	
Insoluble Fiber	3g		7g	
Sugars	1g		2g	
<b>Protein</b>	20g	40%	40g	80%
Vitamin A*	15%		35%	
Vitamin C*	50%		100%	
Calcium	8%		15%	
Iron	15%		30%	
Vitamin D*	50%		100%	
Vitamin E*	50%		100%	
Vitamin K*	50%		100%	
Thiamin*	50%		100%	
Riboflavin*	50%		100%	
Niacin*	50%		100%	
Vitamin B <sub>6</sub> *	50%		100%	
Folate*	50%		100%	
Vitamin B <sub>12</sub> *	100%		200%	
Biotin*	15%		30%	
Pantothenic Acid*	50%		100%	
Magnesium	15%		30%	
Zinc	35%		70%	
Selenium	35%		70%	
Manganese	80%		160%	
Chromium*	90%		170%	
Molybdenum	80%		160%	

<sup>1</sup>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
Salt Fat	Less than	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9      Carbohydrate 4      Protein 4

**INGREDIENTS:**

**Organic RAW Sprouted Protein Blend**  
Organic Sprouted Brown Rice Protein, Organic Moringa (leaf), Organic Amaranth (sprout), Organic Buckwheat (sprout), Organic Millet (pearl & sprout), Organic Quinoa (sprout), Organic Chia Seed (sprout), Organic Adzuki Bean (sprout), Organic Flax Seed (sprout), Organic Garbanzo Bean (sprout), Organic Lentil (sprout), Organic Pumpkin Seed (sprout), Organic Sesame Seed (sprout), Organic Sunflower Seed (sprout)

**Organic RAW Fiber Blend**  
Organic Flax Meal, Organic Chia Seed

**Organic Flavor Blend**  
Organic Vanilla Flavor, Organic Stevia Extract (leaf), Sea Salt

**Organic RAW Fruit & Vegetable Blend**  
Organic Spinach (leaf), Organic Bokchoy (fruit), Organic Apple (fruit), Organic Beet (root), Organic Broccoli (stalk & flower), Organic Carrot (root), Organic Tomato (fruit), Organic Strawberry (fruit), Organic Tart Cherry (fruit), Organic Blackberry (fruit), Organic Green Bell Pepper (fruit), Organic Brussels Sprout (leaf), Organic Blueberry (fruit), Organic Ginger (root), Organic Garlic (bulb), Organic Green Onion (bulb), Organic Raspberry (fruit), Organic Parsley (leaf), Organic Cauliflower (flower & stem), Organic Red Cabbage (leaf), Organic Kale (leaf), Organic Cucumber (fruit), Organic Celery (stalk), Organic Asparagus (flower & stem)

**Organic RAW Greens Blend**  
Organic Spirulina, Organic Alfalfa Grass Juice, Organic Barley Grass Juice, Organic Oat Grass Juice, Organic Wheat Grass Juice

**RAW Probiotic & Enzyme Blend**  
Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Pepsinase, Pectinase, Xylanase, Hemicellulase, Lactobacillus plantarum, Lactobacillus bulgaricus (1.5 Billion/3 Billion CFU), Saccharomyces cerevisiae

\*To learn more about the RAW Food-Created Nutrients™ used exclusively by Garden of Life, go to [www.gardenoflife.com](http://www.gardenoflife.com).



Store in a cool, dry place. Do not use if safety seal is broken or missing. **Keep out of reach of children.** Packaged by weight, not volume. Settling may occur.

Contains No soy, dairy, tree nuts, added sugars, filler ingredients, artificial colors, flavors, sweeteners or preservatives.

**Distributed by Garden of Life LLC**  
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