

gluten free • soy free • no added sugar

non-gmo • dairy free • just 160 calories per serving

Nature's Way VEGAN

Alive!

plant protein

20g protein 2 servings fruit/veggie[†]

pea, brown rice, hemp,
quinoa & sacha inchi

fruit smoothie
tropical mango flavored
net weight 14.8 oz (420 g)



delicious • nutritious • anytime smoothie

Nutrition Facts	
Serving Size 2 Scoops (42g) Servings per Container 10	
Amount per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 20g	29%
Vitamin A 10%	Vitamin C 0%
Calcium 15%	Iron 4%
*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
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
Ingredients: Organic Pea Protein, Organic Apple Powder, Organic Carrot Powder, Natural Flavors, Organic Brown Rice Protein, Organic Hemp Protein, Organic Quinoa Protein, Organic Sacha Inchi Protein, Citric Acid, Organic Stevia Leaf Extract, Organic Mango Powder, Silica.	

Recommendation: Combine 2 scoops with 8 ounces of cold water or your favorite vegetarian alternative milk (rice, soy, almond, coconut or hemp). Mix well in shaker or blender for best results. Scoop included in canister. This product contains the amino acid phenylalanine.



GLUTEN FREE. NON-GMO. No dairy, yeast, soy, wheat, eggs, peanuts, tree nuts, fish, shellfish, fructose, sucrose, artificial colors, flavors or preservatives.

Keep out of reach of children. Safety sealed with outer shrink sleeve and inner seal. Do not use if either is broken or missing. Keep tightly closed. Store in a cool, dry place. Packaged by weight, not volume. Settling of content may occur.

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2 servings of organic fruit and veggie

1 serving of fruit (6.9 g dried apple powder) and **1 serving of veggie** (5.1 g dried carrot powder) per smoothie.[†]



[†]Each 42 g serving (2 scoops) provides the equivalence of ½ cup fruit and ½ cup vegetable (volume before drying). ChooseMyPlate.gov recommends 2 cups of fruit and 3 cups of veggies per day for a 2,000 calorie diet.

20g of organic plant protein

from pea, brown rice, hemp, quinoa and sacha inchi

Typical amino acid profile per serving

alanine.....	843 mg	lysine.....	1,398 mg
arginine.....	1,715 mg	methionine.....	225 mg
aspartic acid.....	2,303 mg	phenylalanine.....	1,093 mg
cysteine.....	202 mg	proline.....	946 mg
glutamic acid.....	3,452 mg	serine.....	1,077 mg
glycine.....	821 mg	threonine.....	799 mg
histidine.....	492 mg	tryptophan.....	217 mg
isoleucine.....	938 mg	tyrosine.....	767 mg
leucine.....	1,677 mg	valine.....	1,019 mg