

katefarms®

High Protein Nutrition Shake

Flavors: Chocolate and Strawberry

We combine clinical expertise with a wholesome, plant-based philosophy to nourish your best health. Our High Protein Nutrition Shake gives you the nutritional support you need for muscle health, during weight loss, or everyday enjoyment.



Nutrition Facts			
Serving Size		1 Carton (325 mL)	
Amount Per Serving		160	
Calories			
		% Daily Value*	
Total Fat 4 g		5%	
Saturated Fat 1 g		5%	
Trans Fat 0 g			
Polyunsaturated Fat 2 g			
Monounsaturated Fat 1 g			
Cholesterol 0 mg		0%	
Sodium 280 mg		12%	
Total Carbohydrate 9 g		3%	
Dietary Fiber 6 g		21%	
Soluble Fiber 4 g			
Insoluble Fiber 2 g			
Total Sugars 0 g			
Includes 0 g Added Sugars		0%	
Protein 25 g		50%	
Vitamin D 12 mcg	60%	Calcium 390 mg	30%
Iron 4.6 mg	25%	Potassium 940 mg	20%
Vitamin A 180 mcg	20%	Vitamin C 35 mg	40%
Vitamin E 3 mg	20%	Vitamin K 24 mcg	20%
Thiamin 0.24 mg	20%	Riboflavin 0.26 mg	20%
Niacin 2.8 mg	20%	Vitamin B6 0.3 mg	20%
Folate 80 mcg DFE (45 mcg folic acid)	20%	Vitamin B12 1 mcg	40%
Biotin 6 mcg	20%	Pantothenic Acid 1 mg	20%
Phosphorus 270 mg	20%	Iodine 30 mcg	20%
Magnesium 120 mg	30%	Zinc 4.2 mg	40%
Selenium 14 mcg	25%	Copper 0.16 mg	20%
Manganese 1.5 mg	70%	Chromium 6.2 mcg	20%
Molybdenum 70 mcg	160%	Chloride 230 mg	10%
Choline 40 mg	8%		

*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.

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Nutrition Shake
Everyday Nutrition



Ingredients

Chocolate

Purified Water, Pea Protein*, **Contains 2% or Less of:** Dutch Cocoa Powder (Processed with Alkali)*, Monk Fruit Extract*, Stevia Leaf Extract (Reb M)*, Natural Flavor*, Agave Inulin†, Acacia Gum*, Oat Fiber*, High Linoleic Sunflower Oil*, Flaxseed Oil*, Brown Rice Syrup Solids*†, Locust Bean Gum*, Rosemary Extract*, **Spectra™ Phytonutrient Blend*†** (Extracts and Concentrates from: Broccoli*, Coffeeberry®, Green Tea*, Turmeric*, Kale*, Broccoli Sprout*, Acai*, Cinnamon*, Garlic*, Tomato*, Blueberry*, Carrot*, Beet*, Raspberry*, Spinach*, Tart Cherry*, Blackberry*), **Vitamins and Minerals** (Calcium Carbonate, Magnesium Chloride, Dimagnesium Phosphate, Sodium Ascorbate, Choline Bitartrate, DL-Alpha-Tocopheryl Acetate, Beta Carotene, Cholecalciferol [Vitamin D3], Ferric Pyrophosphate, Niacinamide, Tricalcium Phosphate, Vitamin A Palmitate, Biotin, Calcium Pantothenate, Chromium Picolinate, Cyanocobalamin [Vitamin B12], Folic Acid, Phylloquinone, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride), L-Cysteine, L-Carnitine, Taurine, L-Tryptophan.

* Organic

† Adds a trivial amount of sugar

Strawberry

Purified Water, Pea Protein*, **Contains 2% or Less of:** Strawberry Flavor (Natural Flavor, Strawberry Puree*)*, Monk Fruit Extract*, Stevia Leaf Extract (Reb M)*, Natural Flavor*, Agave Inulin†, Acacia Gum*, Oat Fiber*, Brown Rice Syrup Solids*†, High Linoleic Sunflower Oil*, Flaxseed Oil*, Locust Bean Gum*, Rosemary Extract*, **Spectra™ Phytonutrient Blend*†** (Extracts and Concentrates from: Broccoli*, Coffeeberry®, Green Tea*, Turmeric*, Kale*, Broccoli Sprout*, Acai*, Cinnamon*, Garlic*, Tomato*, Blueberry*, Carrot*, Beet*, Raspberry*, Spinach*, Tart Cherry*, Blackberry*), **Vitamins and Minerals** (Calcium Carbonate, Magnesium Chloride, Dimagnesium Phosphate, Sodium Ascorbate, Choline Bitartrate, DL-Alpha-Tocopheryl Acetate, Beta Carotene, Cholecalciferol [Vitamin D3], Ferric Pyrophosphate, Niacinamide, Tricalcium Phosphate, Vitamin A Palmitate, Biotin, Calcium Pantothenate, Chromium Picolinate, Cyanocobalamin [Vitamin B12], Folic Acid, Phylloquinone, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride), L-Cysteine, L-Carnitine, Taurine, L-Tryptophan.

* Organic

† Adds a trivial amount of sugar

Ordering Information

Chocolate

Unit UPC: 811112031468

Case UPC: 811112031482

Packaging: 12-325 mL cartons/case

Strawberry

Unit UPC: 811112031413

Case UPC: 811112031420

Packaging: 12-325 mL cartons/case

Not suitable for infants less than 1 year old.

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