



OPTAVIA.

Green Renewal Shake

with Kale, Spinach, Spirulina, Carrot, Banana, Apple, Lemon, and Ginger

71150

Nutrition Facts

Serving Size 1 packet (30g)
Servings Per Container 7

Amount Per Serving

Calories 110 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Potassium 350mg **10%**

Total Carbohydrate 15g **5%**

 Dietary Fiber 4g **16%**

 Sugars 6g

Protein 11g **22%**

Vitamin A 25% • Vitamin C 25%

Calcium 20% • Iron 30%

Vitamin D 20% • Vitamin E 20%

Vitamin K 20% • Thiamin 20%

Riboflavin 20% • Niacin 20%

Vitamin B6 20% • Folate 25%

Vitamin B12 30% • Biotin 20%

Pantothenic Acid 20% • Phosphorus 20%

Iodine 20% • Magnesium 25%

Zinc 20% • Selenium 30%

Copper 20% • Manganese 20%

Chromium 20% • Molybdenum 20%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Whey protein isolate, chicory root inulin, pea protein isolate, maltodextrin, banana powder, organic apple powder*, organic coconut sugar*, sunflower lecithin, lemon juice concentrate, honey, carrageenan, spirulina algae powder, organic carrot powder*, organic kale powder*, organic spinach powder*, ginger, stevia extract, natural flavors, nonfat milk, bacillus coagulans GBI-30 6086.

Vitamins and Minerals: Potassium phosphate, calcium carbonate, potassium chloride, magnesium oxide, vitamin E acetate, ascorbic acid (vitamin C), ferrous sulfate (iron), zinc sulfate, biotin, vitamin A palmitate, potassium iodide, niacinamide (vitamin B3), chromium chloride, calcium pantothenate (vitamin B5), phytonadione (vitamin K1), sodium molybdate, sodium selenite, cyanocobalamin (vitamin B12), manganese sulfate, copper sulfate, folic acid, cholecalciferol (vitamin D3), thiamine mononitrate (vitamin B1), pyridoxine hydrochloride, riboflavin (vitamin B2).

*13% organic ingredients

CONTAINS: MILK AND COCONUT.

Therefore, the ingredient label on the package is always the best source for that specific item.

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