

# kate farms®

## Nutrition Shakes



### Vanilla, Chocolate, Coffee

## Nutrition Facts

**Serving Size** 1 Carton (325mL)

Amount Per Serving

**Calories** 330

% Daily Value\*

<b>Total Fat</b> 12g		<b>15%</b>
Saturated Fat 5g		<b>25%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 260mg		<b>11%</b>
<b>Total Carbohydrate</b> 38g		<b>14%</b>
Dietary Fiber 5g		<b>18%</b>
Total Sugars 20g		
Includes 20g Added Sugars		<b>40%<sup>2</sup></b>
<b>Protein</b> 16g		<b>25%<sup>3</sup></b>
Vit. D 7mcg	35%	Calcium 350mg 25%
Iron 5mg	30%	Potas. 550mg 10%
Vit. A 740mcg RAE	80%	Vit. C 50mg 60%
Vit. E 4.7mg	30%	Vit. K 30mcg 25%
Thiamin 0.7mg	60%	Riboflavin 0.6mg 45%
Niacin 7mg	45%	Vit. B6 0.7mg 40%
Folate 240mcg DFE	60%	Vit. B12 2.1mcg 90%
Biotin 20mcg	70%	Pantothenic Acid 4mg 80%
Phosphorus 300mg	25%	Iodine 40mcg 25%
Magnesium 115mg	25%	Zinc 6.5mg 60%
Selenium 25mcg	45%	Copper 0.7mg 80%
Manganese 0.8mg	35%	Chromium 16mcg 45%
Molybdenum 35mcg	80%	Chloride 340mg 15%
Choline 160mg	30%	

\* 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.

The delicious plant-based, organic Kate Farms Nutrition Shake is ready to be enjoyed as a meal or nutritious snack. Like everything from Kate Farms, there isn't any dairy, soy, gluten, corn, or artificial ingredients – only All Good Things.



### INGREDIENTS

#### Vanilla

Purified Water, Organic Agave Syrup, Organic Pea Protein, Organic Brown Rice Syrup Solids, Organic High Linoleic Sunflower Oil, Organic Agave Inulin, Organic Vanilla Flavor (Natural Flavors, Organic Vanilla Extract), Organic Coconut Oil, Vitamin and Mineral Blend†, Organic Flaxseed Oil, Organic Sunflower Lecithin, Organic Rosemary Extract, Organic Spectra™ Phytonutrient Blend‡.

#### Chocolate

Purified Water, Organic Agave Syrup, Organic Pea Protein, Organic Brown Rice Syrup Solids, Organic Agave Inulin, Organic High Linoleic Sunflower Oil, Organic Dutch Cocoa Powder (Processed with Alkali), Organic Coconut Oil, Vitamin and Mineral Blend†, Organic Chocolate Flavor (Natural Flavors, Organic Cocoa Extract), Organic Flaxseed Oil, Organic Sunflower Lecithin, Organic Rosemary Extract, Organic Spectra™ Phytonutrient Blend‡.

#### Coffee

Purified Water, Organic Pea Protein, Organic Agave Syrup, Organic Brown Rice Syrup Solids, Organic High Linoleic Sunflower Oil, Organic Agave Inulin, Organic Coconut Oil, Vitamin and Mineral Blend†, Organic Coffee‡, Organic Coffee Flavor (Natural Flavors, Organic Coffee Extract), Organic Flaxseed Oil, Organic Sunflower Lecithin, Organic Rosemary Extract, Organic Spectra™ Phytonutrient Blend‡.

†**Vitamin and Mineral Blend:** Potassium Citrate, Dimagnesium Phosphate, Tricalcium Phosphate, Choline Bitartrate, Sodium Chloride, Potassium Chloride, Sodium Ascorbate, Sodium Molybdate, DL-Alpha-Tocopheryl Acetate, Beta Carotene, Niacinamide, Ferric Pyrophosphate, Vitamin A Palmitate, Calcium Pantothenate, Zinc Oxide, Magnesium Citrate, Copper Sulfate, Manganese Sulfate, Sodium Selenite, Chromium Picolinate, Biotin, Folic Acid, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Phytonadione, Potassium Iodide, Cyanocobalamin (Vitamin B12), Cholecalciferol (Vitamin D3).

‡**Organic Spectra™ Phytonutrient Blend:** Extracts and Concentrates from: Organic Broccoli, Organic CoffeeBerry®, Organic Green Tea, Organic Turmeric, Organic Kale, Organic Broccoli Sprout, Organic Acai, Organic Cinnamon, Organic Garlic, Organic Tomato, Organic Blueberry, Organic Carrot, Organic Beet, Organic Raspberry, Organic Spinach, Organic Tart Cherry, Organic Blackberry.

### ORDERING INFORMATION

#### Vanilla

**Product UPC:** 811112030584

**Case UPC:** 811112030591

**Packaging:** 12-325 mL cartons/case

#### Chocolate

**Product UPC:** 811112030607

**Case UPC:** 811112030614

**Packaging:** 12-325 mL cartons/case

#### Coffee

**Product UPC:** 811112030621

**Case UPC:** 811112030638

**Packaging:** 12-325 mL cartons/case

1 Coffee Shake contains caffeine.

2 Vanilla 18g/36%, Chocolate 20g/40%, Coffee 18g/36%

3 Vanilla 26%, Chocolate 25%, Coffee 26%



**Kate Farms, Inc.**

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