



Nutrition Shake
Everyday Nutrition

Nutrition Shake

Flavors: Vanilla, Chocolate, Strawberry, and Coffee

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, or artificial sweeteners, flavors, colors, or preservatives—only All Good Things®.



Nutrition Facts

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

Amount Per Serving
Calories 330

% Daily Value*

Total Fat 12 g **15%**

Saturated Fat 5 g **25%**

Trans Fat 0 g

Polyunsaturated Fat 5 g

Monounsaturated Fat 2 g

Cholesterol 0 mg **0%**

Sodium 260 mg **11%**

Total Carbohydrate 38 g **14%**

Dietary Fiber 6 g **21%†**

Soluble Fiber 5 g

Insoluble Fiber 1 g‡

Total Sugars 18 g§

Includes 18 g Added Sugars **36%§**

Protein 16 g **26%**

Vitamin D 7 mcg 35% • Calcium 330 mg 25%

Iron 5 mg 30% • Potassium 550 mg 10%

Vitamin A 480 mcg 50% • Vitamin C 50 mg 60%

Vitamin E 4.7 mg 30% • Vitamin K 30 mcg 25%

Thiamin 0.7 mg 60% • Riboflavin 0.6 mg 45%

Niacin 4 mg 25% • Vitamin B6 0.7 mg 40%

Folate 120 mcg DFE (70 mcg folic acid) 30% • Vitamin B12 2.1 mcg 90%

Biotin 20 mcg 70% • Pantothenic Acid 4 mg 80%

Phosphorus 300 mg 25% • Iodine 40 mcg 25%

Magnesium 115 mg 25% • Zinc 7 mg 60%¶

Selenium 15 mcg 25% • Copper 0.3 mg 35%

Manganese 0.8 mg 35% • Chromium 16 mcg 45%

Molybdenum 35 mcg 80% • Chloride 330 mg 15%

Choline 150 mg 25%

*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.

† Chocolate 7 g/25%. ‡ Chocolate 2 g.
§ Chocolate 20 g/40%.
¶ Chocolate and Strawberry 6.5 mg/60%.

Ingredients

Vanilla

Purified Water, Pea Protein*, Agave Syrup*, Brown Rice Syrup Solids*, Agave Inulin*, **Contains 1.5% or Less of:** Vanilla Extract*, Natural Flavor*, High Linoleic Sunflower Oil*, Medium Chain Triglycerides (MCT from Coconut)*, Flaxseed Oil*, Pea Starch*, Locust Bean Gum*, Rosemary Extract*, Sunflower Lecithin*, **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** (Tricalcium Phosphate, Choline Bitartrate, Dimagnesium Phosphate, Magnesium Chloride, Sodium Chloride, Sodium Ascorbate, Dipotassium Phosphate, Calcium Carbonate, Potassium Chloride, Beta Carotene, DL-Alpha-Tocopheryl Acetate, Ferric Pyrophosphate, Sodium Molybdate, Zinc Oxide, Biotin, Calcium Pantothenate, Cholecalciferol [Vitamin D3], Folic Acid, Niacinamide, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Vitamin A Palmitate, Chromium Picolinate, Copper Sulfate, Manganese Sulfate, Sodium Selenite, Cyanocobalamin [Vitamin B12], Phylloquinone, Potassium Iodide). ***Organic**

Chocolate

Purified Water, Agave Syrup*, Pea Protein*, Brown Rice Syrup Solids*, Agave Inulin*, **Contains 1.5% or Less of:** Dutch Cocoa Powder (Processed with Alkali)*, Natural Flavor*, High Linoleic Sunflower Oil*, Medium Chain Triglycerides (MCT from Coconut)*, Flaxseed Oil*, Pea Starch*, Locust Bean Gum*, Sunflower Lecithin*, 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** (Tricalcium Phosphate, Choline Bitartrate, Dimagnesium Phosphate, Magnesium Chloride, Sodium Chloride, Sodium Ascorbate, Dipotassium Phosphate, Calcium Carbonate, Potassium Chloride, Beta Carotene, DL-Alpha-Tocopheryl Acetate, Ferric Pyrophosphate, Sodium Molybdate, Zinc Oxide, Biotin, Calcium Pantothenate, Cholecalciferol [Vitamin D3], Folic Acid, Niacinamide, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Vitamin A Palmitate, Chromium Picolinate, Copper Sulfate, Manganese Sulfate, Sodium Selenite, Cyanocobalamin [Vitamin B12], Phylloquinone, Potassium Iodide). ***Organic**

Strawberry

Purified Water, Pea Protein*, Agave Syrup*, Brown Rice Syrup Solids*, Agave Inulin*, **Contains 1.5% or Less of:** Strawberry Flavor (Natural Flavor, Strawberry Puree)*, Natural Flavor*, High Linoleic Sunflower Oil*, Medium Chain Triglycerides (MCT from Coconut)*, Flaxseed Oil*, Pea Starch*, Locust Bean Gum*, Rosemary Extract*, Sunflower Lecithin*, **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** (Tricalcium Phosphate, Choline Bitartrate, Dimagnesium Phosphate, Magnesium Chloride, Sodium Chloride, Sodium Ascorbate, Dipotassium Phosphate, Calcium Carbonate, Potassium Chloride, Beta Carotene, DL-Alpha-Tocopheryl Acetate, Ferric Pyrophosphate, Sodium Molybdate, Zinc Oxide, Biotin, Calcium Pantothenate, Cholecalciferol [Vitamin D3], Folic Acid, Niacinamide, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Vitamin A Palmitate, Chromium Picolinate, Copper Sulfate, Manganese Sulfate, Sodium Selenite, Cyanocobalamin [Vitamin B12], Phylloquinone, Potassium Iodide). ***Organic**

Coffee

Purified Water, Pea Protein*, Agave Syrup*, Brown Rice Syrup Solids*, Agave Inulin*, **Contains 1.5% or Less of:** Coffee Flavor (Coffee Extract*, Coffee*, Natural Flavor)*, High Linoleic Sunflower Oil*, Medium Chain Triglycerides (MCT from Coconut)*, Flaxseed Oil*, Locust Bean Gum*, Pea Starch*, Rosemary Extract*, Sunflower Lecithin*, **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** (Tricalcium Phosphate, Choline Bitartrate, Dimagnesium Phosphate, Magnesium Chloride, Sodium Chloride, Sodium Ascorbate, Dipotassium Phosphate, Calcium Carbonate, Potassium Chloride, Beta Carotene, DL-Alpha-Tocopheryl Acetate, Ferric Pyrophosphate, Sodium Molybdate, Zinc Oxide, Biotin, Calcium Pantothenate, Cholecalciferol [Vitamin D3], Folic Acid, Niacinamide, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Vitamin A Palmitate, Chromium Picolinate, Copper Sulfate, Manganese Sulfate, Sodium Selenite, Cyanocobalamin [Vitamin B12], Phylloquinone, Potassium Iodide). ***Organic**

Ordering Information

Vanilla

Unit UPC: 811112030584
Case UPC: 811112030591
Packaging: 12-325 mL cartons/case

Chocolate

Unit UPC: 811112030607
Case UPC: 811112030614
Packaging: 12-325 mL cartons/case

Strawberry

Unit UPC: 811112030782
Case UPC: 811112030799
Packaging: 12-325 mL cartons/case

Coffee

Unit UPC: 811112030621
Case UPC: 811112030638
Packaging: 12-325 mL cartons/case

Not suitable for infants less than 1 year old.

© 2024 Kate Farms, Inc. All Rights Reserved. Kate Farms® and All Good Things® are registered trademarks of Kate Farms, Inc. US-NS-00001_02/2024