



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 Shake
Everyday Nutrition



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%

Iron 5 mg 30%

Vitamin A 480 mcg 50%

Vitamin E 4.7 mg 30%

Thiamin 0.7 mg 60%

Niacin 4 mg 25%

Folate 120 mcg DFE (70 mcg folic acid) 30%

Biotin 20 mcg 70%

Phosphorus 300 mg 25%

Magnesium 115 mg 25%

Selenium 15 mcg 25%

Manganese 0.8 mg 35%

Molybdenum 35 mcg 80%

Choline 150 mg 25%

Calcium 330 mg 25%

Potassium 550 mg 10%

Vitamin C 50 mg 60%

Vitamin K 30 mcg 25%

Riboflavin 0.6 mg 45%

Vitamin B6 0.7 mg 40%

Vitamin B12 2.1 mcg 90%

Pantothenic Acid 4 mg 80%

Iodine 40 mcg 25%

Zinc 7 mg 60%§

Copper 0.3 mg 35%

Chromium 16 mcg 45%

Chloride 330 mg 15%

*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.

*Among surveyed doctors recommending plant-based nutrition products

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