

DIRECTIONS: Combine 1 serving (33g) with 8 fl. oz of Le Bleu water or beverage (juice, almond milk, rice milk, etc.) and ice in a blender or blender bottle. Mix well for a refreshing shake.

Nutrition Facts

Serving Size: 1 Scoop (33g) **Servings Per Container:** 15

Amount Per Serving		Calories from Fat 20
Calories 120		
% Daily Values**		
Total Fat	2.5g	4%
Saturated Fat	<1g	3%
Cholesterol	0mg	0%
Sodium	290mg	12%
Potassium	5mg	0%
Total Carbohydrate	10g	3%
Dietary Fiber	4g	16%
Sugar	5g	
Protein	17g	

Calcium 2% • **Iron 25%**

Not a significant source of *trans* fat, vitamin A and vitamin C.

** 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Approximate Amino Acids Per Serving

Alanine	738mg	Arginine	1478mg
Aspartic Acid	2029mg	Cysteine	153mg
Glutamic Acid	2939mg	Glycine	709mg
Histidine*	428mg	Isoleucine**	813mg
Leucine**	1453mg	Lysine*	1281mg
Methionine*	168mg	Phenylalanine*	936mg
Proline	733mg	Serine	930mg
Threonine*	627mg	Tryptophan*	168mg
Tyrosine*	658mg	Valine**	863mg

*Essential Amino Acids

^Branch Chain Amino Acids (3.13g)

Pea Protein Isolate 20.5g

Superfood / Fiber Blend 5,550mg

Maltodextrin (Fibersol-2), (Chicory) Inulin, Quinoa (Chenopodium Quinoa Seed), Flax Seed, Coconut Milk Powder (Coconut), Oat Bran.

Digestive Enzyme Blend 150mg

Amylase, Protease, Cellulase, Lipase.

Ingredients: Pea Protein Isolate, Natural Flavors, Raw Sugar, Maltodextrin (Fibersol-2), (Chicory) Inulin, Quinoa (Chenopodium Quinoa Seed), Flax Seed, Muscadine Grape, Coconut Milk Powder (Coconut), Oat Bran, Stevia, Xantham Gum, Sodium Chloride, Amylase, Protease, Cellulase, Lipase.

Warning: Consult with a health care professional if you are pregnant, breast feeding or if you have any medical conditions. Keep out of reach of children.

Keep tightly closed and store in a cool, dry place. To ensure freshness, consume within 4 to 5 weeks of opening.