

kate farms®

Nutrition Shakes



Vanilla, Chocolate, Coffee

Nutrition Facts

Serving Size 1 Carton (325 mL)

Amount Per Serving		Calories from Fat 110	
		% Daily Value*	
Calories	330		
Total Fat	12g		18%
Saturated Fat	5g		25%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	230mg		10%
Potassium	550mg		16%
Total Carbohydrate	38g		13%
Dietary Fiber	5g		20%
Sugars	18g		
Protein	16g		26%³
Vitamin A	35%	Vitamin C	35%
Calcium	35%	Iron	35%
Vitamin D	35%	Vitamin E	35%
Vitamin K	35%	Thiamin	35%
Riboflavin	35%	Niacin	35%
Vitamin B6	35%	Folate	35%
Vitamin B12	35%	Biotin	35%
Pantothenic Acid	35%	Phosphorus	35%
Iodine	35%	Magnesium	35%
Zinc	35%	Selenium	35%
Copper	35%	Manganese	35%
Chromium	35%	Molybdenum	35%

*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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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 Coconut Oil, Organic Vanilla Flavor, Vitamin and Mineral Blend†, Organic Flaxseed Oil, Dipotassium Phosphate, Organic Sunflower Lecithin, Natural Flavors, Organic Quinoa Flour, Tricalcium Phosphate, Organic Spectra™ Phytonutrient Blend‡.

Chocolate

Purified Water, Organic Agave Syrup, Organic Pea Protein, Organic Brown Rice Syrup Solids, Organic High Linoleic Sunflower Oil, Organic Dutch Cocoa Powder, Organic Coconut Oil, Organic Agave Inulin, Vitamin and Mineral Blend†, Organic Natural Flavor, Organic Flaxseed Oil, Dipotassium Phosphate, Organic Sunflower Lecithin, Tricalcium Phosphate, Organic Quinoa Flour, 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 Coffee¹, Organic Natural Coffee Flavor, Organic Flaxseed Oil, Dipotassium Phosphate, Organic Sunflower Lecithin, Natural Flavors, Organic Quinoa Flour, Tricalcium Phosphate, Organic Spectra™ Phytonutrient Blend‡.

† **Vitamin and Mineral Blend:** Dicalcium Phosphate, Potassium Chloride, Magnesium Chloride, Calcium Carbonate, Choline Bitartrate, Sodium Ascorbate, Trisodium Citrate, Potassium Citrate, DL-Alpha-Tocopheryl Acetate, Niacinamide, Zinc Oxide, Ferric Orthophosphate, Calcium Pantothenate, Pyridoxine Hydrochloride, Copper Sulfate, Manganese Sulfate, Riboflavin, Thiamine Hydrochloride, Vitamin A Palmitate, Beta Carotene, Folic Acid, Biotin, Chromium Picolinate, Phytonadione, Sodium Molybdate, Sodium Selenite, Potassium Iodide, Ergocalciferol (Vitamin D2), Cyanocobalamin (Vitamin B12).

‡ **Organic Spectra™ Phytonutrient Blend²:** 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: 12-11 oz cartons/case

Chocolate

Product UPC: 811112030607

Case UPC: 811112030614

Packaging: 12-11 oz cartons/case

Coffee

Product UPC: 811112030621

Case UPC: 811112030638

Packaging: 12-11 oz cartons/case

- 1 Coffee shake contains caffeine.
- 2 Spectra is non-allergenic, without caffeine.
- 3 Vanilla 26%, Chocolate 25%, Coffee 26%



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