



Delicious

- + 20G PROTEIN
- + MULTIVITAMIN
- + PROBIOTIC
- + MORE ...



Good for you and good for the planet!



VITAMINS



**Vitamin A**  
From the beta-carotene found in carrot & blakeslea trisporo fungi



**Vitamin B Complex**  
From guava, sprouted mung beans, chorella, lemon peel, spirulina, saccharomyces cerevisiae, & chickpea miso



**Vitamin C**  
From a combination of acerola cherry, amla, camu camu, & rosehip



**Vitamin E**  
From sunflower seed & sprouted mung beans



**Vitamin D**  
From shitake mushroom

No Wicked Ingredients

PROTEIN



**20g Protein**  
With full amino acid profile from sprouted brown rice, koji fermented rice, cashews, & amaranth

MINERALS



**Zinc**  
From gauva leaf & spinach



**Iron**  
From curry leaves

ADAPTOGENS



From ginseng

ELECTROLYTES



From coconut and sea salt

FIBRE



From tapioca starch

PRE & PROBIOTIC



**Prebiotics**  
From chicory & tapioca



**Probiotic**  
L. acidophilus, L. rhamnosus, L. gasseri, L. plantarum, b. bifidum, & b. lactis



Nutrition Facts		Quantity / Serving		Quantity / 100g		Quantity / Serving		Quantity / 100g	
Servings per package: 1		Quantity / Serving		Quantity / 100g		Quantity / Serving		Quantity / 100g	
Serving Size: 1 Bar 80g		Quantity / Serving		Quantity / 100g		Quantity / Serving		Quantity / 100g	
Energy	356 (1490 KJ)	446 (1860 KJ)	Iron	4.9 mg	6.13 mg	Vitamin B Complex			
Protein	20.3 g	25.4 g	Magnesium	108.8 mg	136 mg	B1	1.69 mg	2.12 mg	
Total Fat	18.3 g	22.8 g	Zinc	1.09 mg	1.36 mg	B2	1.69 mg	2.12 mg	
Saturated	7.3 g	9.2 g	Vitamin A	88 µg	110 µg	B3	3.39 mg	4.24 mg	
Total Carbohydrate	17.5 g	21.9 g	Vitamin C	13.6 mg	17 mg	B5	3.22 mg	4.03 mg	
Sugars	8.6 g	10.8 g	Vitamin D	10 µg	12.5 µg	B6	1.69 mg	2.12 mg	
Dietary Fibre	10.1 g	12.6 g	Vitamin E	3.06 mg	3.83 mg	Folate	67.80 µg	84.75 µg	
Sodium	16 mg	20 mg				Biotin	43.22 µg	54.03 µg	
						B12	1.69 µg	2.12 µg	

CLEAN INGREDIENTS:

\*= Certified Organic Ingredient

Cashews\*, Sprouted Brown Rice Protein\*, Tapioca Starch (Prebiotic Fibre)\*, Dark Chocolate\* (Cocoa Liquor\*, Coconut Sugar\*, Cocoa Butter) (10%), Glycerine\*, Amaranth\*, Coconut Milk Powder\*, Koji Fermented Brown Rice\*, Chickpea Miso\*, Brown Rice Malt Syrup\*, Monk Fruit Powder\*, Guava Leaf\* Spinach\* Curry Leaf\* Shitake Mushroom\* Ginseng\* Acerola Cherry\* Amla\* Camu Camu\* Carrot\* Chlorella\* Lemon Peel\* Rosehip\* Spirulina\* Sprouted Mung Bean\* Sunflower Seed\* Chicory\* Sea Salt, Blakeslea Trisporo Fungi\* Aspergillus Oryzae & Saccharomyces Cerevisiae (Probiotic Starters) Probiotics: L. Acidophilus, L. Rhamnosus, B. Lactis, L. Gasseri, L. Plantarum, B. Bifidum, B. Lactis

CONTAINS: CASHEWS AND MAY CONTAIN PEANUTS AND TRACES OF OTHER TREE NUTS.