ORENDA

Shape™

Chocolate Nutritional Shake

Protein, Fiber, Greens & Omega-3

VEGETARIAN formula

Net Wt 38 grams

Nutrition Facts

1 Serving per pouch

Serving size 1 pouch (38g)

Amount Per Serving

Calories 130

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrates 13g	5%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 7g Added Sugars	14%
Protein 15g	30%

Vitamin D 6mcg 30%	•	Calcium 390mg 30%
Iron 6.3mg 35%	•	Potassium 100mg 2%
Vitamin A 35%	•	Vitamin C 30%
Vitamin E 30%	•	Vitamin K 35%
Thiamin 30%	•	Riboflavin 30%
Niacin 30%	•	Vitamin B6 30%
Folate 30%	•	Vitamin B12 30%
Biotin 30%	•	Pantothenic Acid 30%
Iodine 30%	•	Magnesium 30%
Selenium 30%	•	Copper 35%
Manganese 30%	•	Chromium 30%
Molybdenum 30%		

* 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.

Other Ingredients: Proprietary Blend (Pea Protein, Spirulina Powder, Barley Grass Powder, Chlorella Powder, Organic Oat Grass Powder, Spinach Powder, Wheat Grass Powder, Organic Kamut Grass Juice Powder, Organic Blue Green Algae), Organic Dried Cane Syrup, Cocoa Powder (processed with Alkali), Calcium Citrate, Natural Flavors, Magnesium Citrate, Cellulose Gum, Organic Golden Flax Seed Meal, Xanthan Gum, Chia Seed Powder, Apple Fiber, Golden Pea Fiber, Quinoa Sprouts, Reb-A (Stevia Extract), L-Glutamine, Ascorbic Acid, Kelp Mix (*Laminaria digitata, Ascophyllum nodosum*), d-Biotin, d-Alpha Tocopheryl Succinate, Niacinamide, Zinc Oxide, Beta Carotene, Cupric Oxide, L-Selenomethionine, d-Calcium Pantothenate, Manganese Sulfate, Cholecalciferol, Pyridoxine HCl, Thiamine Mononitrate, Phytonadione, Riboflavin, Chromium Chloride, Cyanocobalamin, Folic Acid, Sodium Molybdate.

DIRECTIONS: Mix 1 pouch of Orenda Shape™ with 12-16 oz of water, or unsweetened almond milk and enjoy. Create your own flavor by blending with fruit.

ORENDA® INTERNATIONAL
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KEY INGREDIENTS

Organic Flax 700mg	Spirulina 680mg
Chia Seed.....500 mg	Apple Fiber..... 250mg
Wheat Grass 200mg	Pea Fiber 150mg