

Nutrition Facts

1 Serving per pouch

Serving size 1 pouch (38g)

Amount Per Serving

Calories 135

% Daily Value*

Total Fat 2g 2%

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 13g 5%

Dietary Fiber 3g **11%**

Total Sugars 9g

Includes 9g Added Sugars **18%**

Protein 15g 30%

Vitamin D 3mcg 15% • Calcium 300mg 23%

Iron 6mg 33% • Potassium 100mg 2%

Vitamin A 58% • Vitamin C 20%

Vitamin E 40% • Vitamin K 25%

Thiamine 38% • Riboflavin 38%

Niacin 38% • Vitamin B6 35%

Folate 50% • Vitamin B12 75%

Biotin 300% • Pantothenic Acid 60%

Iodine 30% • Magnesium 29%

Selenium 36% • Copper 78%

Manganese 43% • Chromium 103%

Molybdenum 50% • Zinc 45%

* 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 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 (Laminara digitata, Ascophyllum nodosum), d-Biotin, d-Alpha Tocopheryl Succinate, Niacinamide, Zinc Oxide, Beta Carotene, Cupric Oxide, L-Selenomethionine, d-Calcium Pantothenate, Manganese Sulfate, Cholecalciferol, Phridoxine 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.



ORENDA®
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Nutrition...for people who think™

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www.orendainternational.com

KEY INGREDIENTS

Organic Flax700mg
Spirulina680mg
Chia Seed500mg
Apple Fiber250mg
Barley Grass200mg
Wheat Grass200mg

Spinach200mg
Chlorella200mg
Organic Oat Grass.....200mg
Quinoa Sprouts150mg
Pea Fiber150mg
Organic Kamut Grass100mg