

INGREDIENTS: WATER, SOY PROTEIN CONCENTRATE (26%), SUNFLOWER OIL, NATURAL FLAVORS, RED BEET JUICE CONCENTRATE, CONTAINS 2% OR LESS OF: PEA PROTEIN ISOLATE, SALT, APPLE EXTRACT, ZINC GLUCONATE, SODIUM SELENITE, VITAMIN B12.

CONTAINS: SOY.

Nutrition claims: High in protein, high in vitamin B12, high in iron, high in zinc, high in selenium, high in fiber.

NUTRITIONAL VALUE: Serving size 6.35oz (180g), Calories 310, Total fat 9g (12% DV), Saturated Fat 1.1g (6% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 790mg (34% DV), Total Carbohydrate 19g (7% DV), Dietary Fiber 11g (39% DV), Total Sugars 2g, Added Sugars 0g (0% DV), Protein 34g (68% DV), Vitamin D 0mg (0% DV), Calcium 0mg (0% DV), Iron 5.9mg (35% DV), Potassium 0mg (0% DV), Vitamin B12 1.44mcg (60% DV), Zinc 6.60mg (60% DV), Selenium 33mcg (60% DV)