**Suggested Use**

For a quick, nutritious drink, add 2 scoops (20g) to a glass/shaker and top up with 250ml cereal or nut milk while stirring briskly. For a smoothie, add fruit and other good things, and blend.

**Typical Nutritional Information**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per 100 g</th>
<th>Per serving (20g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy (kJ)</td>
<td>1599</td>
<td>320</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>32.0</td>
<td>6.4</td>
</tr>
<tr>
<td>Carbohydrate (g)</td>
<td>28.8</td>
<td>5.7</td>
</tr>
<tr>
<td>of which total sugar (g)</td>
<td>3.4  &lt; 1</td>
<td></td>
</tr>
<tr>
<td>Fat (g)</td>
<td>10.8</td>
<td>2.2</td>
</tr>
<tr>
<td>of which saturated fat (g)</td>
<td>2.1  0.5</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Dietary fibre (g)</td>
<td>26.4</td>
<td>5.7</td>
</tr>
<tr>
<td>Total sodium (mg)</td>
<td>26</td>
<td>5</td>
</tr>
</tbody>
</table>

*Fibre analysis AOAC 985.29*

**Ingredients:**
- brown rice protein, chia & flax meal*,
- coconut meat*,
- bee fibre,
- inulin (from chicory)
- erythritol (sweetener) *organic

**Allergens:**
- Packed in a facility that processes gluten/nuts/dairy/eggs

**Manufactured in South Africa.**

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**Made with whole-grain, non-GMO brown rice.**

**Contains no preservatives or additives.**

**Naturally Gluten-free**

**Soy-free / Dairy-free**

**Sweetened with zero-kj erythritol**

**Lifematrix is a division of Absolute Organix**

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Johannesburg, South Africa
Contact: (011) 614 5822

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**LIFE MATRIX**

**THE CLEAN PROTEIN PEOPLE**

**VEGAN SUPER SMOOTHIE**

Essential ingredients for a nutrient-dense shake.

400g / 20 Servings

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**STORE IN A COOL, DRY PLACE BELOW 25°C. CONSUME WITHIN EXPIRY DATE.**