

L-DRINK ORANGE FLAVOR

Nutrition Facts

Serving Size: 0.6 fl oz (17mL)
(Concentrate)
Servings 4

Calories 20	
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Protein 0g	

*Percentage Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:
Nutrition based on 180lb person. Formulated to provide 50 calories per 100 lb body weight.

INGREDIENTS: Purified water, natural vegetable glycerin, natural orange flavor, potassium sorbate.

L-DRINK TROPICAL BERRY FLAVOR

Nutrition Facts

Serving Size: 0.6 fl oz (17mL)
(Concentrate)
Servings 4

Calories 20	
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Protein 0g	

*Percentage Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:
Nutrition based on 180lb person. Formulated to provide 50 calories per 100 lb body weight.

INGREDIENTS: Purified water, natural vegetable glycerin, natural tropical berry flavor, potassium sorbate.

OLIVES SEA SALT FLAVORED

Nutrition Facts

Serving Size: 5 Olives (15g)
Serving Per Container: About 1

Calories 25	Cal from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2g	

Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 0g	0%
Protein 0g	

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.

*Percentage Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

INGREDIENTS: Olives, olive oil, sea salt and lactic acid.
May contain pits or pit fragments. Gluten free.

HIBISCUS TEA

INGREDIENTS: Organic hibiscus leaves

SPEARMINT TEA

INGREDIENTS: Organic spearmint leaves

SPEARMINT LEMON TEA

INGREDIENTS: Organic spearmint leaves, organic lemon peel, organic lemon myrtle

MANUFACTURED FOR L-NUTRA INC.
3975 LANDMARK ST STE 500, CULVER CITY, CA 90232

OLIVES GARLIC FLAVORED

Nutrition Facts

Serving Size: 5 Olives (15g)
Serving Per Container: About 1

Calories 30	Cal from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2.5g	

Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate <1g	0%
Protein 0g	

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.

*Percentage Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

INGREDIENTS: Olives, olive oil, sea salt, lactic acid, garlic and thyme.

May contain pits or pit fragments. Gluten free.

ALGAL OIL

life's DHA 200mg OMEGA-3

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel

Calories 6	Cal from Fat 5
% Daily Value*	
Amount per softgel	
Total Fat 0.5g	<1%
DHA Omega-3 Fatty Acid (from algal oil) 200mg**	

*Percentage Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

**Daily value not established

OTHER INGREDIENTS: Gelatin, glycerin, purified water, turmeric (color), annatto extract (color).

Keep out of reach of children



L-BAR PROPRIETARY CHOCO CRISP BAR

Nutrition Facts

Serving Size: 1 Bar (23g)

Calories 90	Cal from Fat 45
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1g	4%
<i>Trans</i> Fat 0g	0%

Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 5g	20%
Sugar 3g	

Protein 3 g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 9%

*Percentage Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

INGREDIENTS: Inulin, almond butter, brown rice, cocoa powder (natural), almonds, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin), rolled oats, brown rice syrup, flaxseed oil, rice dextrin, grape juice, salt.

CONTAINS: ALMOND, SOY.

Manufactured in a facility that processes tree nuts, peanuts, milk, eggs, and shellfish.

L-BAR PROPRIETARY NUT-BASED BAR

Nutrition Facts

Serving Size: 1 Bar (45g)

Calories 280	Cal from Fat 210
% Daily Value*	
Total Fat 23g	35%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	0%

Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	13%
Sugar 8g	

Protein 5g		
Vitamin A 0%	Vitamin C 80%	Vitamin E 25%
Calcium 4%	Iron 6%	

*Percentage Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

INGREDIENTS: Almond meal, macadamia nut butter, honey, pecan, coconut, flaxseed meal, coconut oil, vanilla extract, sea salt, ascorbic acid, citric acid, mixed tocopherol.

CONTAINS: ALMOND, COCONUT, MACADAMIA NUT, PECAN.

Manufactured in a facility that processes tree nuts, peanuts, milk, eggs, and shellfish.

Nutritional Information

KALE CRACKERS

Nutrition Facts

Serving Size: 1 Packet (35g)

Calories 180	Cal from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	0%

Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	16%
Sugar 1g	

Protein 7g	
Vitamin A 6%	Vitamin C 4%
Calcium 8%	Iron 15%

*Percentage Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

INGREDIENTS: Kale, golden flax seeds, sunflower seeds, cashews, sesame seeds, nutritional yeast, apple cider vinegar, hemp seeds, pumpkin seeds, sea salt, onion powder, dill weed, black pepper.

CONTAINS: CASHEWS

VERSION 3.0

NR-1 VEGETABLE POWDER WITH VITAMINS & MINERAL SUPPLEMENT

Supplemental Facts

Serving Size: 1 Tablet

Amount Per Serving	% Daily Value*
Vitamin A (as Beta Carotene) 1,250 IU.....	25%
Vitamin C (Ascorbic Acid) 15 mg.....	25%
Vitamin D (as Cholecalciferol) 100 IU.....	25%
Vitamin E (as DL-Alpha Tocopherol Acetate) 7.5 IU.....	25%
Vitamin K (as Phytonadione) 20 mcg.....	25%
Thiamin (as Thiamine Mononitrate) 0.38 mcg.....	25%
Riboflavin 0.43 mg.....	25%
Niacin (as Niacinamide) 5 mg.....	25%
Vitamin B6 (as Pyridoxine HCl) 0.5 mg.....	25%
Folic Acid 100 mcg.....	25%
Vitamin B12 (as Cyanocobalamin) 1.5 mcg.....	25%
Biotin 15 mcg.....	5%
Pantothenic Acid (as Calcium-D-Panthenate) 2.5 mg.....	25%
Calcium (as Calcium Carbonate and Tribasic Calcium Phosphate) 100mg.....	10%
Iron (as Ferrous Fumarate) 4.5 mg.....	25%
Phosphorous (as Tribasic Calcium Phosphate) 10 mg.....	1%
Iodine (as Potassium Iodine) 37.5 mcg.....	25%
Magnesium (as Magnesium Oxide) 26 mg.....	7%
Zinc (Zinc Oxide) 3.75 mg.....	25%
Selenium (as Sodium Selenate) 7.5 mcg.....	11%
Copper (as Cupric Sulfate) 0.25 mg.....	13%
Manganese (as Manganese Sulfate) 0.5 mg.....	25%
Chromium (as Chromium Picolinate) 17.4 mcg.....	15%
Molybdenum (as Sodium Molybdate) 18.8 mcg.....	25%

L-Nutra Powder Blend 600 mg..... †
Beet Root, Spinach Leaf, Tomato Fruit, Carrot Root, Collards Leaf, Kale Leaf.

† Daily value not established

OTHER INGREDIENTS: Stearic acid, microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, magnesium stearate, silicon dioxide, food-grade shellac.

Keep out of reach of children

TOMATO SOUP

Nutrition Facts

Serving Size: 1 Packet (33g)

Calories 120	Cal from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 800mg	33%
Total Carbohydrate 25g	8%
Dietary Fiber 7g 28%	
Sugars 6g	
Protein 3g	
Vitamin A 0%	Vitamin C 6%
Calcium 10%	Iron 10%

*Percentage Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Rice flour, tomato concentrate*, onion*, inulin, potato starch, diced tomatoes*, olive oil, salt, yeast extract, basil*, parsley*, natural flavor.

*dried

VEGETABLE SOUP

Nutrition Facts

Serving Size: 1 Packet (33g)

Calories 120	Cal from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g 5%	
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	27%
Total Carbohydrate 24g	8%
Dietary Fiber 5g 20%	
Sugars 5g	
Protein 2g	
Vitamin A 45%	Vitamin C 45%
Calcium 4%	Iron 6%

*Percentage Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Rice flour, onion*, inulin, tomato*, carrot*, salt, red pepper*, leek*, potato starch, olive oil, basil*, parsely*, spinach*, natural flavor.

*dried

MINISTRONE & QUINOA BLEND SOUP

Nutrition Facts

Serving Size: 1 Packet (35g)

Calories 130	Cal from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 26g	9%
Dietary Fiber 4g 16%	
Sugars 5g	
Protein 4g	
Vitamin A 0%	Vitamin C 2%
Calcium 6%	Iron 8%

*Percentage Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Quinoa*, rice flour, potato flakes, peas*, yeast extract, savoy cabbage*, carrot*, onion*, salt, celeriac*, zucchini*, natural flavor, tomato*, garlic*, basil*, spinach powder*, broccoli powder*, cabbage powder*, sage*, celery*, celery seed powder, turmeric.

*dried

MINISTRONE SOUP

Nutrition Facts

Serving Size: 1 Packet (35g)

Calories 130	Cal from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g 5%	
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 750mg	31%
Total Carbohydrate 25g	8%
Dietary Fiber 5g 20%	
Sugars 4g	
Protein 3g	
Vitamin A 0%	Vitamin C 2%
Calcium 6%	Iron 6%

*Percentage Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Potato flakes, rice flour, potato*, brown beans*, peas*, potato starch, carrot*, salt, onion*, leek* savoy cabbage*, olive oil*, celeriac*, carrot powder*, vegetable stock (salt, soy extract, celery, garlic, carrot, sunflower oil), tomato*, celery*, yeast extract, natural flavor, spinach powder*, parsley*, turmeric.

*dried

Contains Soy

MUSHROOM SOUP

Nutrition Facts

Serving Size: 1 Packet (33g)

Calories 120	Cal from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g 5%	
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 910mg	38%
Total Carbohydrate 22g	7%
Dietary Fiber 4g 16%	
Sugars 9g	
Protein 3g	
Vitamin A 90%	Vitamin C 4%
Calcium 2%	Iron 2%

*Percentage Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Rice flour, carrot*, onion*, Champignon mushroom powder, inulin, Champignon mushrooms*, salt, yeast extract, potato starch, olive oil, parsley*, natural flavor.

*dried