

Food name: Drop Ship- Koia Cacao Bean Protein Shake

# Nutrition Facts

1 servings per container

**Serving size** **1 (340g)**

**Amount per serving**

**Calories** **190**

**% Daily Value\***

**Total Fat** 7g **9%**

Saturated Fat 0.5g **3%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 240mg **10%**

**Total Carbohydrate** 13g **5%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 4g Added Sugars **8%**

**Protein** 18g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 3mg 15%

Potassium 160mg 4%

\* The % Daily Values (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.

**INGREDIENTS:** ALMOND MILK (FILTERED WATER, ALMONDS), KOIA PROPRIETARY PROTEIN BLEND (BROWN RICE PROTEIN, PEA PROTEIN, CHICKPEA PROTEIN), KOIA PREBIOTIC FIBER BLEND (AGAVE FIBER, CHICORY ROOT FIBER), COCOA POWDER, ORGANIC CANE SUGAR, NATURAL FLAVORS, SUNFLOWER LECITHIN, SEA SALT, VANILLA EXTRACT, CACAO POWDER, COCOA EXTRACT, MONK FRUIT EXTRACT, LOCUST BEAN GUM, GELLAN GUM AND CINNAMON

**CONTAINS:** ALMONDS

Food name: Drop Ship- Koia Magic Mango Smoothie (12 Oz.)

# Nutrition Facts

1 servings per container

**Serving size** 1 (340g)

**Amount per serving**

**Calories** 120

**% Daily Value\***

**Total Fat** 4g 5%

Saturated Fat 3g 15%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 100mg 4%

**Total Carbohydrate** 17g 6%

Dietary Fiber 4g 14%

Total Sugars 9g

Includes 0g Added Sugars 0%

**Protein** 4g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 1mg 6%

Potassium 390mg 8%

\* The % Daily Values (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.

**INGREDIENTS:** COCONUT MILK (WATER, COCONUT CREAM), COCONUT WATER (FROM CONCENTRATE), MANGO PUREE, ORANGE JUICE (FROM CONCENTRATE), PEA PROTEIN, KOIA PREBIOTIC FIBER BLEND (AGAVE FIBER, CHICORY ROOT FIBER), BAOBAB POWDER, NATURAL FLAVORS, GROUND CHIA SEEDS, LEMON JUICE (FROM CONCENTRATE), LOCUST BEAN GUM, GELLAN GUM, MONK FRUIT, ORGANIC STEVIA EXTRACT (REB A), RETINYL PALMITATE (VITAMIN A), ASCORBIC ACID

**CONTAINS:** COCONUT

Food name: Drop Ship- Koia Glowing Greens Smoothie (12 Oz.)

# Nutrition Facts

1 servings per container

**Serving size** 1 (340g)

**Amount per serving**

**Calories** 90

**% Daily Value\***

**Total Fat** 1g 1%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 105mg 5%

**Total Carbohydrate** 16g 6%

Dietary Fiber 4g 14%

Total Sugars 8g

Includes 0g Added Sugars 0%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 1mg 6%

Potassium 480mg 10%

\* The % Daily Values (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.

**INGREDIENTS:** COCONUT WATER (FROM CONCENTRATE), PEAR PUREE, CUCUMBER JUICE (FROM CONCENTRATE), BANANA PUREE, PEA PROTEIN, BAOBAB POWDER, KOIA PREBIOTIC FIBER BLEND (AGAVE FIBER, CHICORY ROOT FIBER), ORGANIC KALE, ORGANIC BROCCOLI, ORGANIC SPINACH, GROUND CHIA SEEDS, LEMON JUICE (FROM CONCENTRATE), NATURAL FLAVORS, ORANGE JUICE (FROM CONCENTRATE), LOCUST BEAN GUM, GELLAN GUM, MONK FRUIT AND ORGANIC STEVIA EXTRACT (REB A)

**CONTAINS:** COCONUT