



## Healthy Transformation®

### Vegetable Soup

#### Vegetable Flavored Soup Mix

**Form:** Powder

**Flavor:** Vegetable Soup

**Size:** 10 Servings

**Healthy Transformation™ Vegetable Flavored Soup** is a delicious, high protein, savory soup mix. It features pea protein, making it suitable for individuals who prefer a dairy-free or vegan meal. Mixes easily with warm water to make a great-tasting, satisfying soup—and can be used as the foundation for other recipes.

Ingredient	Amount	% Daily Value*
Serving Size	2 Scoops (32.5 g)	
Servings Per Container	10	
Calories	120	
Total Fat	3 g	4%
Sodium	790 mg	33%
Total Carbohydrate	3 g	1%
Dietary Fiber	1 g	4%
Total Sugars	1 g	
Includes <1g Added Sugars		1%
Protein	20 g	26%
Vitamin D	0 mcg	0%
Iron	6 mg	35%
Chloride	1,500 mg	70%
Calcium	20 mg	2%
Potassium	350 mg	8%

**Ingredients:** pea protein, soup seasoning [salt, yeast extract, sugar, onion powder, garlic powder, tomato powder, green bell pepper powder, carrot powder, silicon dioxide, natural flavor, and celery powder], mirepoix powder [yeast extract, salt, garlic powder, sugar, onion powder, tapioca maltodextrin, celery powder, spice, silicon dioxide, and natural flavor], potassium chloride, silicon dioxide, xanthan gum, salt, and parsley flakes (dried).

**Directions:** Add 2 scoops (32.5 g) to 8 ounces of hot water and stir until dissolved. You may also add the powder to cold water and microwave for one minute to heat. More water may be added to thin the consistency of the soup. DO NOT mix hot liquids in a blender or shaker bottle.

**This product is non-GMO, gluten-free, and vegetarian.**

**Tamper Evident:** Do not use if safety seal is missing

or broken.

**Storage:** Keep tightly closed, in a cool dry place.

\*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.

Not a significant source of saturated fat, *Trans* fat, and cholesterol

**NOTICE:** For weight reduction, use only as directed in the Healthy Transformation diet plan found at [metagenics.com/healthytransformation](http://metagenics.com/healthytransformation). Do not use in diets supplying less than 400 Calories per day without medical supervision.

**WARNING:** Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause cancer and birth defects or other reproductive harm.

For more information go to [www.P65warnings.ca.gov/food](http://www.P65warnings.ca.gov/food)