

# **NEW!** Prenatal & Postnatal Support **SMOOTHIE MIXES**



## *A boost of nutrition for moms and moms-to-be!*

- 14 servings in each 10-ounce canister
- Prenatal Support with folic acid, folate and DHA
- Postnatal Support with fenugreek and DHA
- **Always organic.** We never use antibiotics, synthetic hormones, toxic pesticides or GMOs.
- **When mixed with 8oz. of 2% Milk:**
  - High in protein (16g-18g per serving)
  - A good source of vitamins A, D, B3, B5, potassium, selenium and zinc
  - High in calcium, iodine, phosphorus and vitamin B12



# PRENATAL SUPPORT SMOOTHIE MIX — For Expecting Mamas with Folic Acid, Folate and DHA.

## Prenatal Support Smoothie Mix — Chai Milkshake Flavor



Nutrition Facts	Powder		with 8 fl oz of 2% milk		Powder		with 8 fl oz of 2% milk		
	% DV*		% DV*		% DV*		% DV*		
<b>Total Fat</b>	1g	1%	6g	8%	<b>Total Carb.</b>	8g	3%	20g	7%
Saturated Fat	0g	0%	3g	15%	Dietary Fiber	0g	0%	0g	0%
Trans Fat	0g		0g		Total Sugars	7g		18g	
<b>Cholesterol</b>	15mg	5%	35mg	12%	Incl. Added Sugars	1g	2%	1g	2%
<b>Sodium</b>	70mg	3%	190mg	8%	<b>Protein</b>	9g	13%	18g	25%
Vitamin D	0mcg	0%	2.6mcg	15%	Vitamin B <sub>12</sub>	0.47mcg	15%	1.59mcg	60%
Calcium	190mg	15%	470mg	35%	Pantothenic Acid	0.4mg	6%	1.2mg	15%
Iron	0.1mg	0%	0.1mg	0%	Phosphorus	140mg	10%	370mg	30%
Potassium	230mg	4%	580mg	10%	Iodine	28mcg	10%	86mcg	30%
Vitamin A	0mcg	0%	190mcg	15%	Magnesium	20mg	6%	45mg	10%
Riboflavin	0.2mg	15%	0.66mg	40%	Zinc	0.5mg	4%	1.6mg	10%
Niacin	1mg	6%	2.8mg	15%	Selenium	3mcg	4%	9mcg	15%
Folate	335mcg DFE	60% (195mcg tolic acid)	350mcg DFE	60% (195mcg tolic acid)	Choline	0mg	0%	40mg	8%

14 servings per container  
Serving size 1 scoop (20g)  
**Calories 80 | 200**  
Powder with 8 fl oz of 2% milk

\*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 nutritional advice for pregnant and lactating women.

UPC 0 93966 00897 5



Ingredients: Organic Nonfat Milk, Organic Whey Protein Concentrate, Organic Unrefined Cane Sugar, Refined Fish Oil (sardine, anchovy), Organic Natural Flavors, Organic Ginger, Organic Sunflower Lecithin, Organic Stevia, Folic Acid.

## Prenatal Support Smoothie Mix — Chocolate Milkshake Flavor



Nutrition Facts	Powder		with 8 fl oz of 2% milk		Powder		with 8 fl oz of 2% milk		
	% DV*		% DV*		% DV*		% DV*		
<b>Total Fat</b>	1g	1%	6g	8%	<b>Total Carb.</b>	8g	3%	21g	8%
Saturated Fat	0g	0%	3.5g	18%	Dietary Fiber	1g	4%	1g	4%
Trans Fat	0g		0g		Total Sugars	7g		18g	
<b>Cholesterol</b>	15mg	5%	35mg	12%	Incl. Added Sugars	1g	2%	1g	2%
<b>Sodium</b>	100mg	4%	220mg	10%	<b>Protein</b>	9g	12%	17g	23%
Vitamin D	0mcg	0%	2.6mcg	15%	Vitamin B <sub>12</sub>	0.38mcg	15%	1.5mg	50%
Calcium	160mg	10%	440mg	35%	Pantothenic Acid	0.3mg	4%	1.2mg	15%
Iron	0.5mg	2%	0.6mg	2%	Phosphorus	120mg	10%	350mg	30%
Potassium	260mg	6%	610mg	10%	Iodine	22mcg	8%	81mcg	30%
Vitamin A	0mcg	0%	190mcg	15%	Magnesium	15mg	4%	45mg	10%
Riboflavin	0.16mg	10%	0.62mg	40%	Zinc	0.4mg	4%	1.5mg	10%
Niacin	0.8mg	4%	2.6mg	15%	Selenium	3mcg	4%	9mcg	15%
Folate	335mcg DFE	60% (195mcg tolic acid)	345mcg DFE	60% (195mcg tolic acid)	Choline	0mg	0%	40mg	8%

14 servings per container  
Serving size 1 scoop (20g)  
**Calories 80 | 200**  
Powder with 8 fl oz of 2% milk

\*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 nutritional advice for pregnant and lactating women.

UPC 0 93966 00895 1



Ingredients: Organic Nonfat Milk, Organic Whey Protein Concentrate, Organic Cocoa (Processed with Alkali), Organic Unrefined Cane Sugar, Organic Natural Flavors, Refined Fish Oil (sardine, anchovy), Organic Ginger, Salt, Organic Sunflower Lecithin, Organic Stevia, Folic Acid.

## Prenatal Support Smoothie Mix — Vanilla Milkshake Flavor



Nutrition Facts	Powder		with 8 fl oz of 2% milk		Powder		with 8 fl oz of 2% milk		
	% DV*		% DV*		% DV*		% DV*		
<b>Total Fat</b>	1g	1%	6g	8%	<b>Total Carb.</b>	8g	3%	20g	7%
Saturated Fat	0g	0%	3g	15%	Dietary Fiber	0g	0%	0g	0%
Trans Fat	0g		0g		Total Sugars	7g		18g	
<b>Cholesterol</b>	15mg	5%	35mg	12%	Incl. Added Sugars	1g	2%	1g	2%
<b>Sodium</b>	70mg	3%	190mg	8%	<b>Protein</b>	9g	13%	18g	25%
Vitamin D	0mcg	0%	2.6mcg	15%	Vitamin B <sub>12</sub>	0.44mcg	15%	1.56mcg	60%
Calcium	180mg	15%	470mg	35%	Pantothenic Acid	0.4mg	6%	1.2mg	15%
Iron	0.1mg	0%	0.1mg	0%	Phosphorus	140mg	10%	370mg	30%
Potassium	220mg	4%	580mg	10%	Iodine	26mcg	8%	85mcg	30%
Vitamin A	0mcg	0%	190mcg	15%	Magnesium	20mg	6%	45mg	10%
Riboflavin	0.19mg	10%	0.64mg	40%	Zinc	0.5mg	4%	1.5mg	10%
Niacin	1mg	6%	2.7mg	15%	Selenium	3mcg	4%	9mcg	15%
Folate	330mcg DFE	60% (195mcg tolic acid)	340mcg DFE	60% (195mcg tolic acid)	Choline	0mg	0%	40mg	8%

14 servings per container  
Serving size 1 scoop (20g)  
**Calories 80 | 200**  
Powder with 8 fl oz of 2% milk

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UPC 0 93966 00893 7



Ingredients: Organic Nonfat Milk, Organic Whey Protein Concentrate, Organic Unrefined Cane Sugar, Organic Natural Flavors, Refined Fish Oil (sardine, anchovy), Organic Ginger, Organic Sunflower Lecithin, Organic Stevia, Folic Acid.

Specs: 3/10 oz.

Case 13.00"L x 4.50"W x 6.25"H | Unit 4.13"L x 4.13"W x 5.88"H | Wt. 2.80 lbs. | Cube 0.21 | Pallet 30ti x 7hi

# POSTNATAL SUPPORT SMOOTHIE MIX — For New Mamas with Fenugreek and DHA.

## Postnatal Support Smoothie Mix — Chai Milkshake Flavor



Nutrition Facts	Powder		with 8 fl oz of 2% milk		Powder		with 8 fl oz of 2% milk		
	% DV*		% DV*		% DV*		% DV*		
<b>Total Fat</b>	1g	1%	6g	8%	<b>Total Carb.</b>	8g	3%	20g	7%
Saturated Fat	0g	0%	3g	15%	Dietary Fiber	0g	0%	0g	0%
Trans Fat	0g		0g		Total Sugars	7g		18g	
<b>Cholesterol</b>	15mg	5%	35mg	12%	Incl. Added Sugars	1g	2%	1g	2%
<b>Sodium</b>	70mg	3%	190mg	8%	<b>Protein</b>	9g	13%	17g	24%
Vitamin D	0mcg	0%	2.6mcg	15%	Vitamin B <sub>12</sub>	0.43mcg	15%	1.55mcg	60%
Calcium	180mg	15%	460mg	35%	Pantothenic Acid	0.3mg	4%	1.2mg	15%
Iron	0.1mg	0%	0.1mg	0%	Phosphorus	130mg	10%	360mg	30%
Potassium	220mg	4%	570mg	10%	Iodine	25mcg	8%	84mcg	30%
Vitamin A	0mcg	0%	190mcg	15%	Magnesium	20mg	6%	45mg	10%
Riboflavin	0.19mg	10%	0.64mg	40%	Zinc	0.5mg	4%	1.5mg	10%
Niacin	0.9mg	6%	2.7mg	15%	Selenium	3mcg	4%	9mcg	15%
Folate	5mcg DFE (0mcg folic acid)	0%	20mcg DFE (0mcg folic acid)	4%	Choline	0mg	0%	40mg	8%

14 servings per container  
Serving size 1 scoop (20g)  
**Calories 80 | 200**  
Powder with 8 fl oz of 2% milk

\*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 nutritional advice for pregnant and lactating women.

UPC 0 93966 00889 0



Ingredients: Organic Nonfat Milk, Organic Whey Protein Concentrate, Organic Unrefined Cane Sugar, Organic Sunflower Oil, Organic Natural Flavors, Refined Fish Oil (sardine, anchovy), Organic Fenugreek Seeds, Organic Sunflower Lecithin, Organic Stevia.

## Postnatal Support Smoothie Mix — Chocolate Milkshake Flavor



Nutrition Facts	Powder		with 8 fl oz of 2% milk		Powder		with 8 fl oz of 2% milk		
	% DV*		% DV*		% DV*		% DV*		
<b>Total Fat</b>	1g	1%	6g	8%	<b>Total Carb.</b>	8g	3%	20g	7%
Saturated Fat	0g	0%	3.5g	18%	Dietary Fiber	1g	4%	1g	4%
Trans Fat	0g		0g		Total Sugars	6g		18g	
<b>Cholesterol</b>	15mg	5%	35mg	12%	Incl. Added Sugars	1g	2%	1g	2%
<b>Sodium</b>	100mg	4%	220mg	10%	<b>Protein</b>	8g	12%	16g	23%
Vitamin D	0mcg	0%	2.6mcg	15%	Vitamin B <sub>12</sub>	0.36mcg	15%	1.48mcg	50%
Calcium	150mg	10%	440mg	35%	Pantothenic Acid	0.3mg	4%	1.2mg	15%
Iron	0.5mg	2%	0.6mg	2%	Phosphorus	110mg	8%	340mg	25%
Potassium	250mg	4%	600mg	10%	Iodine	21mcg	8%	80mcg	30%
Vitamin A	0mcg	0%	190mcg	15%	Magnesium	15mg	4%	45mg	10%
Riboflavin	0.16mg	10%	0.61mg	40%	Zinc	0.4mg	4%	1.4mg	10%
Niacin	0.8mg	4%	2.5mg	15%	Selenium	2mcg	2%	9mcg	15%
Folate	5mcg DFE (0mcg folic acid)	0%	15mcg DFE (0mcg folic acid)	2%	Choline	0mg	0%	40mg	8%

14 servings per container  
Serving size 1 scoop (20g)  
**Calories 80 | 200**  
Powder with 8 fl oz of 2% milk

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UPC 0 93966 00887 6



Ingredients: Organic Nonfat Milk, Organic Whey Protein Concentrate, Organic Cocoa (Processed with Alkali), Organic Unrefined Cane Sugar, Organic Natural Flavors, Organic Sunflower Oil, Refined Fish Oil (sardine, anchovy), Organic Ginger, Salt, Organic Fenugreek Seeds, Organic Sunflower Lecithin, Organic Stevia.

## Postnatal Support Smoothie Mix — Vanilla Milkshake Flavor



Nutrition Facts	Powder		with 8 fl oz of 2% milk		Powder		with 8 fl oz of 2% milk		
	% DV*		% DV*		% DV*		% DV*		
<b>Total Fat</b>	1g	1%	6g	8%	<b>Total Carb.</b>	8g	3%	20g	7%
Saturated Fat	0g	0%	3g	15%	Dietary Fiber	0g	0%	0g	0%
Trans Fat	0g		0g		Total Sugars	7g		18g	
<b>Cholesterol</b>	15mg	5%	35mg	12%	Incl. Added Sugars	1g	2%	1g	2%
<b>Sodium</b>	65mg	3%	190mg	8%	<b>Protein</b>	9g	13%	17g	24%
Vitamin D	0mcg	0%	2.6mcg	15%	Vitamin B <sub>12</sub>	0.43mcg	15%	1.55mcg	60%
Calcium	180mg	15%	460mg	35%	Pantothenic Acid	0.3mg	4%	1.2mg	15%
Iron	0.1mg	0%	0.1mg	0%	Phosphorus	130mg	10%	360mg	30%
Potassium	220mg	4%	570mg	10%	Iodine	25mcg	8%	84mcg	30%
Vitamin A	0mcg	0%	190mcg	15%	Magnesium	20mg	6%	45mg	10%
Riboflavin	0.19mg	10%	0.64mg	40%	Zinc	0.5mg	4%	1.5mg	10%
Niacin	0.9mg	6%	2.7mg	15%	Selenium	3mcg	4%	9mcg	15%
Folate	5mcg DFE (0mcg folic acid)	0%	20mcg DFE (0mcg folic acid)	4%	Choline	0mg	0%	40mg	8%

14 servings per container  
Serving size 1 scoop (20g)  
**Calories 80 | 200**  
Powder with 8 fl oz of 2% milk

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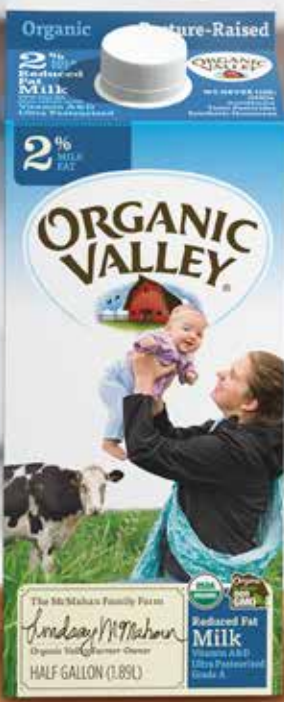
Ingredients: Organic Nonfat Milk, Organic Whey Protein Concentrate, Organic Natural Flavors, Organic Unrefined Cane Sugar, Organic Sunflower Oil, Refined Fish Oil (sardine, anchovy), Organic Fenugreek Seeds, Organic Sunflower Lecithin, Organic Stevia.

Specs: 3/10 oz.

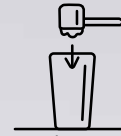
Case 13.00"L x 4.50"W x 6.25"H | Unit 4.13"L x 4.13"W x 5.88"H | Wt. 2.80 lbs. | Cube 0.21 | Pallet 30ti x 7hi

# Farm-to-Mama Support

Just scoop, shake and enjoy!



## DIRECTIONS:



1. Pour 1 level scoop of Smoothie Mix into a large glass or shaker cup.



2. Add 8 fluid ounces of cold Organic Valley 2% Milk.

3. Stir or shake well. Enjoy immediately or stick in the fridge for later!



For a thicker smoothie:

Blend milk with 1 cup of ice until smooth. Add 1 scoop of Smoothie Mix and blend for 10 seconds or more.



**1-888-444-6455, ext. 3444 | [www.ov.coop](http://www.ov.coop)**

Delicious milk from happy cows that spend more time outside.

Cows are part of our family and respect for animals is part of how we do business.

Time in the pasture means our cows' milk naturally delivers omega-3, CLA and calcium.

Our 57 quality checks ensure our products arrive as fresh as can be.

From our small family farms to your table, organic products distributed by our farmer-owned cooperative.



# IT'S WHAT'S OUTSIDE *that* COUNTS.

**Peake family farm**  
Farmer-owners since 2006