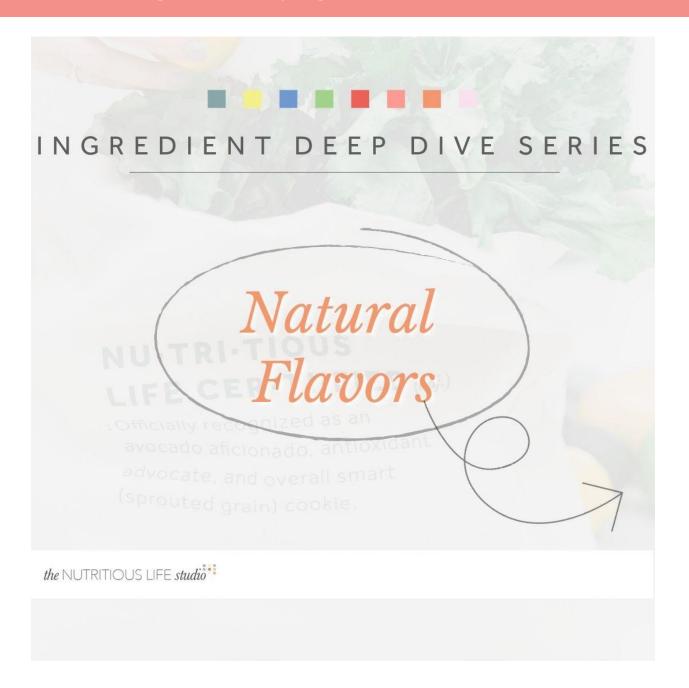


Gluten. Natural flavors. Soy protein isolate. Pea flour Nutritional yeas Sucralose Carrageenan Sov Stevia Ascorbic acid Tanioca sta extr r. I Glu Pe veas: gun ge 150 sta extr S Glu ²e /eas :arrageenan a sta gum ext m. Gi Glut veas a sta m. 0 eas gum. Sucralose. Carrageenar Ascorbic acid. Tabloca sta m. G extr . In Gu /eas gun S a sta In extr So Glus. Sc is piate. Pea flour. Nutritional yeast. Acacia gum. Sucralose. Chrageer Stevia. Ascorbic acid. Tapioca starch. Yeast extracts. Tapioc flour. In







Natural Flavors What Is It? Natural flavors are extracted from plant seeds, leaves, and stems. Sometimes, these natural flavors are produced in laboratories and made from a collection of gases. the NUTRITIOUS LIFE studio INGREDIENT DEEP DIVE SERIES



Natural Flavors Purpose & Where It's Found Used by food manufacturers to add flavor to foods. Yogurt, smoothies, beverages, dressings, condiments ... you name it! the NUTRITIOUS LIFE studio

INGREDIENT DEEP DIVE SERIES



Natural Flavors Good or Bad? Natural flavors always raise the question: What exactly are the natural flavors that are used? Manufacturers are not required to specify what the natural flavors are, so they don't necessarily mean good OR bad and it's more important to look at the product as a whole. the NUTRITIOUS LIFE studio INGREDIENT DEEP DIVE SERIES



Soy Protein Isolate What Is It? Protein that's removed from defatted soy flakes (think super concentrated soy). It's bland in flavor so doesn't add much flavor when used in products. the NUTRITIOUS LIFE studio



Soy Protein Isolate Purpose & Where It's Found Soy protein isolates are added to processed foods to boost the protein content. Found in many protein shakes, energy bars, frozen veggie burgers, and cereals. It's also available as a plain powder sold in canisters. the NUTRITIOUS LIFE studio



Soy Protein Isolate Good or Bad? Soy protein isolate is a very processed and concentrated form of soy. The creation of it strips out many nutrients originally found in soybeans. Has been linked to many side effects such as thyroid issues, nutrient imbalances, and intolerances. the NUTRITIOUS LIFE studio