

Silk[®]

Silk Almond Original Unsweetened has more than half the calories of skim milk.*



*Skim milk has 90 calories per 250 mL serving, Canada Nutrient File, 2015.
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Silk®



SILK® ESL ALMOND - 6 X 1.89 L



ORIGINAL

GTIN CODE 10025293001005
DANONE CODE 135121
DISTRIBUTION CODE



VANILLA

GTIN CODE 10025293001685
DANONE CODE 135143
DISTRIBUTION CODE



VANILLA UNSWEETENED

GTIN CODE 10025293001883
DANONE CODE 135145
DISTRIBUTION CODE



UNSWEETENED

GTIN CODE 10025293001500
DANONE CODE 135142
DISTRIBUTION CODE



DARK CHOCOLATE

GTIN CODE 10025293001357
DANONE CODE 135141
DISTRIBUTION CODE



ALMOND & COCONUT UNSWEETENED

GTIN CODE 10025293002507
DANONE CODE 135146
DISTRIBUTION CODE

ORIGINAL

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 60	% Daily Value	
	% valeur quotidienne	
Fat / Lipides 2.5 g	3 %	
Saturated / saturés 0.2 g		1 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 8 g		
Fibre / Fibres 1 g	4 %	
Sugars / Sucres 7 g	7 %	
Protein / Protéines 1 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 150 mg	7 %	
Potassium 30 mg	1 %	
Calcium 300 mg	23 %	
Iron / Fer 0.3 mg	2 %	
Vitamin A / Vitamine A 100 µg	11 %	
Vitamin D / Vitamine D 2 µg	10 %	
Riboflavin / Riboflavine 0.4 mg	31 %	
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %	
Zinc / Zinc 1 mg	9 %	
*5% or less is a little . 15% or more is a lot *5% ou moins c'est peu . 15% ou plus c'est beaucoup		

VANILLA

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 90	% Daily Value	
	% valeur quotidienne	
Fat / Lipides 2.5 g	3 %	
Saturated / saturés 0.2 g		1 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 16 g		
Fibre / Fibres 0 g	0 %	
Sugars / Sucres 15 g	15 %	
Protein / Protéines 1 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 160 mg	7 %	
Potassium 30 mg	1 %	
Calcium 300 mg	23 %	
Iron / Fer 0.4 mg	2 %	
Vitamin A / Vitamine A 100 µg	11 %	
Vitamin D / Vitamine D 2 µg	10 %	
Riboflavin / Riboflavine 0.4 mg	31 %	
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %	
Zinc / Zinc 1 mg	9 %	
*5% or less is a little . 15% or more is a lot *5% ou moins c'est peu . 15% ou plus c'est beaucoup		

VANILLA UNSWEETENED

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 30	% Daily Value	
	% valeur quotidienne	
Fat / Lipides 2.5 g	3 %	
Saturated / saturés 0.2 g		1 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 1 g		
Fibre / Fibres 0 g	0 %	
Sugars / Sucres 0 g	0 %	
Protein / Protéines 1 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 160 mg	7 %	
Potassium 40 mg	1 %	
Calcium 300 mg	23 %	
Iron / Fer 0.4 mg	2 %	
Vitamin A / Vitamine A 100 µg	11 %	
Vitamin D / Vitamine D 2 µg	10 %	
Riboflavin / Riboflavine 0.4 mg	31 %	
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %	
Zinc / Zinc 1 mg	9 %	
*5% or less is a little . 15% or more is a lot *5% ou moins c'est peu . 15% ou plus c'est beaucoup		

UNSWEETENED

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 30	% Daily Value	
	% valeur quotidienne	
Fat / Lipides 2.5 g	3 %	
Saturated / saturés 0.2 g		1 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 1 g		
Fibre / Fibres 0 g	0 %	
Sugars / Sucres 0 g	0 %	
Protein / Protéines 1 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 130 mg	7 %	
Potassium 175 mg	4 %	
Calcium 300 mg	23 %	
Iron / Fer 0.3 mg	2 %	
Vitamin A / Vitamine A 100 µg	11 %	
Vitamin D / Vitamine D 2 µg	10 %	
Riboflavin / Riboflavine 0.4 mg	31 %	
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %	
Zinc / Zinc 1 mg	9 %	
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DARK CHOCOLATE

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 100	% Daily Value	
	% valeur quotidienne	
Fat / Lipides 2.5 g	3 %	
Saturated / saturés 0.3 g		2 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 20 g		
Fibre / Fibres 1 g	4 %	
Sugars / Sucres 18 g	18 %	
Protein / Protéines 1 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 230 mg	10 %	
Potassium 150 mg	3 %	
Calcium 300 mg	23 %	
Iron / Fer 1.5 mg	8 %	
Vitamin A / Vitamine A 100 µg	11 %	
Vitamin D / Vitamine D 2 µg	10 %	
Riboflavin / Riboflavine 0.4 mg	31 %	
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %	
Zinc / Zinc 1 mg	9 %	
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ALMOND & COCONUT UNSWEETENED

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 35	% Daily Value	
	% valeur quotidienne	
Fat / Lipides 3 g	4 %	
Saturated / saturés 1 g		5 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 1 g		
Fibre / Fibres 0 g	0 %	
Sugars / Sucres 0 g	0 %	
Protein / Protéines 1 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 280 mg	12 %	
Potassium 30 mg	1 %	
Calcium 300 mg	23 %	
Iron / Fer 0.4 mg	2 %	
Vitamin A / Vitamine A 100 µg	11 %	
Vitamin D / Vitamine D 2 µg	10 %	
Riboflavin / Riboflavine 0.4 mg	31 %	
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %	
Zinc / Zinc 1 mg	9 %	
*5% or less is a little . 15% or more is a lot *5% ou moins c'est peu . 15% ou plus c'est beaucoup		

Ingredients: Almond base (filtered water, almonds), Cane sugar, Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Sea salt, Locust bean gum, Gellan gum, Sunflower lecithin, Ascorbic acid, Natural flavour. Contains: Almond.

Ingredients: Almond base (filtered water, almonds), Cane sugar, Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Sea salt, Natural flavour. Contains: Almond.

Ingredients: Almond base (filtered water, almonds), Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Sea salt, Locust bean gum, Sunflower lecithin, Gellan gum, Natural flavour. Contains: Almond.

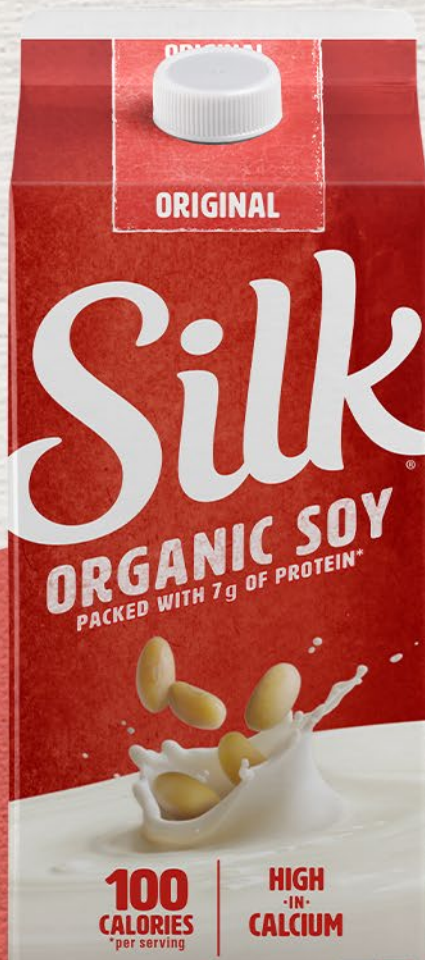
Ingredients: Almond base (filtered water, almonds), Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Dipotassium phosphate, Sea salt, Locust bean gum, Gellan gum, Ascorbic acid, Natural flavour. Contains: Almond.

Ingredients: Almond base (filtered water, almonds), Cane sugar, Cocoa (processed with alkali), Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Sea salt, Locust bean gum, Sodium ascorbate, Sunflower lecithin, Gellan gum, Natural flavour. Contains: Almond.

Ingredients: Filtered water, Coconut cream, Almonds, Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Sea salt, Locust bean gum, Sunflower lecithin, Gellan gum, Natural flavour. Contains: Almond.

Silk

As much calcium as dairy milk.*



*Skim milk has 316 mg of Calcium per 250 mL serving, Canada Nutrient File, 2016.
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Silk®



SILK® ESL SOYA - 6 X 1.89 L



ORIGINAL

GTIN CODE 10025293600710
DANONE CODE 135126
DISTRIBUTION CODE



UNSWEETENED

GTIN CODE 10025293000732
DANONE CODE 135129
DISTRIBUTION CODE



VANILLA

GTIN CODE 10025293600734
DANONE CODE 135127
DISTRIBUTION CODE



DARK CHOCOLATE

GTIN CODE 10025293600758
DANONE CODE 135128
DISTRIBUTION CODE

ORIGINAL

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 100	% Daily Value	
	% valeur quotidienne	
Fat / Lipides 4 g	5 %	
Saturated / saturés 0.5 g	3 %	
+ Trans / trans 0 g		
Carbohydrate / Glucides 8 g		
Fibre / Fibres 2 g	7 %	
Sugars / Sucres 5 g	5 %	
Protein / Protéines 6 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 115 mg	5 %	
Potassium 300 mg	6 %	
Calcium 300 mg	23 %	
Iron / Fer 1 mg	6 %	
Vitamin A / Vitamine A 100 µg	11 %	
Vitamin D / Vitamine D 2 µg	10 %	
Riboflavin / Riboflavine 0.4 mg	31 %	
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %	
Zinc / Zinc 1 mg	9 %	

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

UNSWEETENED

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 90	% Daily Value	
	% valeur quotidienne	
Fat / Lipides 4.5 g	6 %	
Saturated / saturés 0.5 g	3 %	
+ Trans / trans 0 g		
Carbohydrate / Glucides 4 g		
Fibre / Fibres 2 g	7 %	
Sugars / Sucres 1 g	1 %	
Protein / Protéines 8 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 90 mg	4 %	
Potassium 350 mg	7 %	
Calcium 300 mg	23 %	
Iron / Fer 1 mg	6 %	
Vitamin A / Vitamine A 100 µg	11 %	
Vitamin D / Vitamine D 2 µg	10 %	
Riboflavin / Riboflavine 0.4 mg	31 %	
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %	
Zinc / Zinc 1 mg	9 %	

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VANILLA

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 110	% Daily Value	
	% valeur quotidienne	
Fat / Lipides 4 g	5 %	
Saturated / saturés 0.5 g	3 %	
+ Trans / trans 0 g		
Carbohydrate / Glucides 11 g		
Fibre / Fibres 2 g	7 %	
Sugars / Sucres 8 g	8 %	
Protein / Protéines 7 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 90 mg	4 %	
Potassium 300 mg	6 %	
Calcium 300 mg	23 %	
Iron / Fer 1 mg	6 %	
Vitamin A / Vitamine A 100 µg	11 %	
Vitamin D / Vitamine D 2 µg	10 %	
Riboflavin / Riboflavine 0.4 mg	31 %	
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %	
Zinc / Zinc 1 mg	9 %	

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*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

DARK CHOCOLATE

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 140	% Daily Value	
	% valeur quotidienne	
Fat / Lipides 3.5 g	5 %	
Saturated / saturés 0.5 g	3 %	
+ Trans / trans 0 g		
Carbohydrate / Glucides 22 g		
Fibre / Fibres 3 g	11 %	
Sugars / Sucres 18 g	18 %	
Protein / Protéines 7 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 85 mg	4 %	
Potassium 400 mg	9 %	
Calcium 300 mg	23 %	
Iron / Fer 3 mg	17 %	
Vitamin A / Vitamine A 100 µg	11 %	
Vitamin D / Vitamine D 2 µg	10 %	
Riboflavin / Riboflavine 0.4 mg	31 %	
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %	
Zinc / Zinc 1 mg	9 %	

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Organic soy base (filtered water, organic soybeans), Organic cane sugar, Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, vitamin D₂, riboflavin (B₂), vitamin B₁₂), Gellan gum, Sea salt, Natural flavour, Sodium bicarbonate. Contains: Soy.

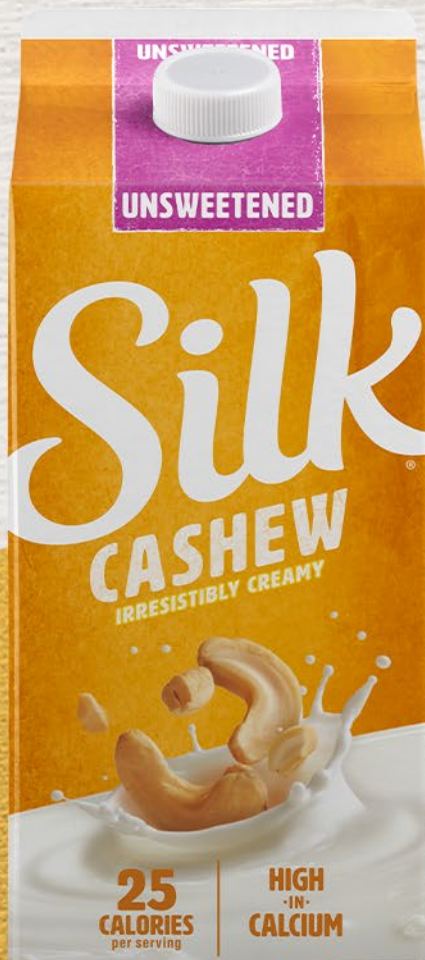
Ingredients: Organic soy base (filtered water, organic soybeans), Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, vitamin D₂, riboflavin (B₂), vitamin B₁₂), Gellan gum, Sea salt, Natural flavour, Sodium bicarbonate. Contains: Soy.

Ingredients: Organic soy base (filtered water, organic soybeans), Organic cane sugar, Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, vitamin D₂, riboflavin (B₂), vitamin B₁₂), Gellan gum, Natural vanilla flavour, Sea salt, Sodium bicarbonate. Contains: Soy.

Ingredients: Organic soy base (filtered water, organic soybeans), Organic cane sugar, Cocoa (processed with alkali), Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, vitamin D₂, riboflavin (B₂), vitamin B₁₂), Sea salt, Gellan gum, Natural flavour, Sodium bicarbonate. Contains: Soy.

Silk[®]

**Deliciously creamy
with 70% fewer calories
than skim milk.***



*Skim milk has 90 calories per 250 mL serving, Canada Nutrient File, 2015.
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Silk®



SILK® ESL CASHEW - 6 X 1.89 L



UNSWEETENED

GTIN CODE 10025293002989
DANONE CODE 135151
DISTRIBUTION CODE



VANILLA UNSWEETENED

GTIN CODE 10025293003696
DANONE CODE 135152
DISTRIBUTION CODE

UNSWEETENED

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 25	% Daily Value % valeur quotidienne
Fat / Lipides 2 g	3 %
Saturated / saturés 0.4 g	
+ Trans / trans 0 g	2 %
Carbohydrate / Glucides 1 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 160 mg	7 %
Potassium 30 mg	1 %
Calcium 300 mg	23 %
Iron / Fer 0.5 mg	3 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %
Zinc / Zinc 1 mg	9 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Cashew base (filtered water, cashews), Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Sea salt, Locust bean gum, Almond butter, Sunflower lecithin, Natural flavour, Gellan gum, Ascorbic acid.
Contains: Cashew, Almond

VANILLA UNSWEETENED

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 25	% Daily Value % valeur quotidienne
Fat / Lipides 2 g	3 %
Saturated / saturés 0.4 g	
+ Trans / trans 0 g	2 %
Carbohydrate / Glucides 2 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 160 mg	7 %
Potassium 30 mg	1 %
Calcium 300 mg	23 %
Iron / Fer 0.5 mg	3 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %
Zinc / Zinc 1 mg	9 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Cashew base (filtered water, cashews), Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Sea salt, Locust bean gum, Almond butter, Sunflower lecithin, Natural flavour, Gellan gum, Ascorbic acid.
Contains: Cashew, Almond

Silk[®]

**Wonderfully
rich flavour with
as much calcium
as dairy milk.***



*Skim milk has 316 mg of calcium per 250 ml serving, Canada Nutrient File, 2016.
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Silk®



SILK® ESL COCOCUT - 6 X 1.89 L



ORIGINAL

GTIN CODE 10025293001524
DANONE CODE 135122
DISTRIBUTION CODE



UNSWEETENED

GTIN CODE 10025293002446
DANONE CODE 135123
DISTRIBUTION CODE

ORIGINAL

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 80	% Daily Value % valeur quotidienne
Fat / Lipides 5 g	7 %
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 8 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 0.5 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 30 mg	1 %
Potassium 40 mg	1 %
Calcium 300 mg	23 %
Iron / Fer 0.5 mg	6 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %
Zinc / Zinc 1 mg	9 %

Ingredients: Coconut base (filtered water, coconut cream), Cane sugar, Vitamin and mineral blend (calcium carbonate, zinc gluconate, riboflavin [B2], vitamin B12, vitamin A palmitate, vitamin D2), Sea salt, Natural flavour, Locust bean gum, Sunflower lecithin, Gellan gum.

UNSWEETENED

Nutrition Facts Valeur nutritive

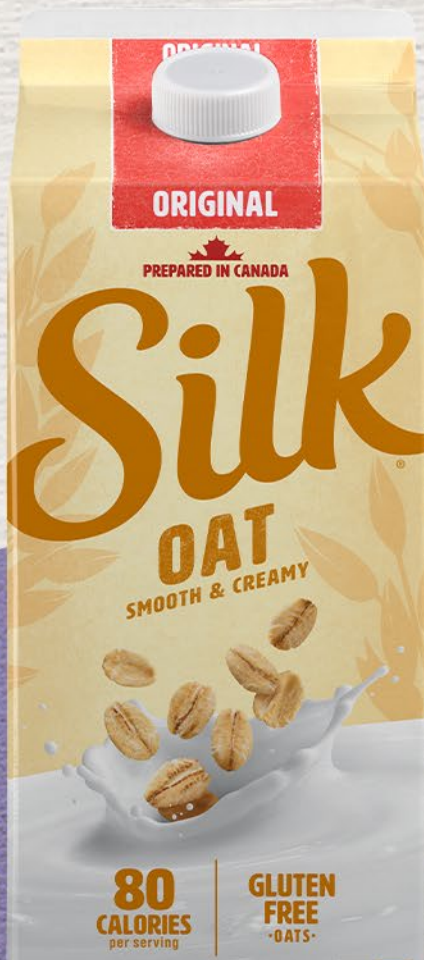
Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 45	% Daily Value % valeur quotidienne
Fat / Lipides 4.5 g	6 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 1 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.4 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 30 mg	1 %
Potassium 30 mg	1 %
Calcium 300 mg	23 %
Iron / Fer 0.5 mg	3 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %
Zinc / Zinc 1 mg	9 %

Ingredients: Coconut base (filtered water, coconut cream), Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, vitamin D2, riboflavin [B2], vitamin B12), Locust bean gum, Sunflower lecithin, Gellan gum, Sea salt, Natural flavour.

Silk

**High versatility:
Enjoy with cereal,
coffee, smoothies
or out of a glass.**



Silk



SILK® ESL OAT - 6 X 1.75 L



ORIGINAL

GTIN CODE 20036632072409
DANONE CODE 149002
DISTRIBUTION CODE



VANILLA

GTIN CODE 20036632072416
DANONE CODE 149000
DISTRIBUTION CODE



VANILLA 0g SUGAR

GTIN CODE 10056800727491
DANONE CODE 172749
DISTRIBUTION CODE



0g SUGAR

GTIN CODE 20036632075325
DANONE CODE 156582
DISTRIBUTION CODE



DARK CHOCOLATE

GTIN CODE 20036632072393
DANONE CODE 148998
DISTRIBUTION CODE

ORIGINAL

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 80	% Daily Value	
	% valeur quotidienne	
Fat / Lipides 3.5 g	5 %	
Saturated / saturés 0.4 g	2 %	
+ Trans / trans 0 g		
Carbohydrate / Glucides 12 g		
Fibre / Fibres 1 g	4 %	
Sugars / Sucres 4 g	4 %	
Protein / Protéines 1 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 100 mg	4 %	
Potassium 200 mg	4 %	
Calcium 300 mg	23 %	
Iron / Fer 0.5 mg	3 %	
Vitamin A / Vitamine A 100 µg	11 %	
Vitamin D / Vitamine D 2 µg	10 %	
Riboflavin / Riboflavine 0.4 mg	31 %	
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %	
Zinc / Zinc 1 mg	9 %	
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VANILLA

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 80	% Daily Value	
	% valeur quotidienne	
Fat / Lipides 2 g	3 %	
Saturated / saturés 0.3 g	2 %	
+ Trans / trans 0 g		
Carbohydrate / Glucides 16 g		
Fibre / Fibres 1 g	4 %	
Sugars / Sucres 6 g	6 %	
Protein / Protéines 1 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 95 mg	4 %	
Potassium 200 mg	4 %	
Calcium 300 mg	23 %	
Iron / Fer 0.4 mg	2 %	
Vitamin A / Vitamine A 100 µg	11 %	
Vitamin D / Vitamine D 2 µg	10 %	
Riboflavin / Riboflavine 0.4 mg	31 %	
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %	
Zinc / Zinc 1 mg	9 %	
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VANILLA 0g SUGAR

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 70	% Daily Value	
	% valeur quotidienne	
Fat / Lipides 4.5 g	6 %	
Saturated / saturés 0.4 g	2 %	
+ Trans / trans 0 g		
Carbohydrate / Glucides 8 g		
Fibre / Fibres 1 g	4 %	
Sugars / Sucres 0 g	0 %	
Protein / Protéines 1 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 90 mg	4 %	
Potassium 175 mg	4 %	
Calcium 300 mg	23 %	
Iron / Fer 0.4 mg	2 %	
Vitamin A / Vitamine A 100 µg	11 %	
Vitamin D / Vitamine D 2 µg	10 %	
Riboflavin / Riboflavine 0.4 mg	31 %	
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %	
Zinc / Zinc 1 mg	9 %	
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0g SUGAR

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 70	% Daily Value	
	% valeur quotidienne	
Fat / Lipides 4.5 g	6 %	
Saturated / saturés 0.4 g	2 %	
+ Trans / trans 0 g		
Carbohydrate / Glucides 8 g		
Fibre / Fibres 1 g	4 %	
Sugars / Sucres 0 g	0 %	
Protein / Protéines 1 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 90 mg	4 %	
Potassium 175 mg	4 %	
Calcium 300 mg	23 %	
Iron / Fer 0.3 mg	2 %	
Vitamin A / Vitamine A 100 µg	11 %	
Vitamin D / Vitamine D 2 µg	10 %	
Riboflavin / Riboflavine 0.4 mg	31 %	
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %	
Zinc / Zinc 1 mg	9 %	
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup		

DARK CHOCOLATE

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 120	% Daily Value	
	% valeur quotidienne	
Fat / Lipides 3 g	4 %	
Saturated / saturés 0.5 g	3 %	
+ Trans / trans 0 g		
Carbohydrate / Glucides 23 g		
Fibre / Fibres 2 g	7 %	
Sugars / Sucres 14 g	14 %	
Protein / Protéines 2 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 130 mg	4 %	
Potassium 175 mg	4 %	
Calcium 300 mg	23 %	
Iron / Fer 1.5 mg	8 %	
Vitamin A / Vitamine A 100 µg	11 %	
Vitamin D / Vitamine D 2 µg	10 %	
Riboflavin / Riboflavine 0.4 mg	31 %	
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %	
Zinc / Zinc 1 mg	9 %	
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup		

Ingredients: Oat base (filtered water, gluten-free oat flour, gluten-free oat concentrate), Sunflower oil, Vitamins and minerals (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Dipotassium phosphate, Sea Salt, Locust bean gum, Gellan gum, Amylase, Glucanase, Natural flavour, Ascorbic acid.

Ingredients: Oat base (filtered water, gluten-free oat flour, gluten-free oat concentrate), Cane sugar, Sunflower oil, Vitamins and minerals (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Dipotassium phosphate, Sea salt, Locust bean gum, Natural flavour, Gellan gum, Amylase, Glucanase, Ascorbic acid.

Ingredients: Oat base (filtered water, gluten-free oat flour), Sunflower oil, Vitamins and minerals (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Dipotassium phosphate, Sea salt, Locust bean gum, Natural flavour, Gellan gum, Amylase, Ascorbic acid.

Ingredients: Oat base (filtered water, gluten-free oat flour), Sunflower oil, Vitamins and minerals (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Dipotassium phosphate, Sea salt, Locust bean gum, Gellan gum, Natural flavour, Amylase, Ascorbic acid.

Ingredients: Oat base (filtered water, gluten-free oat flour, gluten-free oat concentrate), Cane sugar, Cocoa (processed with alkali), Sunflower oil, Vitamins and minerals (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Sea salt, Locust bean gum, Sunflower lecithin, Gellan gum, Natural flavour, Ascorbic acid, Amylase, Glucanase.

Silk

Plant-based has never tasted so good.



Silk



SILK® NEXTMILK™ - 6 X 1.74 ML

NEW



NEXTMILK™

GTIN CODE 20036632078500
DANONE CODE 184243
DISTRIBUTION CODE

NEXTMILK™

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 80	% Daily Value
	% valeur quotidienne
Fat / Lipides 5 g	7 %
Saturated / saturés 4 g	
+ Trans / trans 0 g	20 %
Carbohydrate / Glucides 7 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 160 mg	7 %
Potassium 200 mg	4 %
Calcium 300 mg	23 %
Iron / Fer 0.3 mg	2 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %
Zinc / Zinc 1 mg	9 %

*5% or less is a **little**. 15% or more is a **lot**
*5% ou moins c'est **peu**. 15% ou plus c'est **beaucoup**

Ingredients: Dat base (filtered water, gluten-free oat concentrate), Coconut base (filtered water, coconut cream), Coconut oil, Chicory root inulin, Cane sugar, Soy protein isolate, Sunflower oil, Vitamins and minerals (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin (B2), vitamin D2, vitamin B12), Dipotassium phosphate, Sea salt, Locust bean gum, Gellan gum, Sunflower lecithin, Natural Flavour, Soy lecithin, Amylase, Glucanase. Contains: Soy

Silk

Start your day with
Silk Protein containing
8g of protein per 250mL,
like dairy milk.*



*Certain whole milk in Canada contains 8g of protein per serving.
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Silk®



SILK® ESL PROTEIN - 6 X 1.75 L



UNSWEETENED

GTIN CODE 20036632072355
DANONE CODE 148631
DISTRIBUTION CODE



VANILLA UNSWEETENED

GTIN CODE 20036632072348
DANONE CODE 148610
DISTRIBUTION CODE

UNSWEETENED

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 90	% Daily Value % valeur quotidienne
Fat / Lipides 6 g	8 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 2 g	
Fibre / Fibres 1 g	5 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 160 mg	7 %
Potassium 250 mg	5 %
Calcium 300 mg	23 %
Iron / Fer 2 mg	11 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %
Zinc / Zinc 1 mg	9 %

Ingredients: Almond base (filtered water, almonds), Pea protein, Sunflower oil, Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Sea salt, Cashew butter, Locust bean gum, Sunflower lecithin, Gellan gum, Ascorbic Acid, Citric acid, Pectin, Natural flavour. Contains: Almond, Cashew.

VANILLA UNSWEETENED

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 90	% Daily Value % valeur quotidienne
Fat / Lipides 6 g	8 %
Saturated / saturés 0.4 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 2 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 160 mg	7 %
Potassium 250 mg	5 %
Calcium 300 mg	23 %
Iron / Fer 2 mg	11 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %
Zinc / Zinc 1 mg	9 %

Ingredients: Almond base (filtered water, almonds), Pea protein, Sunflower oil, Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Sea salt, Cashew butter, Sunflower lecithin, Locust bean gum, Gellan gum, Natural flavour, Ascorbic Acid, Citric acid, Pectin. Contains: Almond, Cashew.

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Fresh taste, without the fridge.



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Silk®



SILK® ASEPTIC ALMOND - 12 X 946 mL



ORIGINAL

GTIN CODE 10025293002187
DANONE CODE 134976
DISTRIBUTION CODE



VANILLA

GTIN CODE 10025293002194
DANONE CODE 134977
DISTRIBUTION CODE



VANILLA UNSWEETENED

GTIN CODE 00025293001824
DANONE CODE 134975
DISTRIBUTION CODE



UNSWEETENED

GTIN CODE 50025293001812
DANONE CODE 134685
DISTRIBUTION CODE



DARK CHOCOLATE

GTIN CODE 10025293005522
DANONE CODE 137034
DISTRIBUTION CODE

ORIGINAL

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 60	% Daily Value	% valeur quotidienne
Fat / Lipides 2.5 g	3 %	
Saturated / saturés 0.2 g		1 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 8 g		
Fibre / Fibres 1 g		4 %
Sugars / Sucres 8 g		8 %
Protein / Protéines 1 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 180 mg	8 %	
Potassium 40 mg		1 %
Calcium 300 mg		23 %
Iron / Fer 0.4 mg		2 %
Vitamin A / Vitamine A 100 µg		11 %
Vitamin D / Vitamine D 2 µg		10 %
Riboflavin / Riboflavine 0.4 mg		31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg		42 %
Zinc / Zinc 1 mg		9 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup		

VANILLA

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 90	% Daily Value	% valeur quotidienne
Fat / Lipides 2.5 g	3 %	
Saturated / saturés 0.2 g		1 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 16 g		
Fibre / Fibres 0 g		0 %
Sugars / Sucres 15 g		15 %
Protein / Protéines 1 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 160 mg	7 %	
Potassium 30 mg		1 %
Calcium 300 mg		23 %
Iron / Fer 0.4 mg		2 %
Vitamin A / Vitamine A 100 µg		11 %
Vitamin D / Vitamine D 2 µg		10 %
Riboflavin / Riboflavine 0.4 mg		31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg		42 %
Zinc / Zinc 1 mg		9 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup		

VANILLA UNSWEETENED

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 30	% Daily Value	% valeur quotidienne
Fat / Lipides 2.5 g	3 %	
Saturated / saturés 0.2 g		1 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 1 g		
Fibre / Fibres 0 g		0 %
Sugars / Sucres 0 g		0 %
Protein / Protéines 1 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 160 mg	7 %	
Potassium 30 mg		1 %
Calcium 300 mg		23 %
Iron / Fer 0.4 mg		2 %
Vitamin A / Vitamine A 100 µg		11 %
Vitamin D / Vitamine D 2 µg		10 %
Riboflavin / Riboflavine 0.4 mg		31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg		42 %
Zinc / Zinc 1 mg		9 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup		

UNSWEETENED

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 30	% Daily Value	% valeur quotidienne
Fat / Lipides 2.5 g	3 %	
Saturated / saturés 0.2 g		1 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 1 g		
Fibre / Fibres 1 g		4 %
Sugars / Sucres 0 g		0 %
Protein / Protéines 1 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 180 mg	8 %	
Potassium 30 mg		1 %
Calcium 300 mg		23 %
Iron / Fer 0.4 mg		2 %
Vitamin A / Vitamine A 100 µg		11 %
Vitamin D / Vitamine D 2 µg		10 %
Riboflavin / Riboflavine 0.4 mg		31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg		42 %
Zinc / Zinc 1 mg		9 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup		

DARK CHOCOLATE

Nutrition Facts Valeur nutritive		
Per 1 cup (250 mL) pour 1 tasse (250 mL)		
Calories 120	% Daily Value	% valeur quotidienne
Fat / Lipides 2.5 g	3 %	
Saturated / saturés 0.4 g		2 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 24 g		
Fibre / Fibres 1 g		4 %
Sugars / Sucres 22 g		22 %
Protein / Protéines 2 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 160 mg	7 %	
Potassium 175 mg		4 %
Calcium 300 mg		23 %
Iron / Fer 1.5 mg		8 %
Vitamin A / Vitamine A 100 µg		11 %
Vitamin D / Vitamine D 2 µg		10 %
Riboflavin / Riboflavine 0.4 mg		31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg		42 %
Zinc / Zinc 1 mg		9 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup		

Ingredients: Almond base (filtered water, almonds), Cane sugar, Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin (B2), vitamin D2, vitamin B12), Sea salt, Locust bean gum, Sunflower lecithin, Gellan gum.
Contains: Almond.

Ingredients: Almond base (filtered water, almonds), Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin (B2), vitamin D2, vitamin B12), Sea salt, Locust bean gum, Sunflower lecithin, Gellan gum, Natural flavour.
Contains: Almond.

Ingredients: Almond base (filtered water, almonds), Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin (B2), vitamin D2, vitamin B12), Sea salt, Locust bean gum, Sunflower lecithin, Gellan gum, Natural flavour. Contains: Almond.

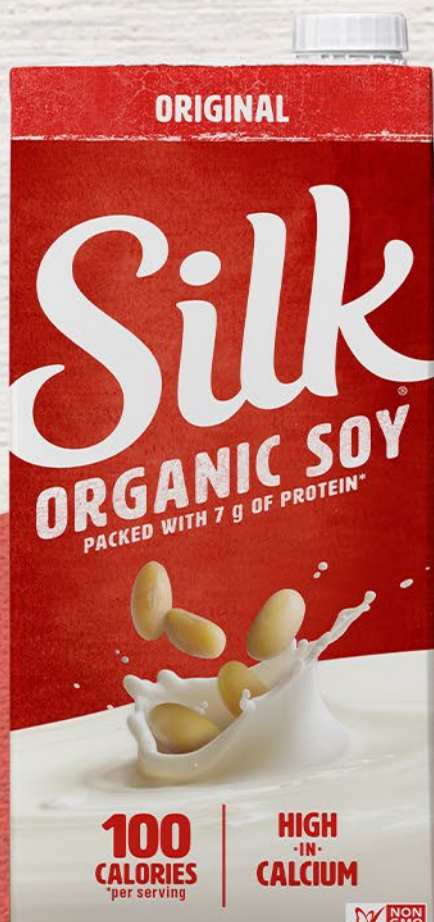
Ingredients: Almond base (filtered water, almonds), Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin (B2), vitamin D2, vitamin B12), Sea salt, Locust bean gum, Sunflower lecithin, Gellan gum, Natural flavour. Contains: Almond.

Ingredients: Almond base (filtered water, almonds), Cane sugar, Cocoa, Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin (B2), vitamin D2, vitamin B12), Sea salt, Locust bean gum, Sunflower lecithin, Gellan gum, Natural flavour, Ascorbic acid. Contains: Almond.

Silk®

**Free of cholesterol,
carrageenan, gluten, lactose.**

**Organic, Non-GMO
Project Verified & Vegan.**



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Silk®



SILK® ASEPTIC SOY - 12 X 946 mL



ORIGINAL

GTIN CODE 20025293005536
DANONE CODE 137035
DISTRIBUTION CODE



UNSWEETENED

GTIN CODE 20025293005543
DANONE CODE 137036
DISTRIBUTION CODE

ORIGINAL

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 100	% Daily Value % valeur quotidienne
Fat / Lipides 4 g	5 %
Saturated / saturés 0.5 g	
+ Trans / trans 0 g	3 %
Carbohydrate / Glucides 7 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 105 mg	5 %
Potassium 350 mg	7 %
Calcium 300 mg	23 %
Iron / Fer 1.75 mg	10 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %
Zinc / Zinc 1 mg	9 %

Ingredients: Organic soy base (filtered water, organic soybeans), Organic cane sugar, Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12), Sea salt, Gellan gum, Natural flavour, Sodium bicarbonate.
Contains: Soy

UNSWEETENED

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 120	% Daily Value % valeur quotidienne
Fat / Lipides 2.5 g	3 %
Saturated / saturés 0.4 g	
+ Trans / trans 0 g	2 %
Carbohydrate / Glucides 24 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 160 mg	7 %
Potassium 175 mg	4 %
Calcium 300 mg	23 %
Iron / Fer 1.75 mg	10 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %
Zinc / Zinc 1 mg	9 %

Ingredients: Almond base (filtered water, almonds), Cane sugar, Cocoa, Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin (B2), vitamin D2, vitamin B12), Sea salt, Locust bean gum, Sunflower lecithin, Gellan gum, Natural flavour, Ascorbic acid. Contains: Almond

Silk®

Our delicious coconut beverage is great over granola, wonderful in a smoothie, and delightful in a glass.



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SILK® ASEPTIC COCONUT - 12 X 946 mL



ORIGINAL

GTIN CODE 20036632074632
DANONE CODE 162622
DISTRIBUTION CODE



UNSWEETENED

GTIN CODE 20036632074618
DANONE CODE 162620
DISTRIBUTION CODE

ORIGINAL

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 70	% Daily Value % valeur quotidienne
Fat / Lipides 4.5 g	6 %
Saturated / saturés 4 g	
+ Trans / trans 0 g	20 %
Carbohydrate / Glucides 9 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 10 mg	1 %
Potassium 40 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.3 mg	2 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %
Zinc / Zinc 1 mg	9 %

Ingredients: Organic coconut base (filtered water, organic coconut cream), Organic cane sugar, Organic guar gum, Xanthan gum.

UNSWEETENED

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 45	% Daily Value % valeur quotidienne
Fat / Lipides 4.5 g	6 %
Saturated / saturés 4 g	
+ Trans / trans 0 g	20 %
Carbohydrate / Glucides 2 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 10 mg	1 %
Potassium 40 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 1.75 mg	10 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %
Zinc / Zinc 1 mg	9 %

Ingredients: Organic coconut base (filtered water, organic coconut cream), Organic guar gum, Xanthan gum.

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Canadian grown oats it's the perfect match for your coffee.



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SILK® ASEPTIC OAT - 12 X 946 mL



ORIGINAL

GTIN CODE 10056800715818
DANONE CODE 171581
DISTRIBUTION CODE



0g OF SUGAR

GTIN CODE 10056800658900
DANONE CODE 165890
DISTRIBUTION CODE



VANILLA 0g OF SUGAR

GTIN CODE 10056800660811
DANONE CODE 166081
DISTRIBUTION CODE

ORIGINAL

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 90	% Daily Value % valeur quotidienne
Fat / Lipides 5 g	7 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 9 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 100 mg	4 %
Potassium 175 mg	4 %
Calcium 300 mg	23 %
Iron / Fer 0.4 mg	2 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %
Zinc / Zinc 1 mg	9 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Oat base (filtered water, gluten-free oat flour), Sunflower oil, Vitamins and minerals (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Dipotassium phosphate, Sea salt, Locust bean gum, Gellan gum, Sodium ascorbate, Natural flavour, Amylase, Alpha-tocopherol.

0g OF SUGAR

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 70	% Daily Value % valeur quotidienne
Fat / Lipides 4.5 g	6 %
Saturated / saturés 0.4 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 8 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 100 mg	4 %
Potassium 175 mg	4 %
Calcium 300 mg	23 %
Iron / Fer 0.4 mg	2 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %
Zinc / Zinc 1 mg	9 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Oat base (filtered water, gluten-free oat flour), Sunflower oil, Vitamins and minerals (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Dipotassium phosphate, Sea salt, Locust bean gum, Gellan gum, Sodium ascorbate, Natural flavour, Amylase, Alpha-tocopherol.

VANILLA 0g OF SUGAR

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 80	% Daily Value % valeur quotidienne
Fat / Lipides 4.5 g	6 %
Saturated / saturés 0.4 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 8 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 100 mg	4 %
Potassium 175 mg	4 %
Calcium 300 mg	23 %
Iron / Fer 0.4 mg	2 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1 µg	42 %
Zinc / Zinc 1 mg	9 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Oat base (filtered water, gluten-free oat flour), Sunflower oil, Vitamins and minerals (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Dipotassium phosphate, Sea salt, Locust bean gum, Natural flavour, Gellan gum, Sodium ascorbate, Amylase, Alpha-tocopherol.

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More convenience on the go.



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SILK® DRINK ALMOND - 18 X 236 mL



VANILLA

GTIN CODE 10025293003054
DANONE CODE 134980
DISTRIBUTION CODE



DARK CHOCOLATE

GTIN CODE 10025293003047
DANONE CODE 134979
DISTRIBUTION CODE

VANILLA

Nutrition Facts Valeur nutritive

Per 1 bottle (296 mL)
pour 1 bouteille (250 mL)

Calories 50	% Daily Value
	% valeur quotidienne
Fat / Lipides 2 g	3 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 9 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 190 mg	8 %
Potassium 175 mg	4 %
Calcium 350 mg	27 %
Iron / Fer 0.5 mg	3 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2.5 µg	13 %
Riboflavin / Riboflavine 0.45 mg	35 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1.15 µg	48 %
Zinc / Zinc 1.25 mg	11 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Almond base (filtered water, almonds), Cane sugar, Vitamins and minerals (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Dipotassium phosphate, Locust bean gum, Gellan gum, Sea salt, Ascorbic acid, Natural flavour. Contains: Almond.

CHOCOLATE

Nutrition Facts Valeur nutritive

Per 1 bottle (296 mL)
pour 1 bouteille (250 mL)

Calories 50	% Daily Value
	% valeur quotidienne
Fat / Lipides 2 g	3 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 23 g	
Fibre / Fibres 1 g	1 %
Sugars / Sucres 21 g	21 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 210 mg	9 %
Potassium 175 mg	4 %
Calcium 350 mg	27 %
Iron / Fer 1.5 mg	8 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2.5 µg	13 %
Riboflavin / Riboflavine 0.45 mg	35 %
Vitamin B ₁₂ / Vitamine B ₁₂ 1.15 µg	48 %
Zinc / Zinc 1.25 mg	11 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Almond base (filtered water, almonds), Cane sugar, Cocoa (processed with alkali), Vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, riboflavin [B2], vitamin D2, vitamin B12), Sea salt, Locust bean gum, Sodium ascorbate, Sunflower lecithin, Gellan gum, Natural flavour. Contains: Almond.

Silk®

#1 brand Plant-Based yogurt.*

Available in unique flavours.



*Yogurt category, Non-Dairy subcategory, National GB+DR+MMI 2020 Latest 52 Weeks PE Jan 4th 2020.
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Silk



SILK® DAIRY-FREE PLANT-BASED YOGURT - 6 X 640 g



PLAIN UNSWEETENED

GTIN CODE 2003663207303
DANONE CODE 155889
DISTRIBUTION CODE



VANILLA

GTIN CODE 20025293005369
DANONE CODE 135756
DISTRIBUTION CODE



BERRIES & ACAI

GTIN CODE 20025293005383
DANONE CODE 135740
DISTRIBUTION CODE

PLAIN UNSWEETENED

Nutrition Facts Valeur nutritive

Per 3/4 cup (175 g)
pour 3/4 tasse (175 g)

Calories 180	% Daily Value
	% valeur quotidienne
Fat / Lipides 15 g	20 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 11 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 60 mg	3 %
Potassium 250 mg	5 %
Calcium 125 mg	10 %
Iron / Fer 1 mg	6 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Almond base (filtered water, almonds), Chicory root extract, Corn starch, Pectin, Tripotassium phosphate, Trisodium phosphate, Lemon juice concentrate, Tricalcium phosphate, Active bacterial cultures. Contains: Almond.

VANILLA

Nutrition Facts Valeur nutritive

Per 3/4 cup (175 g)
pour 3/4 tasse (175 g)

Calories 220	% Daily Value
	% valeur quotidienne
Fat / Lipides 14 g	19 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 20 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 11 g	11 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 65 mg	3 %
Potassium 250 mg	5 %
Calcium 150 mg	12 %
Iron / Fer 1 mg	6 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Almond base (filtered water, almonds), Filtered water, Cane sugar, Chicory root extract, Pectin, Natural flavour, Tricalcium phosphate, Tripotassium phosphate, Trisodium phosphate, Active bacterial cultures, Citric acid, Vanilla bean, Sodium citrate. Contains: Almond.

BERRIES & ACAI

Nutrition Facts Valeur nutritive

Per 3/4 cup (175 g)
pour 3/4 tasse (175 g)

Calories 220	% Daily Value
	% valeur quotidienne
Fat / Lipides 14 g	19 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 22 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 80 mg	3 %
Potassium 250 mg	5 %
Calcium 125 mg	10 %
Iron / Fer 1 mg	6 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Almond base (filtered water, almonds), Raspberries, Cane sugar, Chicory root extract, Filtered water, Blueberries, Pectin, Strawberries, Corn starch, Organic acai puree, Natural flavour, Black carrot juice (for colour), Lemon juice concentrate, Tricalcium phosphate, Tripotassium phosphate, Trisodium phosphate, Sodium citrate, Active bacterial cultures. Contains: Almond.

Silk

The original Silk plant-based yogurt from coconut.

Now available in delicious fruity flavours.



Silk



SILK® PLANT-BASED YOGURT - 6 X 680 g



PLAIN UNSWEETENED

GTIN CODE
10025293003894

DANONE CODE
135161

DISTRIBUTION CODE



VANILLA UNSWEETENED

GTIN CODE
10025293003900

DANONE CODE
135162

DISTRIBUTION CODE



VANILLA

GTIN CODE
20036632074939

DANONE CODE
163281

DISTRIBUTION CODE



RASPBERRY

GTIN CODE
20036632074922

DANONE CODE
163280

DISTRIBUTION CODE

SILK® PLANT-BASED YOGURT - 4 X 100 G (6)



VANILLA

NEW

GTIN CODE
10056800769491

DANONE CODE
176949

DISTRIBUTION CODE



STRAWBERRY RASPBERRY

NEW

GTIN CODE
10056800769507

DANONE CODE
176950

DISTRIBUTION CODE

PLAIN UNSWEETENED

Nutrition Facts Valeur nutritive

Per 3/4 cup (175 g) pour 3/4 tasse (175 g)	
Calories 90	% Daily Value
	% valeur quotidienne
Fat / Lipides 6 g	8 %
Saturated / saturés 5 g	25 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 9 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 35 mg	2 %
Potassium 50 mg	1 %
Calcium 300 mg	23 %
Iron / Fer 0.3 mg	2 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Organic coconut base (filtered water, organic coconut cream), Rice starch, Pectin, Calcium citrate, Dicalcium phosphate, Active bacterial cultures.

VANILLA UNSWEETENED

Nutrition Facts Valeur nutritive

Per 3/4 cup (175 g) pour 3/4 tasse (175 g)	
Calories 80	% Daily Value
	% valeur quotidienne
Fat / Lipides 5 g	7 %
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 9 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 40 mg	2 %
Potassium 50 mg	1 %
Calcium 300 mg	23 %
Iron / Fer 0.3 mg	2 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Organic coconut base (filtered water, organic coconut cream), Filtered water, Rice starch, Pectin, Natural flavour, Calcium citrate, Dicalcium phosphate, Organic locust bean gum, Citric acid, Tricalcium phosphate, Active bacterial cultures.

VANILLA

Nutrition Facts Valeur nutritive

Per 3/4 cup (175 g) pour 3/4 tasse (175 g)	
Calories 110	% Daily Value
	% valeur quotidienne
Fat / Lipides 5 g	7 %
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 17 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 9 g	9 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 40 mg	2 %
Potassium 50 mg	1 %
Calcium 300 mg	23 %
Iron / Fer 0.3 mg	2 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Organic coconut base (filtered water, organic coconut cream), Filtered water, Cane sugar, Rice starch, Pectin, Calcium citrate, Dicalcium phosphate, Natural flavour, Locust bean gum, Active bacterial cultures, Lemon juice concentrate, Sodium citrate, Tricalcium phosphate.

RASPBERRY

Nutrition Facts Valeur nutritive

Per 3/4 cup (175 g) pour 3/4 tasse (175 g)	
Calories 120	% Daily Value
	% valeur quotidienne
Fat / Lipides 5 g	7 %
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 17 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 50 mg	2 %
Potassium 50 mg	1 %
Calcium 300 mg	23 %
Iron / Fer 0.3 mg	2 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Organic coconut base (filtered water, organic coconut cream), Cane sugar, Raspberries, Filtered water, Rice starch, Pectin, Calcium citrate, Dicalcium phosphate, Natural flavour, Active bacterial cultures, Sodium citrate, Black carrot juice concentrate (for colour), Locust bean gum, Tricalcium phosphate, Lemon juice concentrate.

VANILLA

Nutrition Facts Valeur nutritive

Per 1 container (100 g) pour 1 contenant (100 g)	
Calories 70	% Daily Value
	% valeur quotidienne
Fat / Lipides 2.5 g	3 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 10 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 70 mg	3 %
Potassium 20 mg	1 %
Calcium 75 mg	6 %
Iron / Fer 0 mg	0 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Coconut base (filtered water, coconut cream), Water, Sugars (cane sugar, dextrose), Tapioca starch, Pea protein, Modified corn starch, Tricalcium phosphate, Natural flavour, Lemon juice concentrate, Vanilla bean, Live and active cultures.

STRAWBERRY - RASPBERRY

Nutrition Facts Valeur nutritive

Per 1 container (100 g) pour 1 contenant (100 g)	
Calories 70	% Daily Value
	% valeur quotidienne
Fat / Lipides 2.5 g	3 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 11 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 75 mg	3 %
Potassium 30 mg	1 %
Calcium 75 mg	6 %
Iron / Fer 0 mg	0 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Coconut base (filtered water, coconut cream), Sugars (cane sugar, dextrose), apple, carrot, black currant, and black carrot juice (for colour), Water, Tapioca starch, Pea protein, Strawberries, Raspberries, Natural flavour, Pectin, Tricalcium phosphate, Live and active cultures, Lemon juice concentrate.

Silk

Silk oat yogurt-style.

The perfect ingredient for
your smoothies, breakfast
bowls or on its own.



Silk®



SILK® YOGURT-STYLE OAT - 6 X 640 g



PLAIN

GTIN CODE 20036632075844
DANONE CODE 161003
DISTRIBUTION CODE



VANILLA

GTIN CODE 20036632076216
DANONE CODE 163936
DISTRIBUTION CODE



STRAWBERRY

NEW

GTIN CODE 20036632077527
DANONE CODE 170985
DISTRIBUTION CODE

PLAIN

Nutrition Facts Valeur nutritive

Per 3/4 cup (175 g)
pour 3/4 tasse (175 g)

Calories 120	% Daily Value
	% valeur quotidienne
Fat / Lipides 5 g	7 %
Saturated / saturés 3.5 g	
+ Trans / trans 0 g	18 %
Carbohydrate / Glucides 16 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 25 mg	1 %
Potassium 75 mg	2 %
Calcium 125 mg	10 %
Iron / Fer 1 mg	6 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Oat base (filtered water, gluten-free oat bran concentrate), Tapioca starch, Organic coconut oil, Fava bean protein, Tricalcium phosphate, Active bacterial cultures.

VANILLA

Nutrition Facts Valeur nutritive

Per 3/4 cup (175 g)
pour 3/4 tasse (175 g)

Calories 140	% Daily Value
	% valeur quotidienne
Fat / Lipides 4 g	5 %
Saturated / saturés 3 g	
+ Trans / trans 0 g	15 %
Carbohydrate / Glucides 22 g	
Fibre / Fibres 1 g	6 %
Sugars / Sucres 11 g	11 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 25 mg	1 %
Potassium 50 mg	1 %
Calcium 125 mg	10 %
Iron / Fer 0.3 mg	2 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Oat base (filtered water, gluten-free oat bran concentrate), Cane sugar, Tapioca starch, Organic coconut oil, Fava bean protein, Pectin, Tricalcium phosphate, Natural flavour, Lemon juice concentrate, Vanilla beans, Active bacterial cultures.

STRAWBERRY

Nutrition Facts Valeur nutritive

Per 3/4 cup (175 g)
pour 3/4 tasse (175 g)

Calories 140	% Daily Value
	% valeur quotidienne
Fat / Lipides 4 g	5 %
Saturated / saturés 3 g	
+ Trans / trans 0 g	15 %
Carbohydrate / Glucides 23 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 11 g	11 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 25 mg	1 %
Potassium 75 mg	2 %
Calcium 125 mg	10 %
Iron / Fer 1 mg	6 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Oat base (filtered water, gluten-free oat bran concentrate), Filtered water, Sugars (cane sugar, carrot, apple and black currant juice (for colour)), Strawberries, Tapioca starch, Organic coconut oil, Fava bean protein, Pectin, Tricalcium phosphate, Natural flavour, Lemon juice concentrate, Active bacterial cultures.

Silk[®]

Your cup never had it so creamy.

Every delicious splash
is free of dairy and
cholesterol.



Silk®



SILK® FOR COFFEE - 12 X 473 mL



ALMOND HAZELNUT

GTIN CODE 10025293003887
DANONE CODE 134897
DISTRIBUTION CODE



ALMOND VANILLA

GTIN CODE 10025293002637
DANONE CODE 134896
DISTRIBUTION CODE



ALMOND VANILLA UNSWEETENED

GTIN CODE 20036632077657
DANONE CODE 173274
DISTRIBUTION CODE



SOY ORIGINAL

GTIN CODE 10025293600765
DANONE CODE 134900
DISTRIBUTION CODE



COCONUT ORIGINAL

GTIN CODE 10025293004013
DANONE CODE 134898
DISTRIBUTION CODE

ALMOND HAZELNUT

Nutrition Facts Valeur nutritive	
Per 1 tbsp (15 mL) pour 1 c. à soupe (15 mL)	
Calories 25	% Daily Value
Fat / Lipides 1 g	% valeur quotidienne 1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 4 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 15 mg	1 %
Potassium 30 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Almond base (filtered water, almonds), Cane sugar, Sunflower oil, Pea protein, Potassium citrate, Sodium bicarbonate, Sunflower lecithin, Sea salt, Gellan gum, Natural flavour. Contains: Almond.

ALMOND VANILLA

Nutrition Facts Valeur nutritive	
Per 1 tbsp (15 mL) pour 1 c. à soupe (15 mL)	
Calories 25	% Daily Value
Fat / Lipides 1 g	% valeur quotidienne 1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 4 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 25 mg	1 %
Potassium 50 mg	2 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Almond base (filtered water, almonds), Cane sugar, Sunflower oil, Pea protein, Potassium citrate, Sodium bicarbonate, Sunflower lecithin, Natural Flavour, Sea salt, Gellan gum. Contains: Almond.

ALMOND VANILLA UNSWEETENED

Nutrition Facts Valeur nutritive	
Per 1 tbsp (15 mL) pour 1 c. à soupe (15 mL)	
Calories 15	% Daily Value
Fat / Lipides 1.5 g	% valeur quotidienne 2 %
Saturated / saturés 0.1 g	1 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 20 mg	1 %
Potassium 40 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Almond base (filtered water, almonds), High oleic sunflower oil, Pea protein, Potassium Citrate, Sodium bicarbonate, Sunflower lecithin, Sea salt, Natural Flavour, Gellan gum. Contains: Almonds.

SOY ORIGINAL

Nutrition Facts Valeur nutritive	
Per 1 tbsp (15 mL) pour 1 c. à soupe (15 mL)	
Calories 20	% Daily Value
Fat / Lipides 1.5 g	% valeur quotidienne 2 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 2 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Potassium 40 mg	2 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Soy base (filtered water, soybeans), Sugars (cane sugar, maltodextrin), Palm oil, Dipotassium phosphate, Tapioca starch, Soy lecithin, Locust bean gum, Natural Flavour. Contains: Soy.

COCONUT ORIGINAL

Nutrition Facts Valeur nutritive	
Per 1 tbsp (15 mL) pour 1 c. à soupe (15 mL)	
Calories 10	% Daily Value
Fat / Lipides 0.5 g	% valeur quotidienne 1 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 1 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 0.1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Potassium 40 mg	2 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Organic coconut base (filtered water, organic coconut cream), Cane sugar, Dipotassium phosphate, Gellan gum.

Silk®

**Plant-based creamer
that matches your love
for the season while staying
true to your flexitarian
diet goal.**



Silk



SILK® FOR COFFEE LIMITED EDITION - 12 X 473 mL



PUMPKIN SPICE

GTIN CODE 20036632077497
DANONE CODE 172906
DISTRIBUTION CODE



PEPPERMINT MOCHA

GTIN CODE 20036632077497
DANONE CODE 178364
DISTRIBUTION CODE



MAPLE

GTIN CODE 20036632077497
DANONE CODE 178363
DISTRIBUTION CODE

PUMPKIN SPICE

Nutrition Facts Valeur nutritive

Per 1 tbsp (15 mL)
pour 1 c. à soupe (15 mL)

Calories 25	% Daily Value
	% valeur quotidienne
Fat / Lipides 1 g	1 %
Saturated / saturés 0.1 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 4 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 25 mg	1 %
Potassium 50 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Almond base (filtered water, almonds), Cane sugar, High oleic sunflower oil, Pea protein, Potassium Citrate, Sodium bicarbonate, Sunflower lecithin, Natural flavour, Sea salt, Gellan gum. Contains: Almonds.

PEPPERMINT MOCHA

Nutrition Facts Valeur nutritive

Per 1 tbsp (15 mL)
pour 1 c. à soupe (15 mL)

Calories 25	% Daily Value
	% valeur quotidienne
Fat / Lipides 1 g	1 %
Saturated / saturés 0.1 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 4 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 15 mg	1 %
Potassium 50 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Almond base (filtered water, almonds), Cane sugar, High oleic sunflower oil, Cocoa (processed with alkali), Pea protein, Potassium Citrate, Sodium bicarbonate, Sunflower lecithin, Sea salt, Natural flavour, Gellan gum. Contains: Almonds.

MAPLE

Nutrition Facts Valeur nutritive

Per 1 tbsp (15 mL)
pour 1 c. à soupe (15 mL)

Calories 20	% Daily Value
	% valeur quotidienne
Fat / Lipides 1 g	1 %
Saturated / saturés 0.1 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 4 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 20 mg	1 %
Potassium 50 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Almond base (filtered water, almonds), Cane sugar, High oleic sunflower oil, Pea protein, Potassium Citrate, Sodium bicarbonate, Sunflower lecithin, Sea salt, Natural flavour, Gellan gum. Contains: Almonds.

Silk[®]

Silk #1 creamer brand in Canada.*



*Source: Nielsen Market Track NAT 152W PE Sept 14, 2020.
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Silk®



SILK® FOR COFFEE - 12 X 890 mL



ALMOND VANILLA

GTIN CODE 20036632075455
DANONE CODE 156850
DISTRIBUTION CODE



SOY ORIGINAL

GTIN CODE 20036632075448
DANONE CODE 156819
DISTRIBUTION CODE



OAT VANILLA

GTIN CODE 20036632075141
DANONE CODE 156009
DISTRIBUTION CODE



HALF & HALF - 10.5% FAT

GTIN CODE 20036632075912
DANONE CODE 161783
DISTRIBUTION CODE

ALMOND VANILLA

Nutrition Facts Valeur nutritive	
Per 1 tbsp (15 mL) pour 1 c. à soupe (15 mL)	
Calories 25	% Daily Value
Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 4 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 15 mg	1 %
Potassium 30 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Almond base (filtered water, almonds), Cane sugar, High oleic sunflower oil, Pea protein, Potassium citrate, Sodium bicarbonate, Sunflower lecithin, Natural flavour, Sea salt, Gellan gum. Contains: Almond.

SOY ORIGINAL

Nutrition Facts Valeur nutritive	
Per 1 tbsp (15 mL) pour 1 c. à soupe (15 mL)	
Calories 25	% Daily Value
Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 4 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 25 mg	1 %
Potassium 50 mg	2 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Soy base (filtered water, soybeans), Sugars (cane sugar, maltodextrin), Palm oil, Dipotassium phosphate, Tapioca starch, Soy lecithin, Locust bean gum, Natural flavour. Contains: Soy.

OAT VANILLA

Nutrition Facts Valeur nutritive	
Per 1 tbsp (15 mL) pour 1 c. à soupe (15 mL)	
Calories 25	% Daily Value
Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 4 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 15 mg	1 %
Potassium 40 mg	2 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Oat base (filtered water, gluten-free oat flour), Cane sugar, Sunflower oil, Pea protein, Potassium citrate, Baking soda, Gellan gum, Natural flavour.

HALF & HALF - 10.5% FAT

Nutrition Facts Valeur nutritive	
Per 1 tbsp (15 mL) pour 1 c. à soupe (15 mL)	
Calories 15	% Daily Value
Fat / Lipides 1.5 g	2 %
Saturated / saturés 1.5 g	
+ Trans / trans 0 g	8 %
Carbohydrate / Glucides 1 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 20 mg	1 %
Potassium 10 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Oat base (filtered water, gluten-free oat flour), Cane sugar, Sunflower oil, Pea protein, Potassium citrate, Baking soda, Gellan gum, Natural flavour.

Silk

**Foams, froths
and steams just like
milk, while keeping
it plant-based.**



Silk®



SILK® BARISTA - 6 X 946 mL

NEW



OAT

GTIN CODE 20036632076544
DANONE CODE 165236
DISTRIBUTION CODE



ALMOND

GTIN CODE 20036632076759
DANONE CODE 167518
DISTRIBUTION CODE

OAT

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 150	% Daily Value % valeur quotidienne
Fat / Lipides 4.5 g	6 %
Saturated / saturés 0.5 g	
+ Trans / trans 0 g	2 %
Carbohydrate / Glucides 25 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 9 g	9 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 210 mg	9 %
Potassium 250 mg	5 %
Calcium 20 mg	2 %
Iron / Fer 0.5 mg	3 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Oat base (filtered water, gluten-free oat concentrate), High oleic sunflower oil, Acacia gum, Sodium citrate, Dipotassium phosphate, Sea salt, Gellan gum.

ALMOND

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 90	% Daily Value % valeur quotidienne
Fat / Lipides 6 g	8 %
Saturated / saturés 0.5 g	
+ Trans / trans 0.1 g	3 %
Carbohydrate / Glucides 9 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 130 mg	6 %
Potassium 50 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.2 mg	1 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Almond base (filtered water, almonds), Cane sugar, Sunflower oil, Acacia gum, Sodium citrate, Gellan gum, Locust bean gum, Ascorbic acid. Contains: Almond.

Silk

**The joy
of whipped
cream,
without
the dairy.**



Silk®



SILK® DAIRY-FREE WHIPPING CREAM ALTERNATIVE - 12 X 473 mL

NEW



**DAIRY-FREE WHIPPING
CREAM ALTERNATIVE**

GTIN CODE **DANONE CODE**
20036632074144 162236
DISTRIBUTION CODE

**DAIRY-FREE WHIPPING
CREAM ALTERNATIVE**

**Nutrition Facts
Valeur nutritive**

Per 1 tbsp (15 mL)
pour 1 c. à soupe (15 mL)

Calories 45	% Daily Value
	% valeur quotidienne
Fat / Lipides 5 g	7 %
Saturated / saturés 3 g	
+ Trans / trans 0 g	15 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Potassium 0 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Filtered water, Coconut oil, Sunflower oil, Fava bean protein, Guar gum, Sunflower lecithin, Natural flavour.

Silk

**Melt away into
deliciousness with the
rich, creamy flavour
of Silk dairy-free
shredded cheese.**



Silk®



SILK® DAIRY-FREE SHREDDED CHEESE - 6 X 200 g



CHEDDAR-STYLE

GTIN CODE 20036632076933
DANONE CODE 167674
DISTRIBUTION CODE



MOZZARELLA-STYLE

GTIN CODE 20036632076926
DANONE CODE 167672
DISTRIBUTION CODE

CHEDDAR-STYLE

Nutrition Facts Valeur nutritive

Per 5 tbsp (30 g)
pour 5 c. à soupe (30 g)

Calories 90	% Daily Value % valeur quotidienne
Fat / Lipides 7 g	9 %
Saturated / saturés 7 g	36 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 6 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 240 mg	10 %
Potassium 10 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Filtered water, Coconut oil, Potato starch, Modified potato starch, Potato protein isolate, Salt, Cellulose, Yeast extract, Flavour, Cultured sugar, Xanthan gum, Konjac flour, Annatto extract (for colour).

MOZZARELLA-STYLE

Nutrition Facts Valeur nutritive

Per 5 tbsp (30 g)
pour 5 c. à soupe (30 g)

Calories 90	% Daily Value % valeur quotidienne
Fat / Lipides 7 g	9 %
Saturated / saturés 7 g	36 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 6 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 220 mg	10 %
Potassium 10 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Filtered water, Coconut oil, Potato starch, Modified potato starch, Potato protein isolate, Salt, Cellulose, Tapioca dextrose, Flavour, Cultured sugar, Yeast extract, Xanthan gum, Konjac flour, Annatto extract (for colour).



holiday nog

SEASONAL COCONUT BEVERAGE

A hint of spicy nutmeg and smooth, creamy coconut. Inspire your taste buds. And share with your best buds.





SO DELICIOUS® COCONUT - 12 X 946 mL



HOLIDAY NOG

GTIN CODE 10744473293312
DANONE CODE 135221
DISTRIBUTION CODE

HOLIDAY NOG

Nutrition Facts Valeur nutritive

Per 1 cup (240 mL)
pour 1 tasse (240 mL)

Calories 90	% Daily Value % valeur quotidienne
Fat / Lipides 2.5 g	4 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 16 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 15 g	15 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 120 mg	5 %
Potassium 0 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Coconutmilk (Filtered Water, Coconut Cream), Cane Sugar, Sea Salt, Guar Gum, Nutmeg, Natural Flavor, Xanthan Gum, Annatto Extract (Color Added).