

**Green Foods™**

The Experts in Green Nutrition

**COMPLETE NUTRITION WITH  
PROTEIN, OMEGA 3's, ENZYMES,  
PROBIOTICS, AND VITAMINS**



**TRUE VITALITY®**

PLANT PROTEIN SHAKE WITH DHA





# TRUE VITALITY®

Designed as an all in one meal, it contains vegetarian protein, omega-3's, probiotics, enzymes, carbohydrates, greens, fiber, and 100% of the RDA of the essential daily vitamins. The ingredients were scientifically formulated to work synergistically to enhance protein digestion, promote healthy digestive flora, as well as support brain, eye, heart, and nervous system functioning.\*

## HEALTH BENEFITS

### Vegetarian Proteins

A balanced protein profile from pea, rice, hemp, barley, chlorella, and spirulina. Unlike animal protein, vegetarian proteins are highly digestible and low in saturated fats.

### Specially Formulated Enzyme Blend

**Five different enzymes:** The proteolytic enzyme blend is a specially formulated blend of five different types of enzymes designed to aid in the complete digestion of the vegetarian proteins.

**Reduces digestive load:** The enzymes help to reduce the digestive load placed on the body from protein supplementation while providing the maximum nutrient availability for the recovery and rebuilding process.\*

1,000mg of Life's DHA per Serving

**From algae:** The DHA (omega-3 fatty acid) found in True Vitality® comes from algal oil.

**Cardiovascular, brain, and nervous system:** DHA is recommended by the American Heart Association and the USDA Dietary Guidelines for good cardiovascular health, and it also supports the brain, eye, and nervous system development and functioning.\*

### Prebiotics & Probiotics

**Synergy throughout the digestive tract:** A blend of prebiotics and probiotics work together to maintain healthy flora throughout the digestive tract.

**Organic inulin:** Prebiotic organic inulin assists the movement of food through the large intestine while helping to maintain healthy cholesterol and blood glucose levels.\*

**8 billion active probiotic cells:** True Vitality® contains 8 billion active probiotic cells, which help to maintain healthy and beneficial intestinal flora in the small intestine. In addition, probiotic supplementation assists vitamin synthesis, enhances immunity, and promotes a healthy digestive tract.\*

Available in:  
 Vanilla - 25.2oz, 7 Packets (51g each)  
 Chocolate - 25.2oz, 7 Packets (51g each)  
 Unflavored - 22.7oz

## Supplement Facts (Vanilla)

Serving size 3 Scoops (51g)

Amount per serving		%DV*	Amount per serving		%DV**
Calories	134				
Calories from Fat	11				
Total Fat	1g	2%			
Cholesterol	0mg	0%			
Sodium	140mg	6%			
Total Carbohydrate	17g	6%			
Dietary Fiber	6g	24%			
Sugars	6g	**			
Protein	15g	30%			
Vitamin A (100% Beta Carotene)	5000IU	100%			
Vitamin C (Ascorbic Acid)	60mg	100%			
Vitamin D (Ergocalciferol)	400IU	100%			
Vitamin E (D-Alpha Tocopherol Succinate)	30IU	100%			
Thiamin (Thiamine Mononitrate)	1.5mg	100%			
Riboflavin (Vitamin B2)	1.7mg	100%			
Vitamin B3 (Niacinamide)	20mg	100%			
Vitamin B6 (Pyridoxine HCL)	2mg	100%			
Folate (Folic Acid)	400mcg	100%			
Vitamin B12 (Cyanocobalamin)	12mcg	200%			
Biotin (D-Biotin)	300mcg	100%			
Pantothenic Acid (Calcium Panthothenate)	10mg	100%			
Calcium (Calcium Carbonate)	30mg	3%			
Iodine (Potassium Iodide)	45mcg	30%			
Magnesium (Magnesium Oxide)	120mg	30%			
Zinc (Zinc Oxide)	4.5mg	30%			
Selenium (Sodium Selenite)	21mcg	30%			
Manganese (Manganese Sulfate)	600mcg	30%			
Chromium (Chromium Chelate)	36mcg	30%			
Molybdenum (Amino Acid Chelate)	22.5mcg	30%			
Boron (Boron Amino Acid Chelate)	50mcg	**			
Nickel (Nickel Amino Acid Chelate)	5mcg	**			
Silicon (Silicon Dioxide)	2mg	**			
Vanadium (Vanadium Sulfate)	10mcg	**			
<b>Brown Rice Solids</b>	20,000mg	**			
<b>Vegan Protein Blend</b>	18,677mg	**			
Pea Protein Isolate, Brown Rice Protein Isolate, Organic Hemp, Spirulina, Barley Grass Juice, Chlorella					
<b>Organic Inulin (from Agave)</b>	5,682mg	**			
<b>Greens Blend</b>	500mg	**			
Spirulina, Barley Grass Juice, Chlorella					
<b>Life's DHA™ (DHA Algal Oil)</b>	1,000mg	**			
<b>Proteolytic Enzyme Blend</b>	84mg	**			
Protease 4.5	29000HUT				
Bromelain	540000FCCPU				
Protease 3.0	27SAPU				
Peptidase	2000HUT				
Protease 6.0	4000HUT				
<b>Dairy Free Probiotic Concentrate</b>	19mg				
Lactobacillus Plantarum, Bifidobacterium Bifidum (Providing 8 Billion Active Cells)					
<b>Other Ingredients:</b> Xylitol and Erythritol (Natural Sweeteners), Natural Vanilla					

\*Percent Daily Values based on a 2,000 calorie diet.

\*\*Daily Value not established

**Contains No** added salt, colorings, fillers or preservatives. Free of animal products, gluten, soy, wheat and yeast.

**Suggested Use:** Mix 3 level scoops (51g) in 8 to 10oz of water, juice, or milk or blend into your favorite smoothie for a nutritious and tasty shake.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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