

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

DAIRY-FREE, SOY-FREE, GLUTEN-FREE, NON-GMO, CERTIFIED VEGAN



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.*

DHA from Algal Oil

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, the most of any product on the market, 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.*

Great Tasting, and Easy to Use

True Vitality™ is a great tasting, easy to use nutritional shake designed for those with busy lives, people interested in weight loss, as well as athletes.

INGREDIENTS

Pea protein isolate, organic inulin, rice protein, Life's DHA™, spirulina, barley grass juice, magnesium oxide, organic hemp, proteolytic enzyme blend and dairy free probiotic concentrate (protease 4.5, bromelain, protease 3.0, peptidase, protease 6.0, Lactobacillus plantarum, Bifidobacterium bifidum), calcium carbonate, ascorbic acid, d-alpha-tocopherol succinate, d-biotin, chlorella, beta carotene, niacinamide, calcium pantothenate, zinc oxide, silicon dioxide, pyridoxine HCL, cyanocobalamin, thiamine mononitrate, manganese sulfate, riboflavin, ergocalciferol, molybdenum amino acid chelate, boron amino acid chelate, potassium iodide, folic acid, nickel amino acid chelate, chromium chelate, vanadium sulfate, sodium selenite.

Other ingredients: Brown rice syrup solids, xylitol, erythritol (natural sweeteners), natural vanilla or chocolate flavor.

Contains no salt, artificial colorings, fillers or preservatives. Free of animal products, gluten, soy, wheat, and yeast.



Supplement Facts (Vanilla)

Serving Size: 3 Scoops (51g)		Servings per Container: 14			
	Amount Per Serving	%DV*	Amount Per Serving	%DV**	
Calories	134		Calories from fat	11	
Total Fat	1g	2%	Brown Rice Solids	20,000 mg	**
Cholesterol	0mg	0%	Vegan Protein Blend	18,677 mg	**
Sodium	140mg	6%	Pea Protein Isolate, Rice Protein Isolate, Organic Hemp, Spirulina, Chlorella, Barley Grass Juice		
Total Carbohydrate	17g	6%	Organic Inulin from Agave	5,682 mg	**
Dietary Fiber	5g	24%	Greens Blend	500mg	**
Sugars	5g		Spirulina, Barley Grass Juice, Chlorella		
Protein	15g	30%	Life's DHA™ (DHA Algal Oil)	1,000mg	**
Vitamin A (100% Beta Carotene)	5000IU	100%	Proteolytic Enzyme Blend	84mg	**
Vitamin C (Ascorbic Acid)	50mg	100%	Protease 4.5	2900 HUT	
Vitamin D (Ergocalciferol)	400IU	100%	Protease 3.0	27,54PU	
Vitamin E (DL-Alpha Tocopherol Succinate)	30IU	100%	Protease 6.0	4000 HUT	
Thiamine (Thiamine Mononitrate)	1.5mg	100%	Dairy Free Probiotic Concentrate	15mg	**
Riboflavin (Vitamin B2)	1.7mg	100%	Lactobacillus plantarum, Bifidobacterium bifidum (Providing 8 Billion Active Cells)		
Vitamin B3 (Nicotinamide)	20mg	100%	Other Ingredients: Xylitol and Erythritol (Natural Sweeteners, Natural Vanilla)		
Vitamin B6 (Pyridoxine HCL)	2mg	100%			
Folate (Folic Acid)	400mcg	100%			
Vitamin B12 (Cyanocobalamin)	1.2mcg	200%			
Biotin (D-Biotin)	300mcg	100%			
Pantothenic Acid (Calcium Pantothenate)	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 Sulfate)	35mcg	30%			
Molybdenum (Amino Acid Chelate)	22.5mcg	30%			
Boron (Boron Amino Acid Chelate)	50mcg	**			
Nickel (Nickel Amino Acid Chelate)	5mcg	**			
Silicon (Silicon Dioxide)	7mg	**			
Vanadium (Vanadium Sulfate)	10mcg	**			

Available in Vanilla, Chocolate, and Unflavored.

*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.



FOR MORE INFORMATION VISIT WWW.GREENFOODS.COM OR CALL (800) 777-4430