



TruPLENISH

Nutritional Supplement Shake

The TruPLENISH Shake is one of the core components of our program. It is different from competitor shakes in that it's a plant-based, complete meal replacement full of vitamins, minerals, probiotics, glyconutrients and over 20 grams of protein. It's a good source of fibre, keeping you feeling fuller for longer and it comes in delicious chocolate and vanilla flavours. Replacing one or two meals a day with a TruPLENISH Nutritional Supplement Shake will enable you to easily reduce your calorie intake without sacrificing nutritional needs.

Once you've reached your goals, continuing to incorporate TruPLENISH Shakes into your daily meal plan will help you cut the fat and maintain your new body shape!

Introducing new and improved flavour in delicious Rich Chocolate available in February and Creamy Vanilla mid this year.

BENEFITS

- Helps maintain lean muscle*
- Helps reduce feelings of hunger and increase satiety
- Promotes healthy fat-loss, for a healthier, leaner body
- Promotes healthy digestion
- Helps you look and feel better.

FEATURES

- Comes in Chocolate or Vanilla
- Contains fruits and vegetables such as blueberries, cranberries, kale and spinach
- Contains Glyconutrients through aloe vera extract

RECOMMENDED USE:

Replace one meal with one shake (2 Scoops) daily.



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¹ BMC Complementary and Alternative Medicine (2010) 10:1186/7472-6882-10-16.

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

TruPLENISH Supplement Facts

TRUPLENISH Rich Chocolate - shake

Supplement Facts

Serving Size 2 scoops (38.9 g)
Servings Per Container 14

	Amount Per Serving	% Daily Value
Calories	150	
Calories from Fat	20	
Total Fat	2 g	3% [‡]
Total Carbohydrate	9 g	3% [‡]
Dietary Fiber	6 g	21% [‡]
Total Sugars	2 g	
Includes 2 g added sugars		4% [‡]
Protein	20 g	40% [‡]
Vitamin A (as beta-carotene)	300 mcg RAE	33%
Vitamin C (from acerola)	25 mg	28%
Calcium (from algae)	200 mg	15%
Iron (from protein blend)	3.7 mg	21%
Vitamin D (from mushroom)	5 mcg	25%
Vitamin E (as d-alpha tocopherol)	10 mg	67%
Thiamin (from yeast)	0.7 mg	58%
Riboflavin (from yeast)	0.8 mg	62%
Niacin (from yeast)	8 mg NE	50%
Vitamin B6 (from yeast)	0.9 mg	53%
Folate (from yeast)	330 mcg DFE (200 mcg Folic Acid)	83%
Vitamin B12 (from yeast)	3 mcg	125%
Biotin (from yeast)	75 mcg	250%
Pantothenic acid (from yeast)	2.75 mg	55%
Iodine (from yeast)	15 mcg	10%
Magnesium (from marine mineral complex and algae)	40 mg	10%
Zinc (from yeast)	1.5 mg	14%
Selenium (from yeast)	7 mcg	13%
Copper (from yeast)	0.2 mg	22%
Manganese (from yeast)	0.2 mg	9%
Chromium (from yeast)	12 mcg	34%
Molybdenum (from yeast)	7.5 mcg	17%
Sodium	271 mg	12%
Potassium	132 mg	3%
Alpha-Linolenic Acid (from flaxseed and chia seed)	160 mg	†
<i>Lactobacillus acidophilus</i>	1 Billion CFU (at the time of manufacture)	†
Proprietary Digestive Enzyme Blend (Alpha & Beta Amylase, Protease 1, Protease 2, Lactase, Lipase, Cellulase, Invertase)	50 mg	†

[‡] Percent Daily Values (DV) are based on a 2,000 calorie diet.
[†] Daily Value not established.

Other ingredients: Pea protein, brown rice protein, acacia gum, fructose, cocoa powder, guar gum, natural flavors, Reb A (stevia leaf extract), Glyconutrient Proprietary Blend (Arabinogalactan, aloe vera extract (inner leaf gel powder), gum tragacanth), safflower oil powder, Proprietary Berry Blend (Strawberry, blueberry, raspberry, tart cherry, elderberry, cranberry), Proprietary Veggie Blend (Broccoli, broccoli sprouts, tomato, carrot, spinach, kale).

Guaranteed free from gluten, dairy, soy, genetically modified DNA, MSG, artificial colors, flavors or sweeteners.

SUGGESTED USE FOR ADULTS AND CHILDREN 9 YEARS AND OLDER: Simply add 2 scoops to 8 oz of cold purified water, almond milk or other beverage of choice and mix.

DIRECTIONS FOR KIDS: Mix 1 scoop with 8 fl oz of cold purified water, almond milk or other beverage of choice. This product is not intended to be used for weight management for kids, or for consumption by kids under 4 years old.

WARNING: If you are pregnant, nursing, taking medication, have a health condition or are planning a medical procedure, consult your health professional before use. Discontinue use and consult a doctor if any adverse reaction occurs.

Do not use if inner seal is missing or broken. Keep out of reach of children. Keep bottle tightly closed. Store in a cool, dry place. Contents may settle during shipping. This product is sold by weight, not volume.

Product Number 16201

US: 16201-44-003

TRUPLENISH Creamy Vanilla - shake

Supplement Facts

Serving Size 2 scoops (37.2 g)
Servings Per Container 14

	Amount Per Serving	% Daily Value
Calories	145	
Calories from Fat	17	
Total Fat	2 g	3% [‡]
Total Carbohydrate	8 g	3% [‡]
Dietary Fiber	5 g	18% [‡]
Total Sugars	2 g	
Includes 2g added sugars		4%
Protein	20 g	40% [‡]
Vitamin A (as beta-carotene)	275 mcg RAE	31%
Vitamin C (from acerola)	25 mg	28%
Vitamin D (from mushroom)	5 mcg	25%
Vitamin E (as d-alpha tocopherol)	10 mg	67%
Thiamin (from yeast)	0.7 mg	58%
Riboflavin (from yeast)	0.8 mg	62%
Niacin (from yeast)	8 mg NE	50%
Vitamin B6 (from yeast)	0.9 mg	53%
Folate (from yeast)	333 mcg DFE (200 mcg Folic Acid)	83%
Vitamin B12 (from yeast)	3 mcg	125%
Biotin (from yeast)	75 mcg	250%
Pantothenic acid (from yeast)	2.75 mg	55%
Calcium (from algae)	200 mg	28%
Iron (from protein blend)	3.7 mg	21%
Iodine (from yeast)	15 mcg	10%
Magnesium (from marine mineral complex and algae)	40 mg	10%
Zinc (from yeast)	1.5 mg	14%
Selenium (from yeast)	7 mcg	13%
Copper (from yeast)	0.2 mg	22%
Manganese (from yeast)	0.2 mg	9%
Chromium (from yeast)	12 mcg	34%
Molybdenum (from yeast)	7.5 mcg	17%
Sodium	205 mg	9%
Potassium	44 mg	1%
Alpha-Linolenic Acid (from flaxseed and chia seed)	160 mg	†
<i>Lactobacillus acidophilus</i>	1 Billion CFU (at the time of manufacture)	†
Proprietary Digestive Enzyme Blend (Alpha & Beta Amylase, Protease 1, Protease 2, Lactase, Lipase, Cellulase, Invertase)	50 mg	†

[‡] Percent Daily Values (DV) are based on a 2,000 calorie diet.
[†] Daily Value not established.

Other ingredients: Pea protein, brown rice protein, acacia gum, fructose, guar gum, natural flavor, safflower oil powder, Reb A (stevia leaf extract), Glyconutrient Proprietary Blend (Arabinogalactan, aloe vera extract (inner leaf gel powder), gum tragacanth), xanthan gum, Proprietary Berry Blend (Strawberry, blueberry, raspberry, tart cherry, elderberry, cranberry), Proprietary Veggie Blend (Broccoli, broccoli sprouts, tomato, carrot, spinach, kale).

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Product Number 16301

US: 16301-44-003

TruHealth Signature Shake



Ingredients (Serves 1)

- ½ -1 cup fruit of your choice
- 2 cups kale leaves or baby spinach
- 1 cup water, coconut water or almond milk
- 6 ice cubes
- ½ tbsp healthy fat, recommend coconut oil or flax seed oil
- 2 scoops of the TruPLENISH Nutritional Shake, chocolate or vanilla (or one of each)

Directions

1. Add all the ingredients to a blender
2. Blend until desired consistency

IF YOU'RE READY TO TAKE BACK YOUR LIFE AND SEE RESULTS, CONTACT ME TODAY!

P.S. In 30 days, you'll wish you had started today!

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