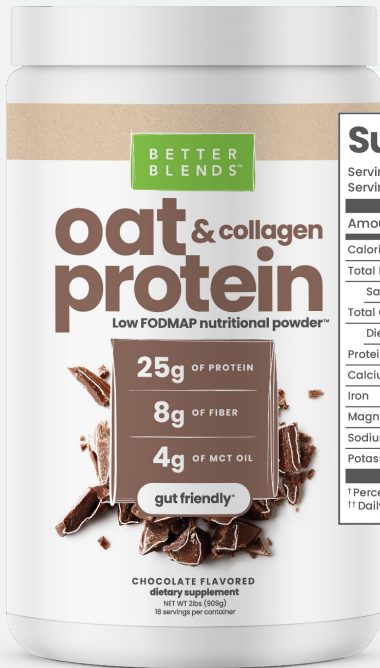


BETTER BLENDS™



Supplement Facts

Serving Size: 2 Scoops (50.5g)
Servings Per Container: 18

Amount Per Serving	% Daily Value
Calories	190
Total Fat	4.5g 6%
Saturated Fat	3.5g 18%
Total Carbohydrates	12g 4%
Dietary Fiber	8g 29%
Protein	25g
Calcium	20mg 2%
Iron	1.8mg 10%
Magnesium	30mg 7%
Sodium	480mg 21%
Potassium	260mg 6%

*Percent daily values are based on a 2,000 calorie diet.
†† Daily value not established.

Ingredients: Hydrolyzed Bovine Collagen, Cocoa Powder, NOVELOSE® (Tapioca Fiber), VERSAFIBE™ (Potato Fiber), PrOatein® Oat Protein, MCT Oil Powder 70%, PromOat® Beta Glucan, Sea Salt, Natural & Organic Flavoring, Cocoa Extract, Steviol Glycosides (Rebaudioside-M), Pure Vanilla Extract 2X SD

Chocolate OAT & COLLAGEN PROTEIN POWDER

Our Low-FODMAP Chocolate Oat & Collagen Protein Powder is one of the first gut friendly protein powders in the world! Natural cocoa is used to flavor this oat protein powder that is combined with collagen peptides, soluble probiotic fibers, and MCT oil. This delicious nutrition shake is certified Low-FODMAP and has anti-inflammatory properties as well as other ingredients that promote the growth of good-gut microbes that can help support overall digestive function.*



Supplement Facts

Serving Size: 2 Scoops (50.7g)
Servings Per Container: 18

Amount Per Serving	% Daily Value
Calories	200
Total Fat	4.5g 6%
Saturated Fat	3g 15%
Total Carbohydrates	14g 5%
Dietary Fiber	8g 29%
Protein	25g
Calcium	30mg 2%
Iron	0.8mg 4%
Sodium	480mg 21%
Potassium	50mg 1%

*Percent daily values are based on a 2,000 calorie diet.
†† Daily value not established.

Ingredients: Hydrolyzed Bovine Collagen, PrOatein® Oat Protein, NOVELOSE® (Tapioca Fiber), VERSAFIBE™ (Potato Fiber), MCT Oil Powder 70%, PromOat® Beta Glucan, Sea Salt, Pure Vanilla Extract 2X SD, Natural & Organic Flavoring, Steviol Glycosides (Rebaudioside-M)

Vanilla OAT & COLLAGEN PROTEIN POWDER

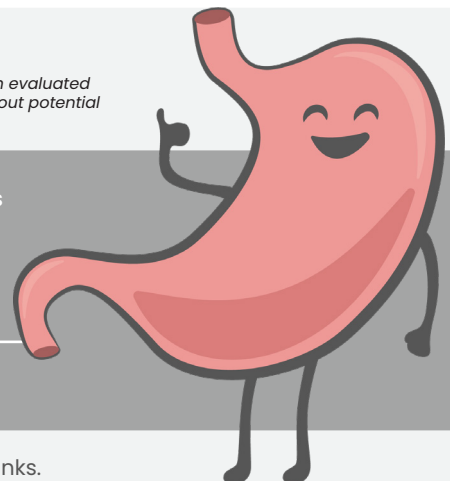
Our Low-FODMAP Vanilla Oat & Collagen Protein Powder is one of the first gut friendly protein powders in the world! Natural vanilla powder is used to flavor this oat protein powder that is combined with collagen peptides, soluble probiotic fibers, and MCT oil. This delicious nutrition shake is certified Low-FODMAP and has anti-inflammatory properties as well as other ingredients that promote the growth of good-gut microbes that can help support overall digestive function.

*This product is not intended to diagnose, treat, cure or prevent any disease. The statements have not been evaluated by the Food and Drug Administration (FDA). Results may vary. Consult with your healthcare professional about potential interactions, complications, or use with other medications before using any product.

Recommended Use: For most individuals, you can enjoy our protein powders more than once daily depending upon your personalized nutrition needs. However, it can be contraindicated in certain disease states such as chronic kidney disease, so always check with your dietitian or main healthcare provider for personalized nutrition advice.

Serving Size: Two Scoops (roughly 50g)

Healthcare providers please email hello@betterblends.com for research study links.



Nutrition you can feel™

It's our goal to make nutrition you can feel by using gentle ingredients that help improve digestive health. Our expert panel completed a thorough review of the research to help formulate these high quality protein powders that have anti-inflammatory properties, may promote the growth of good-gut microbes, and may improve overall digestive function in part due to it being Low FODMAP, which has been shown to provide relief to individuals struggling with excessive gas, bloating, and abdominal pain when used in combination with a Low FODMAP eating plan.**

**Clinical studies referenced are not affiliated in any way with Better Blends, LLC. These are outside clinical studies published by The Natural Medicines Comprehensive Database, PubMed, and Monash University. Our formulas follow the ingredients and doses used in the studies linked on our website.



Meet our research partners!

We've assembled a team of leading gut health wizzes with backgrounds in nutrition science, research experience, and expertise providing medical nutrition therapy to help their clients improve digestive health and more. They are also leading speakers and educators in the space, and they're using their brilliance to help us build gut-friendly products for you!



Ashley Oswald, RDN, IFNCP, CNSC, CLT, LD DIGESTIVE HEALTH SPECIALIST

Hi There! I'm Ashley, and I founded Oswald Digestive Clinic in 2016. At our clinic, we help people improve and often eliminate bothersome gut issues using holistic and functional medicine approaches. Our clinic is grateful to be partnering with Better Blends, where we are on a mission to bring gut-friendly and clean products to the market for our clients and others to enjoy. Learn more about us at oswalddigestiveclinic.com



Marcie Vaske, MS, LN DIGESTIVE HEALTH SPECIALIST

Hello! I'm Marcie Vaske, and I work alongside Ashley at Oswald Digestive Clinic. We work passionately to help individuals who struggle with gut health issues to find health again. As we walk the journey with them, we are always looking for safe, nutritious foods that will help our clients heal. Working with Better Blends is such a pleasure, as they have created a product we can trust. Learn more about us at oswalddigestiveclinic.com



Ranelle Kirchner, MS, RD, LDN, CDE LICENSED REGISTERED DIETITIAN Certified Diabetic Care & Education Specialist, Author

Hello friends, my name is Ranelle Kirchner, I am a Licensed Registered Dietitian, Certified Diabetic Care & Education Specialist, author, and Le Cordon Bleu culinary graduate with a passion for discovering health and wellness through food. As a result of my own struggles with IBD and food allergies, I have dedicated my life to helping individuals learn how to cook and eat for their health. Learn more about me at ranellekirchner.com

**This product is not intended to diagnose, treat, cure or prevent any disease. The statements have not been evaluated by the Food and Drug Administration (FDA). Results may vary. Consult with your healthcare professional about potential interactions, complications, or use with other medications before using any product.*

QUESTIONS?

Email us at hello@betterblends.com and we'd be more than happy to help answer