



# USER MANUAL

## Tudo's mission

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Provide the healthiest possible nutrition using the ingredients nature gave us, in a way that suits today's society and also tomorrow's.

## Inside the package

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1 container = 20 meals (500 calories per meal)  
1 bag = 1 meal (500 calories per meal)

## What's in Tudo

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### Flax Seed

Brown flax seed is a functional food ingredient with a high source of healthy ALA omega-3 fatty acids, protein, dietary fibre, and antioxidants. It is also a rich source of the phytonutrient lignans, important for fighting disease. Micro-milled flax seed is just flax seed that has been milled very finely; this makes it more available for your body to absorb all of the nutrients and also makes it drinkable.

### Brown Rice Protein

Our brown rice protein is extracted using natural fermentation, which results in a clean high-purity protein powder rich in amino acids and with the highest bioavailability of any protein. The rice protein is the highest protein source of leucine, the amino acid most important to activate muscle building.

### Brown Rice Milk Powder

This new rice milk powder is made from whole grain brown rice and is naturally a lactose-free milk. It contains all the protein, bran oils, vitamins and minerals of whole grain brown rice. It's also slowly digested and gives you a consistent energy source. It is cholesterol free.

**Natural Flavors:** Tiny amounts of natural flavors enhance the characteristics of Tudo



### Sunflower Oil Powder

Cold pressed high oleic sunflower seed oil is a vegan source rich in omega 6, C18:2 – linoleic acid, omega 9, and C18:1 – oleic acid. In order to keep the oil from going rancid it is precisely mixed and dried with tapioca flour. The starch in the tapioca flour microencapsulates tiny droplets of the oil and makes it into a stable powder.

### Brown Rice Sugar

The brown rice sugar is also made from a natural fermentation process that breaks down the grain, resulting in a pure sugar more like molasses. A better alternative to maltodextrin, brown rice sugar is minimally processed and contains healthy minerals.

### Raspberry Powder

Whole raspberries are dried into a powder with no chemicals added. Raspberry gives a great flavor to Tudo but also provides high amounts of vitamins like vitamin C, minerals, and the ketone phytonutrient. It also contains important anti-oxidants.

### Vitamin and Mineral Mixture

Any vitamins and minerals that are not present in enough quantities from the ingredients of Tudo are supplemented with a customized vitamin and mineral mixture to ensure each Tudo represents the approximate 25% recommended daily intake value. The mixture also contains healthy probiotics.

# Vanilla

# Raspberry

## Nutrition Facts

Serving size (107g)

Amount Per Serving  
**Calories 500**

	% Daily Value*
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 2.45g	12%
Trans Fat 0g	
Polyunsaturated Fat 8.5g	
Monounsaturated Fat 6.1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 50g	<b>18%</b>
Dietary Fiber 7g	24%
Total Sugars 15g	
Includes 12g Added Sugars	24%
<b>Protein</b> 34g	<b>68%</b>

Serving size (108g)

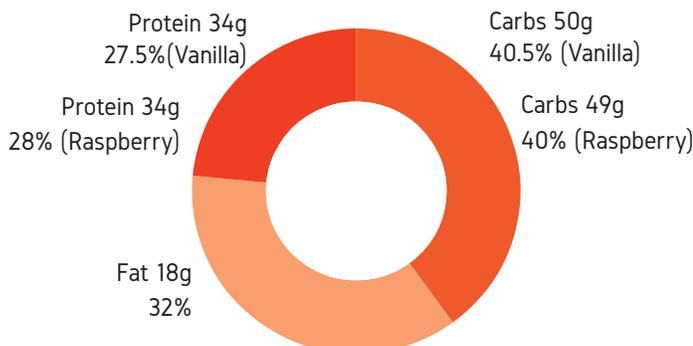
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<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 49g	<b>18%</b>
Dietary Fiber 7g	24%
Total Sugars 14g	
Includes 10g Added Sugars	20%
<b>Protein</b> 34g	<b>68%</b>

Vitamin D 5mcg	25%
Calcium 325mg	25%
Iron 4.5mg	25%
Potassium 1175mg	25%
Vitamin A	25%
Vitamin C	25%
Vitamin E	25%
Vitamin K	25%
Thiamin	25%
Riboflavin	25%
Niacin	25%
Vitamin B6	25%
Folate 100mcg DFE (25mcg folic acid)	25%
Vitamin B12	25%
Biotin	25%
Pantothenic Acid	25%
Phosphorus	25%
Iodine	25%
Magnesium	25%
Zinc	25%
Selenium	25%
Copper	25%
Manganese	25%
Chromium	25%
Molybdenum	25%
Chloride	25%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Brown Rice Protein, Brown Rice Milk Powder, Flaxseed (micro-milled), High Oleic Sunflower Oil Powder, Brown Rice Sugar, Raspberry Powder (Raspberry Only) Vitamin and Mineral Blend, Natural Vanilla Flavor (Vanilla Only), Natural Raspberry Flavor (Raspberry Only), Natural Flavor.



## Preparing Tудо

To best make your Tудо follow these instructions:

1. Find a clean bottle that can easily be shaken (has a fully closable lid). A bottle with a wide neck is better.

2a. Tear open your Tудо package and pour in the full bag.

Or

2b. Measure out 1 cup of powder (108g for Raspberry or 107g for

Vanilla) and pour into your bottle.

3. Pour in 500ml (about 2 cups) of cold pure water.

4. Seal the bottle tightly, and shake vigorously for 20-30seconds, until the powder is completely dissolved in the water.

5. Enjoy!

## Personalizing Tудо

Tудо tastes good on its own, but there are some things you can change to make it even better suited for your personal tastes.

### Thickness

The thickness of Tудо depends on how much water you add. If you prefer a thicker drink, add less water (400ml, or about 1 and 3/4 cups). If you prefer a drink that is less thick, add more water (600ml, or about 2 and 1/2 cups).

### Other ingredients

If you have other healthy foods you want to add into Tудо go ahead! Try putting everything into a food blender to get a smooth drink.

## Ordering Tудо

Tудо is available for purchase on our website tudoyou.com. We offer a variety of options all of which are delivered directly to your door. Meals range from \$3.25/meal to \$4.49/meal depending on the desired quantity.

## Storing Tудо

Tудо will last 6 months if kept sealed in the bags or if container is kept tightly shut and away from direct sunlight or heat. Keep yours at room temperature in a cabinet along with your other non-perishable foods.

Once you've mixed your Tудо with water, its best consumed right away. You can keep it for 24hours in the refrigerator, but any longer then that is not recommended.

## Contact Tудо

We like to hear from you! If you loved Tудо please let us know! Email us at [info@tudoyou.com](mailto:info@tudoyou.com)

Visit our website at [Tudoyou.com](http://Tudoyou.com) and subscribe to our mailing list for updates about Tудо.

All of this information can also be viewed on our website.