

shake up a classic day!

Want proof that your daily supplement works? How about 20+ years' worth? Reliv Classic®, Dr. Theodore Kalogris's original groundbreaking formula, combines a synergistic blend of healthy soy protein, vitamins, minerals, amino acids and select herbs to set the industry standard for complete and balanced nutrition. Gone is the guessing game of mixing and matching bottles of vitamins. Reliv is nutrition made simple.

why shakes work

One word: bioavailability. When dissolved in liquid, as in a Reliv shake, nutrients are absorbed more easily, giving the body instant access to the nutrients they contain and providing greater benefit from each serving.

directions

Add Reliv Classic to water, juice or milk — one scoop per 4 oz. of liquid — and shake or blend until creamy. Two scoops provide a daily serving. Many consumers enjoy optimal benefits by taking one scoop two times per day. For added benefits, use in combination with other Reliv nutritional formulas.

For more information or to order, call 800 RELIV US (735.4887).

ChromMate® brand of niacin-bound chromium and OptiZinc® brand of zinc monomethionine are registered trademarks of InterHealth NJ.

This product was manufactured in a facility that also uses fish (anchovy, sardine) and milk which may result in the presence of the allergen in this product.

CHROMMATE®

OptiZinc® K



gluten free



Classic®

dietary supplement

Twenty-five grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of Reliv Classic® provides 7 grams of soy protein.

7g
soy protein
per serving

Net Wt. 18.9 oz
(1 lb. 2.9 oz)

Supplement Facts

Serving Size: 2 Scoops (17.9 g)
Servings Per Container: 30

	Amount per Serving	% Daily Value
Calories	60	
Calories from Fat	15	
Total Fat	1.5 g	2%†
Saturated Fat	0.5 g	3%†
Total Carbohydrate	4 g	1%†
Dietary Fiber	1.5 g	1.5%†
Protein	7 g	14%†
Vitamin A (20% as Beta Carotene)	5000 IU	100%
Vitamin C	480 mg	800%
Vitamin D	400 IU	100%
Vitamin E	60 IU	200%
Thiamin (vitamin B1)	3.0 mg	200%
Riboflavin (vitamin B2)	4.25 mg	250%
Niacin	20 mg	100%
Vitamin B6	4.0 mg	200%
Folic Acid	400 mcg	100%
Vitamin B12	18 mcg	300%
Biotin	300 mcg	100%
Pantothenic Acid	20 mg	200%
Calcium	1000 mg	100%
Iron	18 mg	100%
Phosphorus	650 mg	65%
Iodine	160 mcg	102%
Magnesium	200 mg	50%
Zinc	16.5 mg	110%
Selenium	50 mcg	70%
Copper	2 mg	100%
Chromium	60 mcg	50%
Sodium	60 mg	3%
Potassium	250 mg	7%

Classic Proprietary Blend	142 mg	**
L-Methionine		**
Cayenne (fruit)		**
Garlic (bulb)		**
Rose Hips (fruit)		**
Papain (from Papaya (fruit))		**
Bromelain (from Pineapple (stem))		**
Chinese Rhubarb (root) Extract		**
Licorice (root) Extract		**
Kelp (whole) Extract		**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily value not established.

Other Ingredients: Non-GMO Soy Protein Isolate, Non-GMO Soy Flour, Magnesium Phosphate, Dicalcium Phosphate, Calcium Carbonate, Brewer's Yeast, Ascorbic Acid, Pyridium (seed) Husk, Natural Flavors, Non-GMO Soy Lecithin, Potassium Chloride, Alpha Tocopherol Acetate, OptiZinc® Brand of Zinc Monomethionine, Beta Carotene, Ferrous Fumarate, Biotin, Calcium Pantothenate, Vitamin A Palmitate, Nicotinamide, Copper Gluconate, Pyridoxine HCL, Riboflavin, Vitamin D3, Thiamin HCL, Vitamin B12, Potassium Iodide, Sodium Selenate, Folic Acid and ChromMate® Brand of Niacin Bound Chromium Polynicotinate.

Manufactured and distributed by Reliv International, Inc.,
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