

Vital Scoop™

Features and Benefits*

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An Eating for Health™ composite food blend—

- Contains premium quality proteins, fats and complex carbohydrates
- Contains premium chemical-free phytonutrients and antioxidants
- Promotes optimal cell metabolism
- Promotes safe, gentle detoxification
- Supports growth and repair of body tissues

- Supports natural hormone balance
- Provides fuel for optimal performance
- Great any time of day as shake or in snacks
- Healthy for young and old
- No caffeine, stimulants or artificial ingredients
- Percent of calories: 45% protein, 25% fat, 30% carbohydrate

Refrigerate after opening.

* These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

To learn more about Eating for Health™ and careers in holistic nutrition and culinary arts, visit www.BaumanCollege.org.

Bauman Nutrition
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ALL-IN-ONE ENERGY SHAKE



Vital Scoop™

VANILLA

A BLEND OF WHEY, GREENS, FLAXSEED & FRUIT EXTRACTS

Net Wt. 18 Oz (510g)

Supplement Facts

Serving Size : 17g (one level scoop)

Servings per Container: 30

Amount Per Serving

		%DV
Calories	70	Calories from fat: 20
Total Fat	2g	3%
Saturated Fat	.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	35mg	1%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	3%
Sugars	0g	
Protein	8g	

Vit A 0% Vit C 0% Calcium 4% Iron 6%

*Percent Daily Value are based on a 2000 calorie diet

Directions: Add one scoop of powder to 8 oz. of fresh juice, coconut water, or other beverage, add 1/2 cup of fresh fruit and blend.

Ingredients: whey protein isolate, lecithin, rice kernel membrane powder, apple fiber, golden flaxseed meal*, Bauman Green Blend (Hawaiian spirulina, kamut grass juice powder*, wheat grass juice powder*, barley grass juice powder*, broken cell wall chlorella, S.O.D./catalase from wheat sprouts, Icelandic kelp*, Nova Scotia dulse, alfalfa powder*), Jerusalem artichoke powder, apple pectin, natural vanilla, royal jelly, Bauman Fruit Blend (acai powder*, blueberry extract*, goji berry extract, grape seed extract, prune extract, raspberry extract*, cranberry extract), colostrum, green tea extract, ionic trace mineral powder, fructo-oligo saccharide (a natural prebiotic), aloe vera extract 200x, co-enzyme Q10, bifidobacterium and lactobacillus acidophilus (lactose free), glutamine. *Organic.