

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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www.BaumanNutrition.com



ALL-IN-ONE ENERGY SHAKE



Vital Scoop™

VANILLA

A BLEND OF WHEY, GREENS, FLAXSEED & FRUIT EXTRACTS

Net Wt. 9 Oz (255g)

Supplement Facts

Serving Size : 17g (one level scoop)

Servings per Container: 15

Amount Per Serving

Calories: 70

Calories from fat: 20

		%DV*
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, 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), 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.