

## WHY GREEN FOODS?

Green Foods core belief: The best way to nourish our bodies for peak performance is with natural, organic and bioavailable products that provide essential nutrients for optimal health.

Our natural dietary supplements offer the extraordinary nutrients found in fresh grasses, fruits, vegetables, herbs and other nutrient-rich whole foods.

Leveraging our decades of experience and perfected techniques, we harness the best of each ingredient via our own proprietary award-winning juicing and spray-drying process.

For over 40 years, Green Foods has been the world-wide leader in the natural superfoods category.

Our products are sold throughout the world in over 50 countries. Our passion is to spread the benefits of healthy, organic, natural supplements on a global scale, while reinforcing our commitment to respecting our environment and making our customer's overall wellbeing our number one priority.

DISCOVER MORE AT  
[www.GreenFoods.com](http://www.GreenFoods.com)

Designed as a healthy all-in-one meal, **True Vitality™** combines vegetarian protein, omega 3's, probiotics, enzymes, carbs, greens, fiber and essential daily vitamins. It's the ultimate, easy-to-digest vegan meal replacement, ideal for the health-conscious person on the go.

### BENEFITS OF TRUE VITALITY™

- Complete & natural plant protein meal replacement
- 100% of the RDA of the essential daily vitamins
- Special enzyme blend enhances protein digestion
- Maximizes nutrient availability for muscle recovery and rebuilding
- Promotes healthy digestive flora with a blend of prebiotics and 8 billion active probiotic cells
- Essential omega 3 fatty acid DHA supports brain, eye, heart & nervous system functioning
- All-vegetarian proteins derived from pea, rice, hemp, spirulina, chlorella & barley grass juice

**Does Not Contain:** Added salt, colorings, fillers or preservatives and is free of animal products, gluten, soy, wheat, yeast, corn and genetically modified organisms (GMO).

**Suggested Use:** Mix 3 level scoops (51g) in 8 to 10oz. of water, juice, or milk or blend into your favorite smoothie for a nutritious and tasty shake.

**Store:** in a cool, dry place with lid tightly closed.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Complete and balanced vegan meal replacement for optimal digestion and health



Plant-based super protein blend  
+ spirulina, chlorella & barley grass

1000mg of Life's DHA™  
vegetarian-sourced omega 3

# PROBIOTICS 8 Billion

# True Vitality

## PLANT PROTEIN SHAKE with DHA

MAXIMUM BIOAVAILABILITY • ENHANCED DIGESTION • GUT HEALTH

UNFLAVORED



NET WT. 22.7 OZ. (644G)

## Supplement Facts

14 Servings Per Container  
Serving Size 3 scoops (46g)

Amount Per Serving  
**Calories 134**

|                                                | % Daily Value* |
|------------------------------------------------|----------------|
| Total Fat 1g                                   | 2%             |
| Cholesterol 0mg                                | 0%             |
| Sodium 140mg                                   | 6%             |
| Total Carbohydrate 17g                         | 6%             |
| Dietary Fiber 6g                               | 24%            |
| Sugars 6g                                      | ↑              |
| Protein 15g                                    | 30%            |
| Vitamin D (Ergocalciferol) 400 IU              | 100%           |
| Calcium (Calcium Carbonate) 30mg               | 3%             |
| Iron <1mg                                      | 0%             |
| Iodine (Potassium Iodide) 45mcg                | 30%            |
| Vitamin A (100% Beta Carotene) 5000 IU         | 100%           |
| Vitamin C (Ascorbic Acid) 60mg                 | 100%           |
| Vitamin E (D-Alpha Tocopherol Succinate) 30 IU | 100%           |
| Thiamin (Thiamine Mononitrate) 1.5mg           | 100%           |
| Riboflavin (Vitamin B2) 1.7mg                  | 100%           |
| Vitamin B3 (Niacinamide) 20mg                  | 100%           |
| Vitamin B6 (Pyridoxine HCL) 2mg                | 100%           |
| Folate (Folic Acid) 400mcg                     | 100%           |
| Vitamin B12 (Cyanocobalamin) 12mcg             | 200%           |
| Biotin (D-Biotin) 300mcg                       | 100%           |
| Pantothenic Acid (Calcium Pantothenate) 10mg   | 100%           |
| Magnesium (Magnesium Oxide) 120mg              | 30%            |
| Zinc (Zinc Oxide) 4.5mg                        | 30%            |
| Selenium (Sodium Selenite) 21mcg               | 30%            |
| Manganese (Manganese Sulfate) 600mcg           | 30%            |
| Chromium (Chromium Chloride) 36mcg             | 30%            |
| Molybdenum (Amino Acid Chelate) 22.5mcg        | 30%            |
| Boron (Boron Amino Acid Chelate) 50mcg         | ↑              |
| Nickel (Nickel Amino Acid Chelate) 5mcg        | ↑              |
| Silicon (Silicon Dioxide) 2mg                  | ↑              |
| Vanadium (Vanadium Sulfate) 10mcg              | ↑              |

True Vitality  
UNFLAVORED

Amount Per Serving %DV

|                                                                                                         |   |
|---------------------------------------------------------------------------------------------------------|---|
| Brown Rice Solids 20,000mg                                                                              | ↑ |
| Vegan Protein Blend 18,677mg                                                                            | ↑ |
| Pea Protein Isolate, Brown Rice Protein Isolate, Organic Hemp, Spirulina, Barley Grass Juice, Chlorella |   |
| Organic Inulin (from Agave) 5,662mg                                                                     | ↑ |
| Greens Blend 500mg                                                                                      | ↑ |
| Spirulina, Barley Grass Juice, Chlorella                                                                |   |
| Life's DHA™ (DHA Algal Oil) 1,000mg                                                                     | ↑ |
| Proteolytic Enzyme Blend 84mg                                                                           | ↑ |
| Protease 4.5 29000HUT                                                                                   |   |
| Bromelain 540000FCPU                                                                                    |   |
| Protease 3.0 275APU                                                                                     |   |
| Peptidase 2000HUT                                                                                       |   |
| Protease 6.0 4000HUT                                                                                    |   |

**Dairy Free Probiotic Concentrate 18mg**  
Lactobacillus Plantarum, Bifidobacterium Bifidum (Providing 8 Billion Active Cells)

\* The % Daily Value 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.

† Daily Value not established.

Distributed by: Green Foods Corp.  
Ontario, CA 91761

This product is sold by weight not by volume.  
Some settling of contents may occur.

