



core nutrition

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wealththrunutrition.com/reliv-nowwhey

Supplement Facts

Serving Size: 1 Scoop (18.65 g)
Servings Per Container 30

	Amount per Serving	% Daily Value
Calories	50	
Total Fat	0 g	0%†
Total Carbohydrate	4 g	1%†
Total Sugars	3 g	**
Includes 2g Added Sugars		4%†
Protein	7 g	
Vitamin A	750 mcg	83%
Vitamin C	480 mg	533%
Vitamin D	10 mcg	50%
Vitamin E	40 mg	267%
Thiamin	3 mg	250%
Riboflavin	4 mg	308%
Niacin	20 mg	125%
Vitamin B6	4 mg	235%
Folate	680 mcg DFE	170%
	(400 mcg folic acid)	
Vitamin B12	18 mcg	750%
Biotin	300 mcg	1000%
Pantothenic Acid	20 mg	400%
Calcium	950 mg	73%
Iron	9 mg	50%
Phosphorus	720 mg	58%
Iodine	150 mcg	100%
Magnesium	200 mg	48%
Zinc	16 mg	145%
Selenium	50 mcg	91%
Copper	2 mg	222%
Manganese	2 mg	87%
Chromium	50 mcg	143%
Molybdenum	75 mcg	167%
Sodium	20 mg	1%
Now Proprietary Blend	100.2 mg	**
Rose Hips (fruit)		**
Rutin (from Japanese Sophora (flower))		**
Kelp (whole plant) Extract		**
Cayenne (fruit)		**
Licorice (root) Extract		**
Chinese Rhubarb (root) Extract		**
Maritime Pine (bark) Extract (Pycnogenol®)		**
Garlic (bulb)		**
Butternut (bark)		**
Irish Moss (whole plant)		**

†Percent Daily Values are based on a 2,000 calorie diet.
**Daily value not established.

Other Ingredients: Whey Isolate, Non Fat Dry Milk, Calcium Phosphate, Magnesium Phosphate, Fructose, Calcium Carbonate, Natural & Artificial Flavors, Brewers Yeast, Ascorbic Acid, Sunflower Lecithin, Potassium Chloride, OptiZinc® Brand of Zinc Monomethionine, Rebiana (stevia leaf extract), d-Alpha Tocopherol Acetate, Molybdenum Yeast, Inulin, Sodium Chloride, Calcium Pantothenate, Ferrous Fumarate, Nicotinamide, Copper Gluconate, Selenomethionine, Manganese Sulfate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Hydrochloride, Vitamin A Palmitate, ChromeMate® Brand of Niacin Bound Chromium Polynicotinate, Folic Acid, Biotin, Potassium Iodine, Vitamin B12 and Vitamin D3. **CONTAINS MILK.**



OptiZinc®



CHROMEMATE®

How much should I take daily? Suggest one scoop daily in the beverage of your choice; 1/2 in morning and 1/2 in the afternoon so your body can be fed throughout the day. If you are dealing with a health issue you can take 2 – 3 scoops per day.

Can I mix with other Reliv products? Absolutely, all Reliv products are designed to be taken together. Only ReversAge is recommended to be taken separately in the evening.

How soon will I see results? Nutrition directly affects the daily functioning of our bodies. Everyone's body is different as to how much they need nutritionally and how quickly they will see results. Better skin, nails, improved energy, improved moods, relief from minor aches and pains, better sleep, more

Are there any drug interactions? It's always a good idea to check with your healthcare professional if you're concerned.

Additional Questions? Please [contact us](#) and we'd be more than happy to answer your questions.