

NUTRITION FACTS

Serving Size: 2 scoops (73.6g / 1/4 cup)
Servings Per Container: 12-48*

Amount Per Serving		
Calories: 300		Calories from Fat: 55.1
	Amount	% Daily Value
Total Fat	5.1 g	9%
Saturated Fat	1.2 g	6%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	78 mg	3.2%
Potassium	795 mg	22.6%
Total Carbohydrates	34.0 g	11.3%
Dietary Fiber	10.1 g	40.4%
Sugars	8.5 g	
Protein	28.1 g	

Vitamin A (as beta-carotene)	6,380 IU	168%
Vitamin C	551 mg	918%
Vitamin E	129 IU	400%
Calcium	453 mg	45.3%
Iron	4.7 mg	26%
Vitamin B12	900 mcg	8325%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.
†12 complete adult meal servings or up to 48 food supplement servings.

DIRECTIONS

For delicious SuperSmoothie and other recipes, visit www.livingfuel.com

AS A FIRST TIME USER

Try LivingFuel SuperBerry® in a blender in a SuperSmoothie (see below). Many users start with a full serving as a complete meal, while others begin with a smaller serving size with meals and gradually work up to a full serving size. Visit www.livingfuel.com for SuperSmoothie recipes.

AS A COMPLETE AND BALANCED MEAL

Mix one serving (2 scoops) in 12-18 oz. spring or purified water until the desired consistency is achieved. Use a blender, shaker cup, or Living Fuel Blender Bottle.

AS A DELICIOUS SUPERFOOD SMOOTHIE

Mix two scoops of either LF SuperBerry® or LF SuperGreens® or a combination of both into 16+ oz. of spring or purified water. For additional protein and fiber, add one scoop of LF LivingProtein®.

Replace 2-4 oz. of water with your favorite fruit juice, vegetable juice, coconut milk, rice, almond or oat beverage (organic is best).

- Add 1/2 to 1/3 serving of fresh or frozen berries or other fruit.*
- Add coconut oil, almond or nut butter, or LivingFuel CocoaChia® Snack Mix (chia seeds & coconut).
- Use a blender with or without ice until smooth (visit www.livingfuel.com for blender recommendations).

THE LIVINGFUEL EXPERIENCE

You hold in your hands the most powerful, high-impact, life changing whole meal superfood in existence. Use it and you will experience a new level of energy, vitality and performance. Living Fuel, The Leader in Superfood Nutrition, has created this one-of-a-kind foundational daily superfood for everyone who wants to achieve Super Health. When we say everyone, we mean **EVERYONE** in your family – from world-class athletes to those with health challenges. LivingFuel is a foundational superfood that can help boost energy levels, stabilize blood sugar, optimize weight, build muscle and detoxify the body. The key to Super Health is giving your body everything it needs. LivingFuel is just that: everything your body needs. For recipes and information on how you can live a Super Health lifestyle – and to learn more about our other high impact products like LivingFuel SuperGreens, visit us at

www.livingfuel.com

AS A FOOD SUPPLEMENT

Use 1/2 serving (1/2 scoop) to 1/3 serving (1 scoop) and follow the previous directions proportionally.

FOR CHILDREN

LF is outstanding for children. As with any food, use proportionally based on age, appetite, and weight.

Added hunger for as long as 3-6 hours depending on activity level
Adding LF SuperBerry to LF SuperGreens can extend satiety between meals. Drink as often as you like and enjoy optimal health.

LF SuperBerry® is designed to be at room temperature and refrigeration is only necessary for warmer temperatures or longer periods of storage after opening. Please discard the (2) non-toxic oxygen and moisture absorbing packets upon opening to avoid unintentional consumption.



Certified for Use in Amateur & Professional Athletics

LIVINGFUEL SUPERBERRY ORIGINAL

Optimized Whole Meal Superfood For Maximum Daily Nutrition

Everything Your Body Needs

A Delicious SuperSmoothie that Replaces Supplements and Food, Satisfies Hunger & Cravings, Ideal for Vegetarians & Gluten Sensitivities, Certified for Sport

LIVINGFUEL SUPERBERRY® IS:

Enzymatically Alive, Powerful Detoxifiers, Low Glycemic, Alkaline Forming, Hypo-Allergenic, Energy Producing, Endurance Enhancing, Strength Building, Weight Optimizing, Anti-Aging, and Superb Tasting.

A Completely Balanced Meal Containing:

- Organic, Wildcrafted & All Natural Ingredients
- Potent Broad-Spectrum Antioxidants
- Building Blocks and Fuel
- Complete Plant Protein including 10-Essential Amino Acids
- Super Berries & Fiber
- Essential Fatty Acids
- Vitamins & Minerals of Highest Bioavailability
- Precursors & Enzymes
- Stabilized Probiotics

LIVINGFUEL SUPERBERRY® DOES NOT CONTAIN:

GMOs, Irradiation, Pesticides, Added Sugar, Soy Protein, Wheat, Gluten, Yeast, Milk, Whey, Egg, Nuts, Malodorous Preservatives, Fillers, Hydrogenated Oils, Artificial Flavors or Colorings

*Total ORAC, is the measurement of broad-spectrum antioxidant performance by Brunswick Labs.



NEW
Total ORAC®
98,700+*
Per Serving



Certified for Sport



Net Weight: 883 Grams

LIVINGFUEL INGREDIENTS*

SUPERFOODS

Combination of Earth's Most Potent Foods

- Enzymatically and Mechanically Extracted Protein from Organic/Non-GMO Brown Rice & Non-GMO Yellow Pea Proprietary Complex 21,800 mg
- Freeze-dried Organic SuperBerry® complex with extracts (Strawberries, Raspberries, Blueberries & Cranberries) with Organic Gum Acacia Proprietary Complex 13,875 mg
- Stabilized Brown Rice Bran 8,000 mg
- Whole Raw Chia Seeds - High Omega 3 (source of essential fatty acids) 5,000 mg
- Xylitol, Inulin/Fructooligosaccharides, and Stevia Proprietary Complex 5,113 mg
- Ultra-Pure Non-GMO Lecithin - from Non-GMO Soy (high phosphatide, 98% oil-free) 2,000 mg
- Organic Sea Vegetable Proprietary Complex of Nava Scotia Dulce and Icelandic Kelp Powder (source of iodine and trace minerals) 150 mg

ENZYMES

Added to Ensure Maximum Availability of All Nutrients

- Protease 5.0, Protease 4.5, Protease 3.0 Peptidase, Alpha-Galactosidase, Cellulase, Hemicellulase and Pectinase Proprietary Complex 300 mg

PROBIOTICS

For Healthy Intestinal Function and Enhanced Immunity

- Stabilized Micro-Encapsulated Probiotics including Lactobacillus acidophilus (strain R0052 ME), Lactobacillus rhamnosus BB, Bifidobacteria Lactum 7.5 billion live organisms

AMINO ACIDS

Added to Stimulate the Naturally Occurring Amino Acid Profile

- Living Fuel Proprietary Amino Acids Blend
L-Glutamine, L-Leucine, L-Lysine, L-Taurine 1,900 mg

HERBS

Provides Balance to the Body and Enhances Major Body Systems

- Organic Marshmallow Root 300 mg
- Organic Turmeric 100 mg
- Organic Ginger Root 100 mg
- Organic Dandelion Root 100 mg
- Organic Astragalus 100 mg
- Standardized Milk Thistle Extract (80% silymarin) 100 mg
- Standardized Ginkgo Biloba (24% extract) 60 mg

ANTIOXIDANTS

Protect Against Free Radical Damage

- N-Acetyl-L-Cysteine (NAC) 300 mg
- Quercetin 100 mg
- Green Tea Catechins (90% polyphenols) 100 mg
- Grape Seed, Skin & Stem Extract (with resveratrol) 50 mg
- Alpha Lipoic Acid 50 mg
- Glutathione (reduced) 25 mg
- Coenzyme Q10 25 mg

VITAMINS

Added to Ensure Optimum Levels

- Vitamin C (buffered/calcium/magnesium zinc/ascorbate) 500 mg 830%
- Choline (from bitartrate) 500 mg *
- Inositol (pure crystalline) 500 mg *
- Vitamin E (water dispersible succinate) 100 IU 333%
- Vitamin B3 (as niacinamide) 25 mg 125%
- Vitamin B6 (from pyridoxal 5'phosphate) 10 mg 500%
- Vitamin B5 (as pantothenic acid) 10 mg 100%
- Vitamin B2 (from riboflavin 5'phosphate) 5 mg 294%
- Vitamin B1 (from thiamin diphosphate) 5 mg 334%
- Vitamin A (as beta-carotene from Dunaliella Salina) 5 mg 167%
- Lycopene (from tomato) 3 mg *
- Lutein (from marigold flower) 1 mg *
- Folate (as folic acid) 800 mcg 200%
- Vitamin B-12 (as methylcobalamin) 500 mcg 8325%
- Biotin (pure crystalline) 800 mcg 170%
- Vitamin K (as phytylquinone) 500 mcg 650%
- Vitamin D3 (as cholecalciferol) 600 IU 150%

MINERALS

Added to Ensure Optimum Levels Including 3.4 Grams of Whole Cycle Elements

- Potassium (from Krebs cycle bioelectrolytes) 470 mg 13.4%
- Calcium (from Krebs cycle bioelectrolytes) 350 mg 35%
- Magnesium (from Krebs cycle bioelectrolytes) 300 mg 75%
- Trace Minerals powder (from inland sea water) 100 mg *
- Zinc (from Krebs cycle bioelectrolytes) 15 mg 100%
- Silica (from horsetail herb) 5 mg *
- Manganese (from Krebs cycle bioelectrolytes) 5 mg 250%
- Boron (from citrate/isolate/glycolate) 2 mg *
- Copper (from seabacate) 1 mg 50%
- Chromium (from polynicotinate+arginate) 290 mcg 170%
- Selenium (from L-selenomethionine) 70 mcg 100%
- Vanadium (from Krebs cycle bioelectrolytes) 100 mcg *
- Molybdenum (from Krebs cycle bioelectrolytes) 50 mcg 65%

* No daily value established
† See Nutrition Facts for totals

LIVINGFUEL www.livingfuel.com • PO Box 1048, Tampa, FL 33601 • For More Information Call 1-866-580-FUEL (2835)