NUTRITION FACTS

Serving Size: 2 scoops (75.8g / 1/2 cup)
Servings Per Container: 12-48*

Amount Per Serving
Calories: 297 Calories from Fat: 53.2

	Amount	% Daily Value
Total Fat	5.9 g	9%
Saturated Fat	1.2 g	6%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	78 mg	3.2%
Potassium	779 mg	22.2%
Total Carbohydrates	35.1 g	11.7%
Dietary Fiber	10 g	40%
Sugars	9.6 g	
Protein	26 g	
Vitamin A (as beta-carotene)	8,380 IU	168%
Vitamin C	551 mg	918%
Vitamin E	120 IU	400%
Calcium	453 mg	45.3%
Iron	8.9 mg	49.4%
Vitamin B12	500 mcg	8325%

Percent Daily Values 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.

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

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 ¼ to ½ serving of fresh or frozen berries or other fruit.*
· Add coconut oil, almond or nut butter, or LivingFuel CocoChia® Snack Mix (chia seeds & coconut).
· Use a blender with or without ice until smooth (visit www.livingfuel.com for blender recommendations).

AS A FOOD SUPLEMENT

Use ¼ serving (½ scoop) to ½ 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.

Satisfies hunger for as long as 3-6 hours depending on activity level. Adding LF LivingProtein to LF SuperBerry 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.

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*To reduce glycemic intake you may want to minimize juices and fruit over time.

Certified for Use in Amateur & Professional Athletics

LIVINGFUEL SUPERBERRY® ULTIMATE

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, Herbicides, Added Sugar, Soy Protein, Wheat, Gluten, Yeast, Milk, Whey, Egg, Nuts, Maltodextrin, Preservatives, Fillers, Hydrogenated Oils, Artificial Flavors or Colorings

* Total ORAC$_{FL}$ is the measurement of broad-spectrum antioxidant performance by Brunswick Labs.

Certified for Sport

Net Weight: 910 Grams

LIVINGFUEL INGREDIENTS†

SUPERFOODS
Combination of Earth's Most Potent Foods

Amounts Per Serving

- Enzymatically and Mechanically Extracted Protein from Organic/Non-GMO Brown Rice & Non-GMO Yellow Pea Proprietary Complex ..... 21,600 mg
- Freeze-dried Organic SuperBerry® complex with extracts (Strawberries, Raspberries, Blueberries & Cranberries) with Organic Gum Acacia Proprietary Complex..... 14,000 mg
- Stabilized Brown Rice Bran..... 7,000 mg
- Whole Raw Chia Seeds - High Omega 3 (source of essential fatty acids) ..... 5,000 mg
- Xylitol, Inulin/Fructooligosaccharides, and Stevia Proprietary Complex ..... 6,725 mg
- Ultra-Pure Non-GMO Lecithin - from Non-GMO Soy (high phosphatide, 98% oil-free)..... 2,000 mg
- Organic Sea Vegetable Proprietary Complex of Nova Scotia Dulse and Icelandic Kelp Powder (source of iodine and trace minerals) ..... 150 mg

ENZYMES
Added to Ensure Maximum Availability of All Nutrients

Amounts Per Serving % Daily Values

- Protease 6.0, Protease 4.5, Protease 3.0 Peptidase, Alpha-Galactosidase, Cellulose, Hemicellulose and Pectinase Proprietary Complex ..... 300 mg .....*

PROBIOTICS
For Healthy Intestinal Function and Enhanced Immunity

Amounts Per Serving

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

AMINO ACIDS
Added to Optimize the Naturally Occurring Amino Acid Profile

Amounts Per Serving % Daily Values

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

HERBS
Provide Balance to the Body and Enhance Major Body Systems

Amounts Per Serving

- Organic Marshmallow Root ..... 300 mg
- Organic Turmeric ..... 200 mg
- Organic Ginger Root ..... 200 mg
- Organic Dandelion Root ..... 100 mg
- Organic Astragalus ..... 200 mg
- Standardized Milk Thistle Extract (80%silymarin) ..200 mg
- Chlorella (Super Growth Factor)..... 200 mg
- Standardized Ginkgo Biloba (24/6 extract) ..... 60 mg

ANTIOXIDANTS
Protect Against Free Radical Damage

Amounts Per Serving

- Fruit Extracts from Grape Seed, Blueberry, Bilberry, Cranberry, Tart Cherry, Prune, Raspberry Seed, Strawberry, Resveratrol, & Quercetin..... 500 mg
- N-Acetyl-L-Cysteine (NAC) ..... 300 mg
- Quercetin ..... 100 mg
- Green Tea Catechins (90% polyphenols) ..... 100 mg
- Grape Seed, Skin & Stem Extract (with resveratrol) 100 mg
- Alpha Lipoic Acid ..... 50 mg
- Glutathione (reduced)..... 50 mg
- Coenzyme Q10 ..... 30 mg

VITAMINS
Added to Ensure Optimum Levels

Amounts Per Serving % Daily Values

- 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'phospate) ...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 Salinas) 5 mg 167%
- Lycopene (from tomato) ..... 3 mg .....*
- Lutein (from marigold flower) ..... 1 mg .....*
- Folate (as folinic acid) ..... 800 mcg 200%
- Vitamin B-12 (as methylcobalamin) .....500 mcg ...8325%
- Biotin (pure crystalline) ..... 800 mcg 170%
- Vitamin K (as phylloquinone) ..... 500 mcg 650%
- Vitamin D3 (as cholecalciferol) ..... 600 IU 150%

MINERALS
Added to Ensure Optimum Levels Including 3.4 Grams of Krebs Cycle Bionutrients

Amounts Per Serving % Daily Values

- Potassium (from Krebs cycle bionutrients) ..470 mg ...13.4%
- Calcium (from Krebs cycle bionutrients) ...350 mg 35%
- Magnesium (from Krebs cycle bionutrients) ..300 mg 75%
- Trace Minerals powder (from inland sea water) 100 mg .....*
- Zinc (from Krebs cycle bionutrients) .....15 mg ...100%
- Silica (from horsetail herb) .....5 mg .....*
- Manganese (from Krebs cycle bionutrients) ..5 mg ...250%
- Boron (from citrate/asparate/glycinate) .....2 mg .....*
- Copper (from sebacate) ..... 1 mg 50%
- Chromium (from polynicotinate+arginate)..200 mcg ...170%
- Selenium (from l-selenomethionine) .....70 mcg ...100%
- Vanadium (from Krebs cycle bionutrients) 100 mcg .....*
- Molybdenum (from Krebs cycle bionutrients) ..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 (3835)