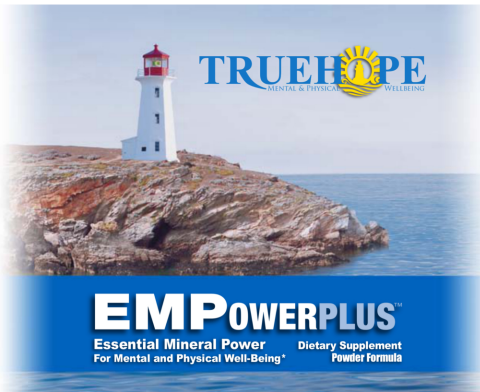




TRUEHOPE EMPowerplus® is a unique combination of vitamins, minerals and plant nutrients designed to provide nutritional support for the central nervous system.*

Suggested Use: Take 1 level scoop twice a day. Mix with 4 to 8 oz. (125-250 ml) of liquid, such as water, milk, juice, or yogurt. 1 scoop of powder is equal to 4 capsules of EMPowerplus. Store in a cool dry place or refrigerator. Consult with a physician prior to use if you have any serious health concerns.

Phenylketonurics: Contains phenylalanine

Note: Pregnant or lactating women, diabetics, hypoglycemics and people with known medical conditions should consult with a physician.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

*** 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.**

Supplement Facts

Serving Size: 1 scoop (1 tbsp) (16.5g)

Servings Per Container: 60

Amount Per Serving	% DV*	Amount Per Serving	% DV*
Calories	50	Calcium (as chelate)	330 mg 33%
Calories from Fat	10	Iron (as chelate)	3.4 mg 19%
Total Fat	1.5 g 2%*	Phosphorus (as chelate)	210 mg 21%
Total Carbohydrates	5 g 2%*	Iodine (from Pacific kelp)	51 mcg 34%
Sugars	3 g †	Magnesium (as chelate)	150 mg 37%
Protein	5 g 10%	Zinc (as chelate)	12 mg 80%
Vitamin A (as beta-carotene)	1440 IU 28%	Selenium (as chelate)	51 mcg 73%
Vitamin C (as ascorbic acid)	150 mg 250%	Copper (as chelate)	1.8 mg 90%
Vitamin D (as cholecalciferol)	360 IU 90%	Manganese (as chelate)	2.4 mg 120%
Vitamin E		Chromium (as chelate)	156 mcg 130%
(as d-alpha tocopheryl succinate)	90 IU 300%	Molybdenum (as chelate)	36 mcg 48%
Thiamine (as thiamine mononitrate)	4.5 mg 300%	Potassium (as chelate)	60 mg 2%
Riboflavin	3.4 mg 200%		
Niacin (as niacinamide)	22.5 mg 112%	Proprietary Blend	864.8 mg †
Vitamin B6		Choline bitartrate, DL-phenylalanine, citrus bioflavonoids,	
(as pyridoxine hydrochloride)	9 mg 450%	inositol, L-glutamine, L-methionine, grape seed extract,	
Folic acid	360 mcg 90%	ginkgo biloba (leaf), germanium sesquioxide, boron (as	
Vitamin B12 (as cyanocobalamin)	225 mcg 3750%	chelate), vanadium (as chelate), nickel (as chelate).	
Biotin	270 mcg 90%		
Pantothenic acid			
(as d-calcium pantothenate)	5.4 mg 54%		

* Percent Daily Values (% DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Protein blend (whey and milk), fructose, sunflower oil, instant non-fat dry milk, acacia gum, natural flavors (banana, orange) guar gum, glycine, xanthin gum, silicon dioxide, citric acid, stevia, magna sweet.

Manufactured for:

Truehope Nutritional Support Ltd.
Box 888, Raymond, AB T0K 2S0

Reorder Online or Toll-Free:

www.truehope.com
1-888-TRUEHOPE (878-3467)
Made in U.S.A.