



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) (17 g)

Servings Per Container: 60

Amount Per Serving	% DV*
Calories	60
Calories from Fat	15
Total Fat	2 g 3%*
Cholesterol	<5 mg 1%
Sodium	200 mg 8%
Total Carbohydrates	3 g 1%*
Sugars	<1 g †
Dietary Fiber	<1 g 2%
Protein	7 g 15%
Vitamin A (as beta-carotene)	1440 IU 29%
Vitamin C (as ascorbic acid)	150 mg 250%
Vitamin D (as cholecalciferol)	360 IU 90%
Vitamin E (as d-alpha tocopheryl succinate)	90 IU 300%
Thiamin (as thiamin mononitrate)	4.5 mg 300%
Riboflavin	3.4 mg 200%
Niacin (as niacinamide)	22.5 mg 112%
Vitamin B6 (as pyridoxine hydrochloride)	9 mg 450%
Folic acid	360 mcg 90%
Vitamin B12 (as cyanocobalamin)	225 mcg 3750%
Biotin	270 mcg 90%
Pantothenic acid (as calcium pantothenate)	5.4 mg 54%

Amount Per Serving	% DV*
Calcium (as chelate)	330 mg 33%
Iron (as chelate)	3.4 mg 19%
Phosphorus (as chelate)	210 mg 21%
Iodine (from kelp)	51 mcg 34%
Magnesium (as chelate)	150 mg 38%
Zinc (as chelate)	12 mg 80%
Selenium (as chelate)	51 mcg 73%
Copper (as chelate)	1.8 mg 90%
Manganese (as chelate)	2.4 mg 120%
Chromium (as chelate)	156 mcg 130%
Molybdenum (as chelate)	36 mcg 48%
Potassium (as chelate)	60 mg 2%

Proprietary Blend	638 mg †
Choline bitartrate, DL-phenylalanine, citrus bioflavonoids, inositol, L-glutamine, L-methionine, grape seed extract, ginkgo biloba (leaf), germanium sesquioxide, boron (as chelate), vanadium (as chelate), nickel (as chelate).	

* Percent Daily Values (% DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Whey protein blend from milk (isolate, concentrate, hydrolyzed), sunflower richmix blend (corn syrup, sodium caseinate (from milk), glycerides, potassium and calcium phosphates, soy lecithin, tocopherols), flavors (natural chocolate, cocoa powder, caramel, natural peppermint), maltodextrin, silicon dioxide, guar gum, xanthin gum, glycine, stevia, citric acid, magna sweet.

Manufactured for:

Truehope Nutritional Support Ltd.
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Reorder Online or Toll-Free:

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