

SUGGESTED USAGE: As a whole food supplement, mix 1 level scoop daily into 8 oz. of water or your favorite beverage, and blend. Due to fiber content, make sure to drink plenty of additional fluids throughout the day.

Compare the nutritional content of 2 scoops of NOW® Tru-Food Vegan™ to 2 scoops of leading competitor products.

Eating balanced, nutritious meals throughout the day, every day, can be challenging even for the healthiest individuals. Factor in a busy schedule or vegetarian lifestyle, and the food options become even more limited. Tru-Food Vegan™ is a plant-based, whole food meal supplement that makes it easy to stay fully nourished, even when it's not convenient. Each serving contains the nutritionist recommended ratio of protein-to-carbohydrates, with only 3 grams of fat. Tru-Food Vegan™ is alkaline-forming and is free of most common allergens (such as milk, wheat, soy protein). It provides complete protein and is an excellent source of dietary fiber. It also has naturally occurring Omega-3 fatty acids, probiotics and digestive enzymes.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

ChromMate® is a registered trademark of Inter-Health Nutraceuticals Inc.

This product is sold by weight not volume.

Store in a cool, dry place after opening. Please Recycle.

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomington, IL 60108, USA

For more product information visit www.nowfoods.com/2725

Made in the USA



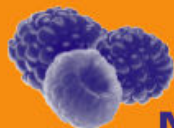
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Tru-Food Vegan™

WHOLE FOOD MEAL SUPPLEMENT

- Plus Multi Vitamin & Mineral Blend
- Rich in Protein & Fiber
- Naturally occurring EFAs



Natural Berry Flavor

Net Wt. 1 kg. (2.2 lbs)

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 1 Level Scoop (38 g) Servings Per Container about 26

	Amount Per Serving	% Daily Value
Calories	115	
Calories from Fat	25	
Total Fat	3 g	5%*
Saturated Fat	0.5 g	3%*
Trans Fat	0 g	†
Polysaturated Fat	1.5 g	†
Monounsaturated Fat	1 g	†
Cholesterol	0 mg	0%
Total Carbohydrate	13 g	4%*
Dietary Fiber	9 g	36%*
Sugars	3 g	†
Protein	13 g	26%*
Vitamin A (80% as Beta-Carotene and 20% from Retinyl Palmitate)	2,500 IU	50%
Vitamin C (from Organic Amla Extract)	30 mg	50%
Vitamin D-2 (as Ergocalciferol)	200 IU	50%
Vitamin E (from d-alpha-Tocopheryl Acetate)	15 IU	50%
Vitamin K-2 (as Menaquinone)	40 mcg	50%
Thiamin (Vitamin B-1) (from Thiamin HCl)	0.75 mg	50%
Riboflavin (Vitamin B-2)	0.85 mg	50%
Niacin (Vitamin B-3) (as Niacinamide)	11.5 mg	58%
Vitamin B-6 (from Pyridoxine HCl)	1 mg	50%
Folate (as Folic Acid)	200 mcg	50%
Vitamin B-12 (as Methylcobalamin)	50 mcg	833%
Biotin	150 mcg	50%
Pantothenic Acid (from Calcium Pantothenate)	5 mg	50%
Calcium (from Calcium Citrate)	550 mg	55%
Iron (from whole foods)	5 mg	28%
Iodine (from Potassium Iodide)	80 mcg	53%
Magnesium (from Magnesium Citrate)	200 mg	50%
Zinc (from Zinc Picolinate)	7.5 mg	50%
Selenium (from L-Selenomethionine)	35 mcg	50%
Copper (from Copper Glycinate Chelate)	1 mg	50%
Manganese (from Manganese Glycinate Chelate)	1 mg	50%
Chromium (from Chromium Polynicotinate) (ChromMate®)	60 mcg	50%
Molybdenum (from Molybdenum Glycinate Chelate)	37.5 mcg	50%
Sodium (from whole foods)	125 mg	5%
Potassium (from whole foods)	145 mg	4%
Plant Sourced Protein Blend of:	24 g (24,000 mg)	†
Yellow Pea Protein, Hemp Protein, Organic Golden Flax Seed Meal (cold-milled)		
Organic Inulin (FOS)	2 g (2,000 mg)	†
Organic Gum Acacia	1 g (1,000 mg)	†
Organic Raw Maca Root (Low Starch 6:1 Concentrate)	950 mg	†
Organic Spirulina	250 mg	†
Organic Chlorella (Broken Cell Wall)	250 mg	†
Organic Stevia Extract (Leaf) (Stevia rebaudiana)	200 mg	†
Plant Multi-Enzyme Blend (Protease, Acid-Stable Protease, Amylase, Lipase, Cellulase, Lactase, Papain, Bromelain)	150 mg	†
High ORAC Berry Blend of:	100 mg	†
Blueberry (Vaccinium cyanococcus), Apple (Malus domestica), Strawberry (Fragaria ananassa), Blackberry (Rubus fruticosus), Cherry (Prunus sp.aceae), Raspberry (Rubus strigosus), Cranberry (Vaccinium macrocarpon) and Elderberry (Sambucus nigra)		
Blend of 2 Probiotic Strains (Freeze-Dried) (Dairy-Free)	10 mg	†
Lactobacillus acidophilus 500 Million**		
Bifidobacterium bifidum 500 Million**		

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

Other ingredients: Natural Berry and other Natural Flavors, Xanthan Gum.

Vitamin E from soy (oil).

Not manufactured with wheat, gluten, soy protein, milk, egg, fish, shellfish or tree nut ingredients.

Produced in a GMP facility that processes other ingredients containing these allergens.

** At the time of manufacture.