Suggested Usage: 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.

Eating balanced, nutritious meals throughout the day, every day, can be challenging even for the healthiest individuals. With a busy schedule or vegetarian lifestyle, 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 has a 1:1 ratio of protein-to-carbohydrate, and only 3 grams of fat. Tru-Food Vegan™ consists of alkaline-forming ingredients*, and is free of most common allergens (such as milk, wheat, soy protein). It has a complete protein profile 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 (especially immune-suppressing drugs), or have a medical condition (especially if immune system is compromised). Keep out of reach of children.

Natural color variation may occur in this product.

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.

CODE 2725D V11

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NOW®

Botanicals/Herbs

Family owned since 1968.

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 (approx. 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	†
Polyunsaturated 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 (as Ascorbic Acid)	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 Bisglycinate) (TRAACS®)	1 mg	50%
Manganese (from Manganese Bisglycinate) (TRAACS®)	1 mg	50%
Chromium (from Chromium Polynicotinate) (ChromeMate®)	60 mcg	50%
Molybdenum (from Molybdenum Bisglycinate) (TRAACS®)	37.5 mcg	50%
Sodium (from whole foods)	125 mg	5%
Potassium (from whole foods)	145 mg	4%
Plant Sourced Protein Blend: Yellow Pea Protein, Hemp Protein, Organic Golden Flax Seed Meal (cold-milled)	24 g (24,000 mg)	†
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	†
Plant Multi-Enzyme Blend (Protease, Acid-Stable Protease, Amylase, Lipase, Cellulase, Lactase, Papain, Bromelain)	150 mg	†
Natural Berry Blend of: Blueberry (*Vaccinium cyanococcus*) Apple (*Malus domestica*) Strawberry (*Fragaria ananassa*) Blackberry (*Rubus fruticosus*) Cherry (*Prunus rosaceae*) Raspberry (*Rubus strigosus*) Cranberry (*Vaccinium macrocarpon*) Elderberry (*Sambucus nigra*)	100 mg	†
Blend of 10 Probiotic Strains (2 Billion CFU**) *Lactobacillus acidophilus* (La-14) *Bifidobacterium lactis* (Bl-04) *Lactobacillus plantarum* (Lp-115) *Lactobacillus casei* (Lc-11) *Lactobacillus rhamnosus* (Lr-32) *Lactobacillus paracasei* (Lpc-37) *Bifidobacterium breve* (Bb-03) *Streptococcus thermophilus* (St-21) *Lactobacillus salivarius* (Ls-33) *Bifidobacterium longum* (Bl-05)	10 mg	†

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

Other Ingredients: Natural Flavors, Xanthan Gum and BetterStevia® [Organic Stevia Extract (Leaf)].

Vitamin E from non-GMO soy (oil).

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomingdale, IL 60108, USA
nowfoods.com

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.

ChromeMate® is a registered trademark of InterHealth Nutraceuticals Inc.

QUALITY GMP ASSURED