

gluten free • soy free • no added sugar

grass fed • no antibiotics • just 140 calories per serving



# Alive!

## whey protein

20g protein 2 servings fruit/veggie<sup>†</sup>

no added antibiotics or hormones (rBGH/rBST)<sup>‡</sup>

**fruit smoothie**  
berry crème flavored  
net weight 13.7 oz (390g)



NOTICE: FOR WEIGHT REDUCTION, USE ONLY AS DIRECTED IN THE ACCOMPANYING DIET PLAN FOUND AT DIET.FEELALIVE.COM. DO NOT USE IN DIETS SUPPLYING LESS THAN 400 CALORIES PER DAY WITHOUT MEDICAL SUPERVISION.

delicious • nutritious • anytime smoothie

### Nutrition Facts

Serving Size 2 Scoops (39g) / Servings per Container 10

Amount per Serving

Calories 140 Calories from Fat 5

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 60mg 3%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 8%

Sugars 9g

Protein 20g 40%

Vitamin A 10% • Vitamin C 0%

Calcium 10% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Whey Protein Isolate, Organic Apple Powder, Organic Carrot Powder, Organic Natural Flavors, Xanthan Gum, Organic Red Beet Juice Powder (Color), Organic Stevia Leaf Extract, Sunflower Lecithin, Malic Acid, Organic Blueberry Powder, Silica.

Contains milk.

**Recommendation:** Combine 2 scoops with 8 ounces of cold water or your favorite milk (dairy, rice, soy, almond, coconut or hemp). Mix well in shaker or blender for best results. Scoop included in canister. This product contains the amino acid phenylalanine.



**GLUTEN FREE.** No yeast, soy, wheat, eggs, peanuts, tree nuts, fish, shellfish, artificial flavors or preservatives.

**Keep out of reach of children.** Safety sealed with outer shrink sleeve and inner seal. Do not use if either is broken or missing. Keep tightly closed. Store in a cool, dry place. Packaged by weight, not volume. Settling of content may occur.

<sup>‡</sup>There is no significant difference between milk from cows treated with rBGH and untreated cows.

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**Questions?** 1-800-9-NATURE  
or naturesway.com

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2 servings of organic fruit and veggie

1 serving of fruit (6.9 g dried apple powder) and 1 serving of veggie (5.1 g dried carrot powder) per smoothie.<sup>†</sup>



<sup>†</sup>Each 39g serving (2 scoops) provides the equivalence of ½ cup fruit and ½ cup vegetable (volume before drying). ChooseMyPlate.gov recommends 2 cups of fruit and 3 cups of veggies per day for a 2,000 calorie diet.

20g of whey protein isolate

no added hormones, growth enhancers or antibiotics

#### Typical amino acid profile per serving

alanine.....	946 mg	lysine.....	1,476 mg
arginine.....	420 mg	methionine.....	440 mg
aspartic acid.....	2,428 mg	phenylalanine.....	616 mg
cysteine.....	570 mg	proline.....	1,338 mg
glutamic acid.....	3,448 mg	serine.....	898 mg
glycine.....	276 mg	threonine.....	1,332 mg
histidine.....	260 mg	tryptophan.....	316 mg
isoleucine.....	1,232 mg	tyrosine.....	596 mg
leucine.....	2,190 mg	valine.....	1,202 mg