

Everyone recognizes eating right as a crucial element of good health. But with fast food on every corner and the ever-present lure of quick and empty calories, choosing nourishing and natural snacks is becoming an increasing challenge, as nearly epidemic rates of obesity and associated health problems suggest.

PureNourish is a dietary supplement designed to fill this nutritional gap in a delicious and simple way. Each serving combines 14 essential vitamins and minerals with high quality protein, natural enzymes, and 28% of the daily adult fiber requirement in a satisfying supplement shake. PureNourish also contains probiotics and prebiotics for accelerated assimilation of nutrients, increased intestinal health and a stronger immune system.*,¹

High quality protein is an important part of the PureNourish formula as it promotes satiety, the “full” feeling after a meal. Scientists associate satiety with the release of gastrointestinal peptides that signal our nervous systems to put down our forks and stop eating, and agree that high-protein foods can effectively stimulate this sensation.² Protein also assists muscle growth and proper cardiopulmonary function.*,³

The nutrients in the PureNourish formula are derived from non-GMO and environmentally friendly sources, including protein from peas and cranberries. These proteins are readily absorbed with the assistance of pineapple and papaya enzymes,⁴ without triggering the digestive problems many experience with animal-based proteins such as whey, a common ingredient in many supplements.

Studies suggest diets high in fiber support not just bowel health, but the maintenance of already healthy weight and blood sugar levels.⁵ The PureNourish formula includes VitaFiber™, a natural, soluble fiber that includes digestion-friendly probiotics and prebiotics; microflora that play significant roles in a healthy digestive system. Scientists are discovering that healthy intestinal flora play an important part in the development of a strong immune system, as well as the production of a number of vitamins, including K, B12, B5, and biotin.*,⁶

What we don't put in PureNourish is just as important as what we do. PureNourish is gluten-free, dairy and soy-free, GMO-free, and contains no trans-fats, artificial flavors or artificial colors. Instead of commonly used sucrose, PureNourish is sweetened with xylitol and lucohan extract, natural sweeteners with fewer calories that make it a friendly choice for low-glycemic diets.

PureNourish's sweet and mild taste is great on its own, and mixes readily with other flavors. Enjoy it with fruit, add to a smoothie, or mix in our Power or Beauty Boosts for delicious variety.



Directions for use: Store PureNourish in a cool, dry place until ready to drink. To prepare, mix 2 scoops with your choice of Beauty Boost or Power Boost and 8 ounces of cold water. Shake vigorously to blend. For a creamier shake, use almond or coconut milk.

Good manufacturing practices are used to segregate ingredients in a facility that processes other products. These may contain peanuts, tree nuts, wheat (gluten), milk, soy, and/or eggs. If you are pregnant, nursing, or have a medical condition consult a health care professional before using this product.

*** 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.**

¹ Collins, M. David et al, "Probiotics, prebiotics, and symbiotics: approaches for modulating the microbial ecology of the gut," Adv Biochem Eng Biotechnol. 2008;111:1-66. doi: 10.1007/10_2008_097

² M.S. Westerterp-Plantenga et al, "Dietary Protein – its role in satiety, energetics, weight loss and health," British Journal of Nutrition (2012) doi:10.1017/S0007114512002589

³ The Nutritional Source – What Should you Eat: Protein, Harvard School of Public Health Web: <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>

⁴ Proteolytic Enzymes, Principal Proposed Uses NYU Langone Medical Center Web: <http://www.med.nyu.edu/content?ChunkID=21671>

⁵ "Dietary Fiber: Essential for a healthy diet" Mayo Clinic Healthy Lifestyle: Nutrition and Healthy Eating Web: <http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>

⁶ Lau, A. et al, "Human nutrition, the gut microbiome, and immune system: envisioning the future," Nature. Jun 15, 2011; 474(7351): 327–336