



<b>GF</b> Gluten free	<b>NO MSG</b> No MSG
<b>SF</b> Soy free	<b>No artificial colours</b>
<b>DF</b> Dairy free	<b>Vegan &amp; Vegetarians friendly</b>

**INGREDIENTS: Chocolate:** Pea protein, brown rice protein, fructose, thickeners (gum acacia, guar gum, arabinogalactan, gum tragacanth), cocoa powder, flax seed powder, minerals (dicalcium phosphate, magnesium oxide, ferrous fumarate, zinc oxide, potassium iodide, manganese sulfate, copper sulfate, chromium chloride, sodium selenite), chocolate flavor, vanilla flavor, acerola cherry extract (ascorbic acid), steviol glycosides (sweetener), yeast vitamin complex (niacin, pantothenic acid, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, folic acid, biotin, cyanocobalamin), chia seed flour, vitamins (mixed tocopherols, ergocalciferol, beta-carotene), fruit powder blend (strawberry, blueberry, raspberry, tart cherry, elderberry, cranberry), vegetable powders (broccoli, broccoli sprouts, tomato, carrot, spinach), Lactobacillus acidophilus, aloe vera extract powder.

**Vanilla:** Pea protein, brown rice protein, thickeners (gum acacia, guar gum, arabinogalactan, gum tragacanth), fructose, flax seed powder, vanilla flavor, minerals (dicalcium phosphate, Chocolate: Pea protein, brown rice protein, fructose, thickeners (gum acacia, guar gum, arabinogalactan, gum tragacanth), cocoa powder, flax seed powder, minerals (dicalcium phosphate, magnesium oxide, ferrous fumarate, zinc oxide, potassium iodide, manganese sulfate, copper sulfate, chromium chloride, sodium selenite), chocolate flavor, vanilla flavor, acerola cherry extract (ascorbic acid), steviol glycosides (sweetener), yeast vitamin complex (niacin, pantothenic acid, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, folic acid, biotin, cyanocobalamin), chia seed flour, vitamins (mixed tocopherols, ergocalciferol, beta-carotene), fruit powder blend (strawberry, blueberry, raspberry, tart cherry, elderberry, cranberry), vegetable powders (broccoli, broccoli sprouts, tomato, carrot, spinach), Lactobacillus acidophilus, aloe vera extract powder.

**Vanilla:** Pea protein, brown rice protein, thickeners (gum acacia, guar gum, arabinogalactan, gum tragacanth), fructose, flax seed powder, vanilla flavor, minerals (dicalcium phosphate,

# TruPLENISH

## Nutritional Supplement Shake

The TruPLENISH Shake is one of the core components of our program. It is different from competitor shakes in that it's a plant-based, complete meal replacement full of vitamins, minerals, probiotics, glyconutrients and over 20 grams of protein. It's a good source of fibre, keeping you feeling fuller for longer and it comes in delicious chocolate and vanilla flavours. Replacing one or two meals a day with a TruPLENISH Nutritional Supplement Shake will enable you to easily reduce your calorie intake without sacrificing nutritional needs.

Once you've reached your goals, continuing to incorporate TruPLENISH Shakes into your daily meal plan will help you cut the fat and maintain your new body shape!

### BENEFITS

- Helps reduce feelings of hunger and increase satiety
- Promotes healthy fat-loss, for a healthier, leaner body
- Promotes healthy digestion
- Helps you look and feel better.

### FEATURES

- Comes in Chocolate or Vanilla
- Contains fruits and vegetables such as blueberries, cranberries, kale and spinach
- Contains Glyconutrients through aloe vera extract

### RECOMMENDED USE:

Replace one meal with one shake (2 Scoops) daily.



© 2018 Mannatech, Incorporated. All rights reserved. Product of Australia.  
<sup>1</sup> BMC Complementary and Alternative Medicine (2010) 10:1186/7472-6882-10-16.

\* These statements have not been evaluated by the Therapeutic Goods Administration. This product is not intended to diagnose, treat, cure or prevent any disease.