



# PFVP

(Protein, Fruits, Veggies, Prebiotic)



## PFVP Supplementation

PFVP is a nutritious protein and superfood dietary supplement that provides vital micronutrients, antioxidants, lasting energy, and support for healthy tissue function.\* PFVP also contains 1.4 billion colony-forming units (CFUs) of probiotics as well as a digestive enzyme complex to support healthy gastrointestinal function.\* Better yet, it mixes easily, is great for on-the-go, and comes in four delicious flavors!

PFVP is formulated with ingredients that support overall health and longevity in a variety of ways.\* The main benefits include:

- Protein to support lean body tissue and physical recovery\*
- Supports healthy GI tract function and digestion\*
- Supports hormonal balance, healthy lipid profiles, energy levels, as well as immune system function\*
- Antioxidant capacity of over 10 servings of whole fruits and vegetables in just one scoop\*
- Naturally alkalize the body\*

## How the Ingredients in PFVP Work

### Whey Protein

Whey protein is the most bioavailable source of protein for humans, containing all of the essential amino acids necessary for proper health and longevity. Moreover, whey protein is rich in L-leucine, which research has shown to be the key amino acid for stimulating protein synthesis—a necessary process for repairing and maintaining tissues in the body.

### Plant-Based Micronutrients

Micronutrients, as opposed to macronutrients, are nutrients living beings require in relatively small quantities for proper health and function. These include substances such as vitamins, minerals, and polyphenols—all of which may serve antioxidant roles in the body. Our superfood concentrates provide essential vitamins, minerals, and polyphenols for supporting everyday free radical bombardment and the immune system.\*

### Fiber Blend

FOS and our proprietary Fiber Blend containing organic acacia gum powder act as prebiotics by stimulating growth of healthy gastrointestinal (GI) bacteria. They're also low-calorie and have been shown to support healthy lipid levels, blood sugar, and digestion.\*

### Probiotic and Digestive Enzyme Blend

The human GI tract contains nearly three pounds of bacteria—comprised of 1000 or more different species—and a medley of enzymes that help us digest and absorb nutrients from food. A healthy GI tract is crucial for proper endocrine function, immune system support, and even body-weight regulation.\* Moreover, healthy GI tract microbes act as a barrier of sorts against undesirable microbes and promote absorption of vital nutrients from food.\*

For more information, visit: [www.justbewell.info](http://www.justbewell.info)

# Supplement Facts

Form: Powder

Serving Size: About 1 Scoop

Ingredients:	Amount	%DV*
Calories	120	
Total Fat	1 g	1%*
Cholesterol	30 mg	10%
Total Carbohydrate	12 g	4%
Dietary Fiber	4 g	14%
Total Sugars	2 g	**
Protein	15 g	
Vitamin A (from Beta Carotene)	360 mcg RAE	40%
Vitamin C (Ascorbic Acid)	50 mg	56%
Vitamin D (as Cholecalciferol)	0.25 mcg (10 IU)	1%
Vitamin E (as D-Alpha Tocopheryl Succinate)	5 mg	33%
Thiamine (as Thiamine HCl)	0.4 mg	33%
Riboflavin	0.4 mg	31%
Niacin	5 mg	31%
Vitamin B6 (as Pyridoxine HCl)	0.4 mg	24%
Folate (as [6s]-5-Methyltetrahydrofolic Acid, Glucosamine Salt) <sup>†</sup>	50 mcg DFE	13%
Vitamin B12 (as Methylcobalamin)	0.1 mcg	4%
Biotin	7 mcg	23%
Pantothenic Acid (as Calcium-D-Pantothenate)	2 mg	40%
Calcium	300 mg	23%
Iron (as Ferrous Fumarate)	5 mg	28%
Phosphorus (from Dicalcium Phosphate)	80 mg	6%
Magnesium (as Magnesium Oxide)	20 mg	5%
Chromium (as ChromeMate® Chromium Polynicotinate)	120 mcg	343%
Sodium	165 mg	7%
Potassium (as Potassium Chloride)	85 mg	2%
Fiber Blend	2.56 g	**
Organic Gum Arabic Tree (Acacia Gum) Powder, Oat Bran Powder, Apple Fruit Powder, Aloe Vera Leaf Powder, Prune Fruit Extract		

Ingredients:	Amount	%DV*
SuperFruitox Antioxidant Blend	1.84 g	**
Cranberry Fruit Powder, Black Raspberry Fruit Powder, Strawberry Fruit Powder, Plum Fruit Powder, Raspberry Fruit Extract, Blackberry Fruit Powder, Papaya Fruit Powder, Kiwi Fruit Powder, Watermelon Fruit Powder, Bromelain, Pomegranate Fruit Extract, Quercetin Dihydrate, Acerola Berry Powder, Grape Seed Extract, Blueberry Leaf Extract, Bilberry Fruit Extract, Black Cherry Fruit Extract, Organic Acai Berry Powder, Organic Pomegranate Fruit Powder, Organic Raspberry Fruit Powder, Organic Bilberry Fruit Powder, Lycium (Goji) Berry Powder, Mangosteen Fruit Powder, Noni Fruit Powder, Organic Blueberry Fruit Powder		
Digestive Enzyme & Probiotic Blend	1.66 g	**
Fructooligosaccharides, <i>Lactobacillus acidophilus</i> , <i>Lactobacillus casei</i> , <i>Bifidobacterium breve</i> , <i>Lactobacillus rhamnosus</i> , Protease, Amylase, Lipase, Cellulase, Lactase, Papain (Probiotic Blend Contains 1.4 Billion CFU) <sup>††</sup>		
Vegetable Antioxidant Blend	921.43 mg	**
Carrot Root Powder, Beet Root Powder, Radish Root Powder, Purple Cabbage Leaf Powder, Japanese Knotweed Root Extract, Green Tea Leaf Extract, Ginger Root Powder, Turmeric Root Powder, Kale Leaf Powder, Kelp Powder, Chlorella Cracked Cell Wall Powder, Alfalfa Herb Powder, Spirulina Powder, Broccoli Head Powder		
L-Glutamine	100 mg	**
L-Carnitine (as L-Carnitine Tartrate)	100 mg	**

**Other Ingredients:** Whey Protein Concentrate, Whey Protein Isolate, Whey Protein Hydrolysate, Guar Gum, Natural Flavors, Stevia, Dicalcium Phosphate, Calcium Carbonate, Sodium Chloride, and Silicon Dioxide.

#### Contains: Milk

ChromeMate® is a registered trademark of Inter Health.

<sup>†</sup> As Quatrefolic® a registered trademark material of Gnosis SpA. Patent No. 7,947,662.

<sup>††</sup> At time of manufacture.

**Directions:** Mix 1 scoop in 10-12 ounces of water daily as a dietary supplement, or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



\* 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.



NON-GMO



GLUTEN-FREE



PRODUCED IN A cGMP FACILITY

For more information, visit: [www.justbewell.info](http://www.justbewell.info)