

# Truvy Boost™ Combo

## How do they work together?

Together they make an incredible weight loss and weight management combo. Truvy Boost™ works to balance your body, boost energy and support a thriving metabolism so you can feel your best and reach your body composition goals.\* There's never been a better match!



## Can't wait to start? How do I take Truvy Boost™?

We suggest taking Truvy Boost™ together twice a day. Take one Tru™ and one Vy Boost™ before breakfast in the morning and then again in the early afternoon around lunch. They are most powerful when combined with an appropriate meal regimen and exercise program. Please consult your physician before starting this or any other supplement.

**Recommended Instructions:** For best results we recommend combining Tru™ and Vy Boost™ together. Take one Tru™ with one Vy Boost™ together in the morning and then again at lunch.

Tru™ and Vy Boost™ fit together like two perfect puzzle pieces. Tru™ supports optimal blood chemistry while Vy Boost™ gives you that natural boost of energy you need to get you through the day. Consistency is key for best results!

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

# Truvy Boost™ Combo

New look... new you, but the same great product!

Here at Truvy™ we pride ourselves on being weight loss experts and what products work. That's why our classic Truvy Boost™ Combo has helped hundreds of people lose weight and feel their best! Remember we're always here to help as your friendly weight loss sidekick.



## Tru™

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

Amount per serving		%Daily Value
Magnesium (as magnesium oxide)	65 mg	15%
Zinc (as zinc amino acid chelate)	2.5 mg	23%
Selenium (as selenium amino acid chelate)	9 mcg	16%
Copper (as copper glycinate chelate)	0.35 mg	39%
Chromium (as chromium polynicotinate)	120 mcg	343%
Vanadium (as vanadium chelate)	8 mcg	**

Proprietary Blend	660 mg	**
Green Coffee Bean Extract (50% Chlorogenic Acids), Raspberry Ketone, Cinnamon Bark Extract (30% Polyphenols), Alpha Lipoic Acid.		

\*\* Daily Value Not Established.

**OTHER INGREDIENTS:** GELATIN CAPSULE, CELLULOSE, SILICON DIOXIDE, STEARIC ACID, CAPSULE COLORANTS (TITANIUM DIOXIDE, FD&C BLUE #1, FD&C RED #3).

Tru™ is our secret to supporting blood chemistry. It's our famous truFIX® formula enhanced with 100% more decaffeinated Green Coffee Bean Extract and formulated using plant-based ingredients including Alpha Lipoic Acid (ALA), Magnesium, Raspberry Ketones, and Cinnamon Bark Extract. Tru™ supports all systems of the body and makes maintaining your general health easier than ever!\*

- Easy to Swallow Capsule
- Scientific Formula
- Supports Blood Chemistry
- Top Quality Plant-Based Ingredients

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## Vy Boost™

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

Amount per serving		%Daily Value
Vitamin B6 (as Pyridoxine HCl)	2.5 mg	147%
Iron (as Ferrous Fumarate)	1.5 mg	8%

Proprietary Blend	457 mg	*
Green Tea Leaf Extract (60% EGCG), Cocoa Processed with Alkali, Octodrine HCl, Green Coffee Bean Extract (Natural Caffeine), Green Tea Leaf Extract (98% Polyphenols), Citrus aurantium Whole Fruit Extract (50% P-Synephrine), Theacrine (as TeaCrine™), Evodiamine, Hordenine HCl, Black Pepper Fruit Extract (95% Piperine), Dendrobium nobile Extract (5% Alkaloids) (Stem & Aerial Parts).		

\*Daily Value not established.

**OTHER INGREDIENTS:** PLANT BASED HYPROMELLOSE CAPSULE, CAPSULE COLORANTS (CARMINE, RIBOFLAVIN), MICROCRYSTALLINE CELLULOSE, MAGNESIUM STEARATE, SILICON DIOXIDE.

Vy Boost™ helps you take control of your weight loss and energy. With Vy Boost™ you can feel more energized naturally, optimize body fat while maintaining a healthy lifestyle and suppress your appetite without feeling starved.\* It's literally so easy to use in conjunction with Tru™ for optimal results. With ingredients like green tea extract and natural caffeine, Vy Boost™ is perfect for those who are looking for more energy, mental clarity, increased focus, and improved weight management.\* It can also benefit those who exercise by providing more energy and focus during workouts. What more could you need?

- Clear Focus
- Revived Metabolism
- Natural Energy
- Appetite Control

# Truvy boost™



## Recommended Instructions:

We recommend that you take one packet of the Truvy Boost™ mix in the morning and then again in the early afternoon. Our products work best alongside a healthy diet and exercise. Consistency is key for best results!

## What is Truvy Boost™ drink?

Truvy Boost™ drink contains all the great benefits and ingredients in Tru™, our secret to supporting blood chemistry. Our famous truFIX® formula was renamed Tru™ when we enhanced it with 100% more decaffeinated Green Coffee Bean Extract. It still has all of the other powerful ingredients, including Alpha Lipoic Acid (ALA), Magnesium, Raspberry Ketones, and Cinnamon Bark Extract. Tru™ supports all systems of the body and makes maintaining your general health easier than ever!\*

Truvy Boost™ drink helps you take control of your weight loss and energy. It contains the full Vy Boost™ formula. You can feel more energized naturally, optimize body fat burning while maintaining a healthy lifestyle and suppress your appetite without feeling starved.\* With ingredients like green tea extract and natural caffeine, Truvy Boost™ drink is perfect for those who are looking for more energy, mental clarity, increased focus, and improved weight management.\* It can also benefit those who exercise by providing more energy and focus during workouts. What more could you need?

### Highlights:

- Supports Blood Chemistry
- Clear Focus
- Revived Metabolism
- Natural Energy
- Appetite Control
- Top Quality Ingredients
- Sugar Free

\*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.

# Truvy boost™

Take control of your weight loss with our delicious Truvy Boost™ drink! The Truvy Boost™ drink combines the blood chemistry benefits of TruFIX® (now Tru™) and truCONTROL® (now VY Boost™) into one powerful convenient formula, available in two delicious flavors. Truvy Boost was formulated to help support healthy blood sugar, increase thermogenesis and manage cravings.\* With zero added sugars and with natural flavors and colors, you'll be able to take your weight loss to the next level.



## Ruby Rev

### Supplement Facts

Serving Size 1 Packet (5.4g)  
Servings Per Container 30

Amount per Serving		%Daily Value
Calories	10	
Total Carbohydrate	2g	<1%*
Sugar Alcohol	1g	**
Total Sugars	0g	**
Includes 0g Added Sugars		0%
Iron (as Ferrous Fumarate)	1.5mg	8%
Vitamin C (as Ascorbic Acid)	198mg	220%
Vitamin B6 (as Pyridoxine HCl)	2.5mg	147%
Magnesium (as Magnesium Oxide)	130mg	31%
Zinc (as Zinc Chelate)	5mg	45%
Selenium (as Selenium Chelate)	17mcg	31%
Chromium (as Chromium Chelate)	200mcg	571%
Vanadium (as Vanadium Chelate)	15mcg	**

Proprietary Blend 1527mg \*\*

Decaffeinated Green Coffee Bean Extract (50% Chlorogenic Acids), Raspberry Ketones, Cinnamon Bark Extract (30% Polyphenols), Alpha Lipoic Acid, Green Tea Leaf Extract (60% EGCG), Cocoa Processed with Alkali, DMHA (Octodrine), Green Coffee Bean Extract (Natural Caffeine), Green Tea Leaf Extract (98% Polyphenols), *Citrus aurantium* Whole Fruit Extract (50% p-Synephrine), *Garcinia cambogia* Fruit Extract (60% Hydroxylic Acid), Theacrine, Evodiamine, Hordenine HCl, Black Pepper Fruit Extract (95% Piperine), *Dendrobium nobile* Extract (5% Alkaloids) (Stem & Aerial Parts).

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

## Citrine Spark

### Supplement Facts

Serving Size 1 Packet (5.4g)  
Servings Per Container 30

Amount per Serving		%Daily Value
Calories	10	
Total Carbohydrate	2g	<1%*
Sugar Alcohol	1g	**
Total Sugars	0g	**
Includes 0g Added Sugars		0%
Iron (as Ferrous Fumarate)	1.5mg	8%
Vitamin C (as Ascorbic Acid)	198mg	220%
Vitamin B6 (as Pyridoxine HCl)	2.5mg	147%
Magnesium (as Magnesium Oxide)	130mg	31%
Zinc (as Zinc Chelate)	5mg	45%
Selenium (as Selenium Chelate)	17mcg	31%
Chromium (as Chromium Chelate)	200mcg	571%
Vanadium (as Vanadium Chelate)	15mcg	**

Proprietary Blend 1527mg \*\*

Decaffeinated Green Coffee Bean Extract (50% Chlorogenic Acids), Raspberry Ketones, Cinnamon Bark Extract (30% Polyphenols), Alpha Lipoic Acid, Green Tea Leaf Extract (60% EGCG), Cocoa Processed with Alkali, DMHA (Octodrine), Green Coffee Bean Extract (Natural Caffeine), Green Tea Leaf Extract (98% Polyphenols), *Citrus aurantium* Whole Fruit Extract (50% p-Synephrine), *Garcinia cambogia* Fruit Extract (60% Hydroxylic Acid), Theacrine, Evodiamine, Hordenine HCl, Black Pepper Fruit Extract (95% Piperine), *Dendrobium nobile* Extract (5% Alkaloids) (Stem & Aerial Parts).

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

## Delicious Flavors like...

Citrus! Don't you just love citrus? Well... now you can enjoy your favorite Truvy™ products in a delicious drink. You're going to love Citrine Spark, a cool, crisp splash of lemon-lime for that extra spark to jumpstart your day.

Get ready to rev up your metabolism. Ruby Rev's cherry-berry blend is a whole lot of sweet without all the sugar.



Convenient Formula  
 Support Blood Chemistry\*  
 Delicious Taste  
 Natural Plant Extracts

Maintain optimal blood chemistry with our delicious truFIX drink!\* Support a balanced blood chemistry, manage weight, and feel your best. Our best selling formula now comes in drink form!

With plant based ingredients including Alpha Lipoic Acid (ALA), magnesium, chromium, raspberry ketones, and cinnamon, truFIX™ supports every system in the body.\* It supports blood sugar and cholesterol already within normal ranges and more!\* Maintaining your general health has never been easier!\*

### Supplement Facts

Serving Size: 1 Stick Pack (6.5 g)  
 Servings Per Container: 30

	Amount per serving	%DV*
Calories	10	
Total Carbohydrate	5 g	2%
Dietary Fiber	2 g	8%
Total Sugars	0 g	
Includes 0g Added Sugars		< 1%
Calcium	4 mg	< 1%
Magnesium (as Magnesium Oxide)	130 mg	31%
Zinc (as Zinc Bisglycinate)	5 mg	45%
Selenium (as Selenium Amino Acid Chelate)	17 mcg	31%
Chromium (as Chromium Polynicotinate)	200 mcg	571%
Vanadium (as Vanadium Chelate)	15 mcg	**

\*Percent Daily Values based on 2,000 calorie intake.  
 \*\* Daily Value Not Established.

**Other Ingredients:** Polydextrose, Citric Acid, Natural Flavors, Green Coffee Bean Extract (50% Chlorogenic Acids), Stevia, Raspberry Ketones, Beet Root Powder Alpha Lipoic Acid, Cinnamon Bark Extract (30% Polyphenols), Silica, Guar Gum, Garcinia Cambogia Extract (60% HCA), Sucralose.

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# Truvy™ combo

## What's the secret?

**Green Tea Extract:** Green tea extract (60% EGCG) is a well-known antioxidant and is shown to aid in weight loss and overall wellness.\*

**Green Coffee Bean Extract:** This powerful extract that comes from coffee beans before they are roasted is a natural source of caffeine and can improve energy levels.

**Iron:** One of the essential minerals for health, Iron plays an important role in energy and healthy red blood cells.

**Black Pepper Extract:** Black pepper isn't just for your food. The extract of black pepper fruit supports weight loss and overall health by possibly reducing fat levels.\*

**Vitamin B6:** This critical vitamin benefits the nervous system and helps you process food for energy. It may also help with brain fog.



**Recommended Instructions:** For best results we recommend combining Tru™ and Vy™ together. Take one Tru™ with one Vy™ together in the morning and then again at lunch.

Tru™ and Vy™ (pronounced Vee) fit together like two perfect puzzle pieces. Tru™ supports optimal blood chemistry while Vy™ gives you that natural boost of energy you need to get you through the day.\* Consistency is key for best results!

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# Truvy™ combo

Let's just get straight to the point. We are Truvy™ and we make weight loss and living a healthy life easier for you!

We know weight loss and healthy living isn't always easy, simple or straightforward. Honestly, the idea can even seem overwhelming at times. So we made it easier with proven products that work and we will be with you every step of the way. Think of us as your friendly weight loss sidekick.



## Tru™

## Vy™

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

Amount per serving	%Daily Value
Magnesium (as magnesium oxide) 65 mg	15%
Zinc (as zinc amino acid chelate) 2.5 mg	23%
Selenium (as selenium amino acid chelate) 9 mcg	16%
Copper (as copper glycinate chelate) 0.35 mg	39%
Chromium (as chromium polynicotinate) 120 mcg	343%
Vanadium (as vanadium chelate) 8 mcg	**
Proprietary Blend 660 mg	**
Green Coffee Bean Extract (50% Chlorogenic Acids), Raspberry Ketone, Cinnamon Bark Extract (30% Polyphenols), Alpha Lipoic Acid.	

\*\* Daily Value Not Established.

**OTHER INGREDIENTS:** GELATIN CAPSULE, CELLULOSE, SILICON DIOXIDE, STEARIC ACID, CAPSULE COLORANTS (TITANIUM DIOXIDE, FD&C BLUE #1, FD&C RED #3).

Tru™ is our secret to supporting blood chemistry.\* It's our famous truFIX® formula enhanced with 100% more Green Coffee Bean Extract and formulated using plant-based ingredients including Alpha Lipoic Acid (ALA), Magnesium, Raspberry Ketones, and Cinnamon Bark Extract. Tru™ supports all systems of the body and makes maintaining your general health easier than ever!\*

- Easy to Swallow Capsule
- Scientific Formula
- Supports Blood Chemistry\*
- Top Quality Plant-Based Ingredients

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

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

Amount per serving	%Daily Value
Vitamin B6 (as Pyridoxine HCl) 2.5 mg	147%
Iron (as Ferrous Fumarate) 1.5 mg	8%
Proprietary Blend 531 mg	**
Theobromine Gallate, Green Tea Leaf Extract (60% EGCG, Dutch Cocoa (Processed with Alkali), Green Coffee Bean Extract (Natural Caffeine), Green Tea Leaf Extract (98% Polyphenols), Citrus aurantium Whole Fruit Extract (as KinetiQ™ 50% P-Synephrine), Theacrine (as TeaCrine®), Evodiamine, Rauwolfscine, Hordenine HCl, Black Pepper Fruit Extract (as Bioperine®), Dendrobium Nobile Extract (5% Alkaloids) (Stem & Ariel Parts).	

\*\*Daily Value not established.

**OTHER INGREDIENTS:** CAPSULE (TITANIUM DIOXIDE, IRON OXIDE, RED AND YELLOW), MICROCRYSTALLINE CELLULOSE, MAGNESIUM STEARATE, SILICON DIOXIDE.

You're going to love this! Vy™ is a powerhouse product packed with ingredients to make you feel great. You were born to crush your goals and Vy™ will help you get there. With Vy™ you can feel more energized naturally, optimize body fat, suppress your appetite without feeling starved all while maintaining a healthy lifestyle. What more do you need?

- Clear Focus
- Revived Metabolism
- Natural Energy
- Appetite Control

# Heart & Hydration™ Super Drink

With no sugar, just a few calories, and mouthwatering flavors, you'll always want to carry a HEART & HYDRATION™ stick pack with you to replenish and support your tru style of living! Available now in a delicious Elderberry, Grape, Grapefruit and Watermelon flavor.

#### Highlights:

- Hydration on a cellular level
- Supports heart health\*
- Delicious taste with zero sugar
- Convenient on-the-go formula
- 1 - bag HEART & HYDRATION Mix (30ct.)

## What exactly are these super ingredients and what do they do?

**CoQ10** is an enzyme found in all cells throughout the body and is essential for the conversion of glucose into cellular energy.

**D-Ribose** is the basic building block of our DNA molecules. Evidence suggests that a diet rich in D-Ribose supports endurance\*.

**Di-Calcium Malate** is a combination of the two natural ingredients Malic Acid and Calcium. When they are paired together, it supports bone health\*.

**Di-Potassium Phosphate & Potassium Citrate:** Besides serving as excellent sources for electrolyte replacement, these compounds support the body's energy metabolism.\*

**Elderberry:** This plant is used for its antioxidants. Elderberries contain organic pigments, tannin, amino acids, carotenoids, flavonoids, rutin, and vitamins A and B and C.

**Ginseng:** Ginseng is widely known for its cognitive properties.\*

Grab your H&H™ today and  
get ready to feel super!



# Heart & Hydration™ Super Drink



It's all in the name...HEART & HYDRATION™ Super Drink was created so you can take your hydration to the next level in a delicious way! Truvy's H&H™ Super Drink is sugar free, making it an excellent alternative to today's sugared beverages and is a great fit for any active lifestyle.

An active lifestyle requires a healthy drink that not only hydrates your body, but also helps you maintain a healthy heart.\* Our H&H™ Super Drink is jam packed with super ingredients like CoQ10, D-Ribose, Di-Calcium Malate, Di-Potassium Phosphate & Potassium Citrate, Elderberry and Ginseng.

## Supplement Facts

Serving Size 1 Packet (6.4g)  
Servings Per Container 30

Amount per Serving	%Daily Value
Calories	10
Total Carbohydrate	5g 2%*
Dietary Fiber	3g 10%*
Calcium	69mg 5%
Potassium	65mg 1%

Proprietary Blend 4511mg †  
Chicory Root Inulin, D-Ribose,  
Dicalcium Malate, Tripotassium  
Citrate, Coenzyme Q10, Dipotassium  
Phosphate, Panax Ginseng (Root).

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

†Daily Value not established.

Grapefruit

## Supplement Facts

Serving Size 1 Packet (6.3g)  
Servings Per Container 30

Amount per Serving	%Daily Value
Calories	15
Total Carbohydrate	5g 2%*
Dietary Fiber	3g 10%*
Calcium	69mg 5%

Proprietary Blend 4507mg †  
Chicory Root Inulin, D-Ribose,  
Dicalcium Malate, Tripotassium  
Citrate, Coenzyme Q10, Dipotassium  
Phosphate, Panax Ginseng (Root).

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

†Daily Value not established.

Elderberry

## Supplement Facts

Serving Size 1 Packet (6.7g)  
Servings Per Container 30

Amount per Serving	%Daily Value
Calories	15
Total Carbohydrate	5g 2%*
Dietary Fiber	3g 10%*
Calcium	72mg 6%
Potassium	62mg 1%

Proprietary Blend 4511mg †  
Chicory Root Inulin, D-Ribose,  
Dicalcium Malate, Tripotassium  
Citrate, Coenzyme Q10, Dipotassium  
Phosphate, Panax Ginseng (Root).

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

†Daily Value not established.

Watermelon

## Supplement Facts

Serving Size 1 Packet (7g)  
Servings Per Container 30

Amount per Serving	%Daily Value
Calories	10
Total Carbohydrate	4g 1%*
Dietary Fiber	3g 10%*
Calcium	70mg 5%
Potassium	67mg 1%

Proprietary Blend 4500mg †  
Chicory Root Inulin, D-Ribose,  
Dicalcium Malate, Tripotassium  
Citrate, Coenzyme Q10, Dipotassium  
Phosphate, Panax Ginseng (Root).

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

†Daily Value not established.

Grape

Proper hydration, combined with electrolyte replenishment, is super important. HEART & HYDRATION™ helps with two vitally important needs of the body:

1. Support Cardiovascular Function\*: Our drink supplies ingredients vital to support heart health.\*
2. Proper Hydration and replenishment of electrolytes on a cellular level: Simply put, dehydration can destroy proper cell functions and affects virtually every major organ and system. Electrolytes are charged particles found in body fluids that help transmit electrical impulses for the proper functioning of organs. Heart & Hydration™ rehydrates and replenishes electrolytes in a healthy way without the sugar.

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# Heart & Hydration™ Super Drink



It's all in the name...HEART & HYDRATION™ Super Drink was created so you can take your hydration to the next level in a delicious way! Truvy's H&H™ Super Drink is sugar free, making it an excellent alternative to today's sugared beverages and is a great fit for any active lifestyle.



As if Heart & Hydration™ couldn't get any better we found a way to make it happen. It's everything you've always loved with an added source of all natural caffeine to not only mix up your regular water, but to energize you as well. Now available in a delicious pomegranate hibiscus flavor, cucumber mint flavor and yuzu lemon and lime!

An active lifestyle requires a healthy drink that not only hydrates your body, but also helps you maintain a healthy heart.\* Our H&H™ Plus Super Drink is jam packed with super ingredients like CoQ10, D-Ribose, Di-Calcium Malate, Di-Potassium Phosphate & Potassium Citrate, Elderberry and Ginseng.

## Pomegranate Hibiscus

### Supplement Facts

Serving Size 1 Packet (6.65g)  
Servings Per Container 30

Amount Per Serving		%Daily Value*
Calories	20	
Total Carbohydrate	5g	2%*
Dietary Fiber	3g	11%*
Soluble Fiber	3g	†
Calcium	69mg	5%
Potassium	65mg	1%

Proprietary Blend 4651mg †  
Organic Inulin (Jerusalem Artichoke Root Extract), D-Ribose, Dicalcium Malate, Tripotassium Citrate, Organic Green Coffee Bean Extract (Natural Caffeine), Coenzyme Q10, Dipotassium Phosphate, Panax Ginseng (Root).

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

†Daily Value not established.

**OTHER INGREDIENTS:** CITRIC ACID, NATURAL FLAVORS, BEET JUICE (FOR COLOR), FRUIT AND VEGETABLE JUICE (FOR COLOR), SUCRALOSE, ORGANIC STEVIA LEAF EXTRACT.

## Yuzu Lemon & Lime

### Supplement Facts

Serving Size 1 Packet (6.5g)  
Servings Per Container 30

Amount Per Serving		%Daily Value*
Calories	20	
Total Carbohydrate	5g	2%*
Dietary Fiber	3g	11%*
Soluble Fiber	3g	†
Calcium	78mg	6%
Potassium	66mg	1%

Proprietary Blend 4651mg †  
Organic Inulin (Jerusalem Artichoke Root Extract), D-Ribose, Dicalcium Malate, Tripotassium Citrate, Organic Green Coffee Bean Extract (Natural Caffeine), Coenzyme Q10, Dipotassium Phosphate, Panax Ginseng (Root).

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

†Daily Value not established.

**OTHER INGREDIENTS:** CITRIC ACID, NATURAL FLAVORS, SUCRALOSE, BETA CAROTENE (FOR COLOR), ORGANIC STEVIA LEAF EXTRACT, CHLOROPHYLL EXTRACT (FOR COLOR).

## Cucumber Mint

### Supplement Facts

Serving Size 1 Packet (5.8g)  
Servings Per Container 30

Amount Per Serving		%Daily Value*
Calories	20	
Total Carbohydrate	5g	2%*
Dietary Fiber	3g	11%*
Soluble Fiber	3g	†
Calcium	69mg	5%
Potassium	65mg	1%

Proprietary Blend 4651mg †  
Organic Inulin (Jerusalem Artichoke Root Extract), D-Ribose, Dicalcium Malate, Tripotassium Citrate, Organic Green Coffee Bean Extract (Natural Caffeine), Coenzyme Q10, Dipotassium Phosphate, Panax Ginseng (Root).

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

†Daily Value not established.

**OTHER INGREDIENTS:** CITRIC ACID, NATURAL FLAVORS, BETA-CAROTENE (FOR COLOR), ORGANIC STEVIA LEAF EXTRACT, ORGANIC SPIRULINA BLUE PHYCOCYANIN (FOR COLOR), SUCRALOSE.

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Replace those unhealthy eating habits and cravings with a fulfilling protein powder shake. Packed with fiber and protein, TruVision Health's rePLACE™ is the perfect option to provide you with everything you need, and nothing you don't. rePLACE™ shakes are dairy, soy, and whey free and contain zero trans fat. Made with only naturally sourced and vegan ingredients as well as probiotic powers to balance and support a healthy gut.\*

#### Highlights:

- Naturally sourced and complete vegan protein powder
- Delicious taste (available in Vanilla Bean & Brownie flavor)
- Dairy, soy, and whey free
- Protein and fiber
- Aids in supporting a healthy gut\*

#### How do I use rePLACE™ shakes?

TruVision Health's rePLACE™ shakes can be used as a tasty protein powder that is perfect for at home or on the go. Just add water, milk/almond milk, or yogurt to create a hearty shake. For additional flavor, you can add your favorite fruits, vegetables, nuts, or peanut butter. The options are endless for a delicious mix that can be enjoyed at any time of the day.

**rePLACE™ Available in:** Australia, Colombia, Costa Rica, Guatemala, Honduras, Ireland, Mexico, New Zealand, Panama, South Africa, United Kingdom, United States



## Supplement Facts

Serving Size: 1 Pouch (46.6 g) Servings Per Container: 15

Amount per Serving		% Daily Value*
<b>Calories</b>	185	
<b>Total Fat</b>	4g	6%
Saturated Fat	1g	5%
Unsaturated Fat	3g	
<b>Total Carbohydrate</b>	16g	6%
Dietary Fiber	6g	21%
Total Sugars	7g	
Includes 4g Added Sugars		8%
<b>Protein</b>	20g	
<b>Vitamin A</b> (as Vitamin A Palmitate)	750 mcg RAE	83%
<b>Vitamin C</b> (as Sodium Ascorbate)	30mg	33%
<b>Vitamin D3</b> (as Cholecalciferol)	15 mcg	75%
<b>Vitamin K1</b> (as Phytonadione)	40mcg	33%
<b>Thiamin</b> (as Thiamin Mononitrate)	0.75mg	83%
<b>Riboflavin</b>	0.85mg	65%
<b>Niacin</b> (as Niacinamide)	10mg NE	63%
<b>Vitamin B6</b> (as Pyridoxine Hydrochloride)	1 mg	59%
<b>Folate</b> (as Folic Acid)	340 mcg DFE	85%
<b>Vitamin B12</b> (as Cyanocobalamin)	9mcg	375%
<b>Biotin</b>	150mcg	500%
<b>Pantothenic Acid</b> (as Calcium Pantothenate)	5mg	100%
<b>Calcium</b>	50mg	4%
<b>Iron</b> (as Ferrous Fumarate)	9mg	50%
<b>Iodine</b> (as Potassium Iodide)	75mcg	50%
<b>Zinc</b> (as Zinc Oxide)	7.5mg	68%
<b>Selenium</b> (as Selenium Chelate)	35mcg	64%
<b>Copper</b> (as Copper Glycinate Chelate)	1mg	111%
<b>Manganese</b> (as Manganese Amino Acid Chelate)	1mg	43%
<b>Chromium</b> (as Chromium Picolinate)	60mcg	171%
<b>Molybdenum</b> (as Molybdenum Chelate)	38mcg	84%
<b>Sodium</b> (as Sodium Chloride and Sodium Ascorbate)	300mg	13%
<b>Potassium</b> (as Potassium Citrate)	140mg	3%
<b>Protein Blend</b>	26g	†
Pea Protein Concentrate, Brown Rice Protein, Quinoa, Chia Protein.		
<b>Fiber Blend</b>	7g	†
Chicory Root Inulin, Bamboo Extract, Apple Fiber.		
<b>Digestive/Probiotic Blend</b>	990mg	†
<i>Bacillus coagulans</i>	10 billion CFU‡	†
Bromelain, Protease, Amylase, Lipase, Papain.	320mg	†

\*Percent Daily Value are based on a 2,000 calorie intake.  
†Daily Value not established.  
‡At time of manufacture.

### Other Ingredients:

Dutched Cocoa Powder (Processed with Alkali), Organic Evaporated Cane Juice, De-Oiled Sunflower Lecithin, Natural Flavors, MCT Oil Powder, Stevia, Rice Hull Concentrate.

## Supplement Facts

Serving Size: 1 Pouch (45.4g)

Servings Per Container: 15

Amount per Serving		% Daily Value*
<b>Calories</b>	185	
<b>Total Fat</b>	4g	5%
Saturated Fat	1g	5%
Unsaturated Fat	3g	
<b>Total Carbohydrate</b>	16g	6%
Dietary Fiber	6g	21%
Total Sugars	7g	
Includes 5g Added Sugars		10%
<b>Protein</b>	20g	
<b>Vitamin A</b> (as Vitamin A Palmitate)	750 mcg RAE	83%
<b>Vitamin C</b> (as Sodium Ascorbate)	30mg	33%
<b>Vitamin D3</b> (as Cholecalciferol)	15mcg	75%
<b>Vitamin K1</b> (as Phytonadione)	40mcg	33%
<b>Thiamin</b> (as Thiamin Mononitrate)	0.75mg	63%
<b>Riboflavin</b>	0.85mg	65%
<b>Niacin</b> (as Niacinamide)	10mg NE	63%
<b>Vitamin B6</b> (as Pyridoxine Hydrochloride)	1mg	59%
<b>Folate</b> (as Folic Acid)	340mcg DFE	85%
<b>Vitamin B12</b> (as Cyanocobalamin)	9mcg	375%
<b>Biotin</b>	150mcg	500%
<b>Pantothenic Acid</b> (as Calcium Pantothenate)	5mg	100%
<b>Calcium</b>	50mg	4%
<b>Iron</b> (as Ferrous Fumarate)	9mg	50%
<b>Iodine</b> (as Potassium Iodide)	75mcg	50%
<b>Zinc</b> (as Zinc Oxide)	7.5mg	68%
<b>Selenium</b> (as Selenium Chelate)	35mcg	64%
<b>Copper</b> (as Copper Glycinate Chelate)	1mg	111%
<b>Manganese</b> (as Manganese Amino Acid Chelate)	1mg	43%
<b>Chromium</b> (as Chromium Picolinate)	60mcg	171%
<b>Molybdenum</b> (As Molybdenum Chelate)	38mcg	84%
<b>Sodium</b> (as Sodium Chloride and Sodium Ascorbate)	300mg	13%
<b>Potassium</b> (as Potassium Citrate)	140mg	3%
<b>Protein Blend</b>	26g	†
Pea Protein Concentrate, Brown Rice Protein, Quinoa, Chia Protein.		
<b>Fiber Blend</b>	7g	†
Chicory Root Inulin, Bamboo Extract, Organic Apple Fiber.		
<b>Digestive/Probiotic Blend</b> (Includes ProBiotics)	990mg	†
<i>Bacillus coagulans</i>	10 billion CFU‡	†
Bromelain, Protease, Amylase, Lipase, Papain.	320mg	†

\*Percent Daily Value are based on a 2,000 calorie intake.  
†Daily Value not established.  
‡At time of manufacture.

### Other Ingredients:

Organic Evaporated Cane Juice, De-Oiled Sunflower Lecithin, Natural Flavors, Rice Syrup Solids, MCT Oil Powder, Rice Hull Concentrate, Stevia.



## What Are Probiotic Chews?

Keep your gut healthy and happy with our NEW quick dissolve probiotic chews!\* Our guts are home to billions of bacteria. Some are good and some...not so much! Having the right balance of bacteria is essential for overall digestive health. Our small batch probiotic is formulated with 5 billion CFU per chew to maintain a healthy balance of bacteria in your gut.\*

## Why Choose Our Probiotic Chews?

More and more studies have shown that a proper balance of bacteria in your digestive system is linked to overall health. Our Probiotic Chews can be your new best friend when it comes to restoring order and helping you to maintain harmony in your gut's ecosystem.\* Probiotics outnumber unwelcome pathogens, AKA unfavorable gut bacteria, or similar to your friends with bad attitudes...they just need to go.\* Don't worry, we've got your gut covered with the support of a well-balanced and delicious Probiotic Chew!

Maintaining a healthy balance of gut bacteria and has been linked to a wide range of health benefits.\* So what are the benefits of our Probiotic Chews?

- Made in small batches to ensure quality
- Maintain optimal gut health\*
- Natural Ingredients
- Great Tasting Grape Flavor
- Kid-Friendly
- Supports weight management\*
- Supports mental clarity\*
- Aids in the support of energy production and storage\*

Add TruVision Health's Probiotic Chews to your daily regimen to support overall health.\*

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT DISEASE.

## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 30

Amount Per Serving	%DV
Probiotic Blend	61.14mg
Inulin	†
<i>Lactobacillus plantarum</i>	†
<i>Lactobacillus acidophilus</i>	†
<i>Bifidobacterium lactis</i>	†

†Daily Value Not Established.

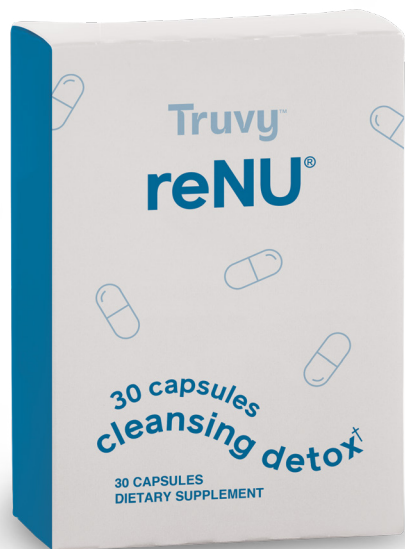
**OTHER INGREDIENTS:** Sorbitol, Microcrystalline Cellulose, Magnesium Stearate, Stearic Acid, Natural Flavor, Citric Acid, Silicon Dioxide, Rebaudioside-A (from Stevia Leaf Extract).

**Probiotic Chews Available In:** US, CAN, AU, NZ

# reNU<sup>®</sup>

Life isn't perfect and as much as we try to avoid it, we are exposed to numerous toxins every day that can build up and slow down our lifestyle. But no need to stress about it! Our bodies are actually excellent detoxifiers and we've got the ideal supplement to give it some extra help!

reNU<sup>®</sup> is our one-of-a-kind detox product made with premium natural ingredients like aloe, ginger root extract, turmeric, and more. It's ultra gentle and fine-tuned to ensure that your digestive tract keeps the good flora while eliminating toxins that wreak havoc on your body.



**SUGGESTED USE:** Take 2 capsules each night, before bed.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 15

### Amount per Serving

Proprietary Blend	1372 mg*
Aloe Vera Leaf Extract, Cascara Sagrada Bark, Milk Thistle Seed, Black Walnut Hulls, Burdock Root, Dandelion Leaf, Yellow Dock Root, Artichoke Leaf, Astragalus Root, Cayenne Fruit, Clove Stem, Dandelion Root, Deglycerized Licorice Root Extract, Garlic, Ginger Root Extract, Green Tea Leaf Extract, Oregano Extract (Whole Herb), Red Clover Blossoms, Turmeric Root.	

\*Daily Value Not Established

## Why choose Truvy's reNU<sup>®</sup>?

We're your friendly weight loss sidekick... we are here for the good, the bad and the ugly. It also doesn't hurt that we use pure and naturally sourced ingredients. reNU<sup>®</sup> is designed to support the detoxification of the body, all while helping maintain a healthy digestive tract.\* Take 2 capsules before bed and wake up knowing your body is cleansed and refreshed to take on a new day.

### Highlights:

- Cleanse your body of toxins it comes in contact with every day\*
- Gently supports 7 different channels of elimination\*
- Supports normal bowel and liver functions\*
- Can provide a foundation to create new healthy habits and routines
- Supports mental clarity\*

# ZZZ-Tox



### reNU® Highlights:

- Cleanse your body of toxins it comes in contact with every day
- Gently supports 7 different channels of elimination
- Supports normal bowel and liver functions
- Can provide a foundation to create new healthy habits and routines
- Supports mental clarity

### Recommended Instructions:

Take a capsule each before bed and wake up feeling cleansed and refreshed to take on a new day.

We combined two powerful products to bring you ZZZ-Tox. A good detox and a restful night of sleep is something we often overlook. We decided to create the perfect combination of an all natural sleep aid and detox, made from the best naturally sourced ingredients so you can rest easy. Together, reNU® and truSLUMBER™ aid in overall weight management.

## truSLUMBER®

### Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

Amount per serving	%Daily Value
Melatonin	6mg **
Proprietary Blend	1050mg **
Lemon Balm Leaf Extract, Dutched Cocoa (processed with alkali), Chamomile Flower Extract, Passion Flower Extract, GABA.	

\*\*Daily Value not established.

**OTHER INGREDIENTS:** CAPSULE (GELATIN, TITANIUM DIOXIDE), STEARIC ACID, SILICON DIOXIDE.

## reNU®

### Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 15

Amount per serving	%Daily Value
Proprietary Blend	1372mg **
Aloe Vera Leaf Extract, Cascara Sagrada Bark, Milk Thistle Seed, Black Walnut Hulls, Burdock Root, Dandelion Leaf, Yellow Dock Root, Artichoke Leaf, Astragalus Root, Cayenne Fruit, Clove Stem, Dandelion Root, Deglycerized Licorice Root Extract, Garlic, Giner Root Extract, Green Tea Leaf Extract, Oregano Leaf, Red Clover Blossoms, Tumeric Root.	

\*\* Daily Value Not Established.

**OTHER INGREDIENTS:** VEGETARIAN CAPSULE (HYPERMELLOSE), MAGNESIUM STEARATE, SILICON DIOXIDE.

**CONTAINS: NUTS (WALNUT)**

### reNU® Highlights:

- Overall quality sleep-aid
- Effective Ingredients
- Our ingredients perform better than the sources used by other formulators
- Quality sleep
- Supports mental clarity
- Non-habit forming

\*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.

# truSLUMBER®

Getting some good quality sleep can seem like such an impossible task. With busy schedules and a never ending to-do list, it can be a challenge to calm our minds and get the rest we need. Whether you're looking to catch some ZZZ's or feelings of calmness we've got just the thing to help. Our truSLUMBER® is available in a capsule or a gummy form and is made with natural ingredients that promote rest and relaxation. Did we mention our gummies are also delicious?

## Why truSLUMBER®?

- Easy absorption
- Delicious flavor
- Our gummies are easy to chew
- Overall quality sleep-aid
- High quality ingredients
- Can assist with mental clarity
- Non-habit forming



## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

Amount per serving	%Daily Value
Melatonin	6 mg **
Proprietary Blend	1050 mg **
Lemon Balm Leaf Extract, Dutched Cocoa (processed with alkali), Chamomile Flower Extract, Passion Flower Extract, GABA.	

\*\*Daily Value not established.

OTHER INGREDIENTS: CAPSULE (GELATIN, TITANIUM DIOXIDE), STEARIC ACID, SILICON DIOXIDE.

## What's our secret?

**Lemon Balm:** Known for its calming properties, lemon balm can help with feelings of stress and supports cognitive function.

**Chamomile:** Chamomile has been used for centuries to support rest, and relaxation.

**Melatonin:** We used only high-quality melatonin in small amounts to help support more relaxing sleep.



## Supplement Facts

Serving Size 2 Gummies  
Servings Per Container 30

Amount Per Serving	% Daily Value for Adults and Children 4 or more Years of Age	
Calories	20	
Sodium	8mg	<1%*
Total Carbohydrates	5g	2%*
Total Sugar	4g	
Included Sugars	4g	8%*
Chamomile Extract	50mg	**
Passiflora Extract	50mg	**
Lemon Balm Extract	50mg	**
Melatonin	3mg	**

\*\*Daily Value Not Established.  
\*Percent Daily Values are based on a 2,000 calorie diet.

## How do I take truSLUMBER®?

They can be taken during the day to aid in feelings of calmness and focus or at night to help with a good night's rest.

\*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.



# vitaFIX™ gummies

Taking a multivitamin shouldn't be a pain. That's why we LOVE our easy to chew vitaFIX™ gummies! We combined the most important vitamins and minerals along with the powerful active ingredients of Tru™ to bring you these tasty gummies. Get the nutritional and blood chemistry support for your healthy lifestyle with vitaFIX™ Gummies.\*



## Supplement Facts

Serving Size 1 Gummy  
Servings Per Container 60

Amount Per Serving		% Daily Value for Adults and Children 4 or more Years of Age
Calories	8,8	
Total Carbohydrates	2.2g	1%*
Total Sugars	1.6g	
Includes Added Sugars	1.6g	3%*
Vitamin A (as Retinyl Acetate)	112.5mcg RAE	12.5%
Vitamin C (as Ascorbic Acid)	20mg	22%
Vitamin D3 (as Cholecalciferol)	2.5mcg	12.5%
Vitamin E (as DL-Alpha-Tocopheryl Acetate)	8.4mg	56%
Niacin (as Nicotinamide)	1mg NE	6.25%
Vitamin B6 (as Pyridoxine Hydrochloride)	1mg	59%
Folate (as Folic Acid)	60mcg DFE (36mcg Folic Acid)	15%
Vitamin B12 (as Cyanocobalamin)	1mcg	42%
D-Biotin	30mcg	100%
Pantothenic Acid (as D-Calcium Pantothenate)	1mg	200%
Iodine (from Potassium Iodide)	15mcg	9%
Zinc (from Zinc Citrate)	1mg	7%
Sodium	4mg	<1%
Coffee Bean Extract	125mg	**

\*\*Daily Value Not Established.

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

## Why vitaFIX™ Gummies?

- Easy absorption
- Delicious flavor
- Easy to chew
- Convenient formula
- Supports blood chemistry\*

Not a replacement for truFIX® or Tru™ capsules and drinks.

# COMPLETE™

## Men and Women's COMPLETE™ Multivitamin

A multivitamin is always a great start to every day, especially one that targets the needs of men and women individually! A multivitamin has so many great benefits, but not all are created equal. Our multivitamin contains all the essential vitamins and minerals you need and nothing you don't. Truvy's COMPLETE™ Multivitamin is designed to fill in any gaps that may be missing and helps support a healthy active lifestyle.



### Supplement Facts

Serving Size 3 Softgels  
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	25	Magnesium (from Mg, Citrate, Mg, Oxide and Aquamin® Seaweed Derived Minerals)	100 mg 24%
Total Fat	2 g 3%	Zinc (from Zinc Bisglycinate (TRAAACS™))	15 mg 136%
Fiber	1 g 2%	Selenium (from Selenium Glycinate Complex (Ablon™))	200 mcg 364%
Vitamin A (100% as Beta-Carotene) (BetaRetol®)	1,500 mcg 167%	Copper (from Copper Bisglycinate) (TRAAACS™)	1 mg 111%
Vitamin D-3 (as Cholecalciferol)	25 mcg (1,000 IU) 125%	Manganese (from Manganese Bisglycinate) (TRAAACS™)	2 mg 87%
Vitamin E (as D-Alpha Tocopherol)	100 mg 667%	Chromium (from Chromium Nicotinate Glycinate) (TRAAACS™)	120 mcg 343%
Vitamin K (as Menaquinone and Phytanadione)	80 mcg 67%	Molybdenum (from Molybdenum Glycinate) (TRAAACS™)	75 mcg 167%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg 2083%	Potassium (from Potassium Chloride)	25 mg <1%
Riboflavin (Vitamin B-2)	20 mg 1538%	Evening Primrose Oil Seed	500 mg †
Niacin (Vitamin B-3) (from Nicotinamide and Inositol Hexanicotinate)	15 mg 94%	Cranberry Fruit Concentrate (Vaccinium macrocarpon)	100 mg †
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg 1471%	Horsetail Aerial Parts Extract (Equisetum arvense)	50 mg †
Folate	1,380 mcg DFE 340%	Alpha Lipoic Acid	25 mg †
Vitamin B-12 (as Methylcobalamin)	120mcg 5000%	Grape Seed Extract (Vitis vinifera)	25 mg †
Biotin	300 mcg 1000%	Green Tea Leaf Extract (Camellia sinensis)	25 mg †
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg 1000%	Inositol	20 mg †
Choline (from Choline Bitartrate)	20 mg 4%	CoQ10 (as Ubiquinone)	10 mg †
Calcium (from Aquamin® Seaweed Derived Minerals, Cal. Carbonate, Ascorbate, Panthothenate)	140 mg 11%	Lycopene (LYC-O-MATOR®) (from Tomato Extract)	500 mcg †
Iodine (from Potassium Iodide)	225 mcg 150%	Lutein (FloraGLO®) (from Marigold Flowers)	500 mcg †

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

**OTHER INGREDIENTS:** SOFTGEL CAPSULE (BOVINE GELATIN, GLYCERIN, WATER, CAROB), FLAX SEED OIL, SOY LECITHIN, BEESWAX,  
**CONTAINS: SOY**

## What Makes Truvy's COMPLETE™ Vitamin Different?

Specifically engineered to meet the different needs of men and women, our comprehensive Men's and Women's COMPLETE™ Multivitamin is of the highest quality and bioavailability. With super vitamins such as C, D-3, E, K, zinc and more, COMPLETE™ establishes a solid base for keeping the body supplied with essential elements. Go above and beyond with Truvy's high quality COMPLETE multivitamin today.



### Supplement Facts

Serving Size 2 Softgels  
Servings Per Container 45

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (60% as Beta-Carotene (BetaRetol®) and 40% as Retinyl Palmitate)	3,000 mcg 333%	Zinc (as Zinc Picolinate)	15 mg 136%
Vitamin C (as Calcium Ascorbate)	250 mg 278%	Selenium (from Selenium Glycinate Complex (Ablon™))	200 mcg 364%
Vitamin D (as Cholecalciferol)	25 mcg (1,000 IU) 125%	Copper (from Copper Bisglycinate) (TRAAACS™)	0.5 mg 56%
Vitamin E (as d-Alpha Tocopherol)	100 mg 667%	Manganese (from Manganese Bisglycinate) (TRAAACS™)	2 mg 87%
Vitamin K (as Menaquinone and Phytanadione)	80 mg 67%	Chromium (from Chromium Nicotinate Glycinate) (TRAAACS™)	120 mcg 343%
Thiamine (as Thiamine HCl)	25 mg 2083%	Molybdenum (from Molybdenum Glycinate) (TRAAACS™)	75 mcg 167%
Riboflavin	25 mg 1923%	Potassium (from Potassium Chloride)	25 mg <1%
Niacin (as Nicotinamide)	35 mg 219%	Saw Palmetto Berry Extract	160 mg †
Vitamin B-6 (from Pyridoxine HCl and pyridoxal-5-phosphate)	25 mg 1471%	Phytosterols (Plant Sterols)	50 mg †
Folate	680 mcg DFE 170%	Alpha Lipoic Acid	25 mg †
	(400mcg Folic Acid)	Grape Seed Extract (Vitis vinifera)	25 mg †
Vitamin B-12 (as Methylcobalamin)	120 mcg 5000%	Inositol	10 mg †
Biotin	300 mcg 1000%	CoQ10 (as Ubiquinone)	10 mg †
Pantothenic Acid (as Calcium Pantothenate)	50 mg 1000%	Lycopene (LYC-O-MATOR®) (from Tomato Extract)	3 mg †
Choline (as Choline Bitartrate)	25 mg 5%	Lutein (FloraGLO®) (from Marigold Flowers)	500 mcg †
Calcium (as Cal. Ascorbate, Aquamin® Seaweed Derived Minerals and Calcium Pantothenate)	55 mg 4%		
Iodine (as Potassium Iodide)	225 mcg 150%		
Magnesium (as Magnesium Citrate and Aquamin® Seaweed Derived Minerals)	25 mg 6%		

† Daily Value not established.

**OTHER INGREDIENTS:** SOFTGEL CAPSULE (BOVINE GELATIN, GLYCERIN, WATER, CAROB), PUMPKIN SEED OIL, SUNFLOWER LECITHIN, BEESWAX AND CINNAMON BARK POWDER,  
**CONTAINS: SOY**

\*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.

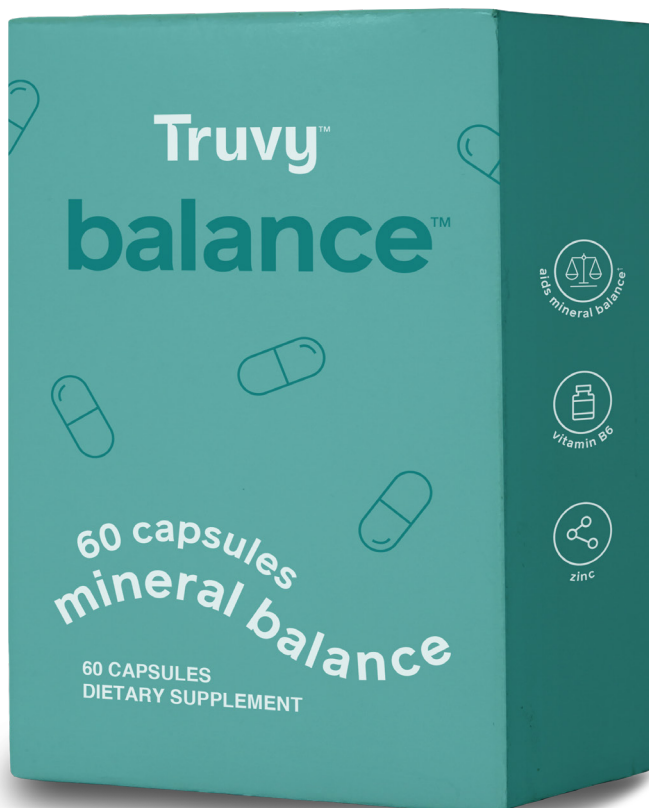
# BALANCE™

Balance. Something we could definitely use more of right? Well, no matter what kind of balance you need in your life, we've got a simple but powerful blend of vitamins and minerals that can help you achieve this harmonious equilibrium.

BALANCE™ was created to support the body in balancing and metabolizing the minerals that we consume.\* With vitamin B6 and other critical minerals, our unique formula gives your body the proper micronutrients it needs to feel its best. This product can also be used with any other of your favorite Truvy™ products. Don't forget to add BALANCE™ to your routine for overall body harmony.

## What are the benefits of adding BALANCE™ to your routine?

- Contains vitamin B6
- Metabolizing minerals\*
- Unique mineral blend
- Provides micronutrients



## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

Amount per serving		%Daily Value
Vitamin B6 (as Pyridoxine HCl)	25 mg	1471%
Zinc	18 mg	164%
Molybdenum	25 mcg	56%
Proprietary Blend	179 mg	**
Zinc Amino Acid Chelate, N-Acetyl-L-Cysteine, L-Glutamine, L-Serine, Boron Glycinate Complex, Molybdenum Glycinate Chelate.		

\*\*Daily Value not established.

\*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.

# MSM

If you're looking to support joint health and take your workout recovery to the next level, MSM is going to be your new bff. MSM is commonly known as organic sulfur, but is not to be confused with the foul-smelling sulfur. Just like so many other nutrients it's easy to miss this in your diet, but has so many positive qualities when it comes to optimal health!



## What are the benefits of MSM?

- Maintain the making of collagen
- The main supportive protein of cartilage, tendons, connective tissue and healthy bones
- Maintaining joint flexibility
- Supports healthy skin and nails
- Aids the body in recovering from workouts faster

## Why choose Truvy's MSM?

Time for some science: Truvy's MSM is 99.9% pure distilled MSM that is sourced in North America and has no added fillers, binders, excipients, artificial ingredients, or flow agents. It is a non-GMO, dairy-free, gluten-free and vegan product and is available in a capsule or dissolvable powder.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 60

Amount Per Serving	%Daily Value
MSM (Methylsulfonylmethane) 2g (2,000mg)	**

\*\*Daily Value Not Established.

\*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.

# PYCNOGENOL®



What the heck is PYCNOGENOL®? We get that question quite a bit, but it's a supplement definitely worth knowing about! PYCNOGENOL® (pronounced Pic-Know-Genol) is derived from pine bark and contains active ingredients that can also be found in peanut skin, witch hazel bark and grape seed. It's a powerful antioxidant that can help support overall cell health, reduce temporary muscle soreness due to the vigorous exercise, as well as support the cardiovascular system.

## The Benefits of PYCNOGENOL®:

- Supports the vascular function
- Aids in supporting the immune system
- Less mental fog
- Potent antioxidant
- Anti-aging benefits

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

Amount Per Serving	%Daily Value
Pycnogenol® (French Maritime Pine Bark Extract) <i>Pinus pinaster</i>	60mg **
Citrus Bioflavonoid Complex	600mg **

\*\*Daily Value Not Established.

*PYCNOGENOL® is a registered trademark of Horphag Research Ltd.  
Use of this product is protected by U.S. patent #6,372,266 and other international patents.*

## Why Choose Truvy's PYCNOGENOL®?

Truvy's PYCNOGENOL® can provide you with antioxidants and bioflavonoids, important plant compounds beneficial to overall health. Bioflavonoids can be found naturally in fruits and vegetables can support the absorption of certain vitamins.

*\*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.*

# Omega-3

## Why Do We Need Omega-3 Fatty Acids?

As with a lot of vitamins and supplements, Omega-3 is easily missed in the diet but is critical for optimal health. Omega-3 Fatty Acids are known to support brain function, hearth health, joint function, the nervous system, healthy skin, hair and more!

## What Are Omega-3 Fatty Acids?

Here's the nitty gritty science behind it: Omega-3s are a form of polyunsaturated fat and can be further broken down into three types: DHA, EPA and ALA. You get these three forms through different types of food. DHA can be one of the hardest omega-3s to consume and our bodies can convert ALA (from plants) into DHA, but only at a small percentage.



## Supplement Facts

Serving Size 2 Softgels  
Servings Per Container 50

Amount Per Serving		%Daily Value
Calories	20	
Total Fat	2g	3%*
Saturated Fat	0.5g	3%*
Polyunsaturated Fat	1g	**
Monounsaturated Fat	0.5g	**
Fish Oil Concentrate	2g (2,000mg)	**
Omega-3 Fatty Acids:		
Eicosapentaenoic Acid (EPA)	360mg	**
Docosahexaenoic Acid (DHA)	240mg	**

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

\*\*Daily Value Not Established.

**OTHER INGREDIENTS:** SOFTGEL CAPSULE (GELATIN, GLYCERIN, WATER) AND D-ALPHA TOCOPHEROL.

**CONTAINS:** FISH (ANCHOVIES, SARDINES, TUNA) AND D-ALPHA TOCOPHEROL.

## Why Choose Truvy's Omega-3 Supplement?

Our Omega-3 supplement provides an optimal balance of molecularly distilled EPA and DHA. Our Omega-3 gels are the perfect way to ensure your body is getting enough of this important fat.

# Ubiquinol



Ubiquinol (also known as CoQ10), is a fat-soluble compound involved in the production of energy with the body's cells. It's also one of the most studied antioxidants out there and for good reason! CoQ10 is a coenzyme and antioxidant that is crucial in supporting heart health.

## What are the benefits of Ubiquinol?

- Highly bioavailable active form of CoQ10
- Healthy Energy Levels
- Antioxidant properties
- Athletic recovery
- Anti-aging benefits

## Why do we need Ubiquinol?

Getting older is never fun, but it doesn't mean we have to feel older. We naturally produce CoQ10 but as our bodies age, we have a harder time changing the conventional CoQ10 into the advanced Ubiquinol form. This then impacts our bodies' supply of cellular energy. Some of our most important organs and muscles such as the brain and the heart, require a large amount of cellular energy to function at optimal levels. Truvy's Ubiquinol is highly bioavailable, meaning the body can absorb it easily. It can help supply this important nutrient to support normal cellular function and to support a healthy heart.

## Supplement Facts

Serving Size 1 Softgel  
Servings Per Container 60

Amount Per Serving	%Daily Value
Ubiquinol (Kaneka Ubiquinol™) (Reduced Form CoQ10)	100mg* *

\*\*Daily Value Not Established.

*\*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.*

# VIBRANT™

## What is VIBRANT™?

Hemp is all the rage right now... and for good reason. Hemp has been extensively studied for its many valuable properties and our VIBRANT™ Patch is no different. VIBRANT™ is the best way to get the positive effects of hemp. Through our rigorous testing, we discovered the best method to provide you with the most high quality ingredients of hemp for the longest duration of time is with a patch.

However, not all patches are created equal. We have found through our proprietary technology, a way to promote a significantly higher bioavailability than your typical patch or oral hemp product. It's time to get your zen on.



## Why Hemp?

VIBRANT™ helps you feel your best with the powerful components of Hemp. Research suggests it can support relaxation, feelings of wellness, and more.

## What other ingredients will I find in VIBRANT™?

This patch is jam packed with other naturally sourced ingredients that promote the sense of well-being including Ashwagandha, Gaba, Black Peppercorn Extract and CoQ10

- **Ashwagandha** is a powerful herb traditionally used in Eastern tradition to aid in the feeling of calmness.

## How do I use the VIBRANT™ Patch?

It's easy! Apply one patch each day after bathing or showering. Rotate the placement of the patch between the inside of the right or left bicep, the inner right or left thigh. Leave on for 24 hours and then remove it before bathing or showering. Adhesive residue can be easily removed by using Truvy's Orange Essential Oil. Wearable up to 24 hours. Cleanse skin between applications.

Ingredients: Ashwagandha Extract, GABA, CoQ10, Hemp Oil Extract, Black Peppercorn Extract

*This product is designed with direct skin contact approved components (adhesive and foam) for healthy adults.*





patch-ûps™

# FAQ

patch-ûps™

**VIBRANT**  
CBD PATCH

ENHANCES GOOD VIBES  
30 PATCHES | 2.125" x 1.5"

## WHAT IS VIBRANT?

Our VIBRANT patch is the best way to get the positive effects of CBD. Through rigorous testing, we discovered the best method to provide you with the most active ingredients of CBD for the longest duration of time is with a patch. However, not all patches are created equal. We have found through our proprietary technology a way to promote a significantly higher bioavailability than your typical patch or oral CBD product. VIBRANT helps you feel your best with the powerful components of Hemp. Hemp has been extensively studied for its many valuable properties. Research suggests it can support relaxation, feelings of wellness, and more.

**Q:** Are the Vibrant patches full spectrum?

**A:** Yes

**Q:** Is the hemp organic?

**A:** Yes

**Q:** Is there caffeine in the Vibrant patches?

**A:** No

**Q:** Are they Latex free?

**A:** Yes

**Q:** How many MG of CBD are in the patches?

**A:** It is a proprietary blend, so we don't share the amount. However, in comparison to other CBD products, you do not need as much because the VIBRANT patch is transdermal meaning the ingredients go through the skin right into the bloodstream. In testing, to get the same effect you need about 10% of the actives. We use a very high-grade CBD from two sources: Hemp CBD Oil and Water-Soluble Hemp CBD Powder. This gives fast results along with 24-hour bloodstream delivery.

**Q:** Can kids/children use Vibrant Patch-ups?

**A:** We suggest you consult your physician.

**Q:** Are the patches gluten free, vegan and non-GMO?

**A:** Yes

**Q:** Can you use both or multiple patches at once?

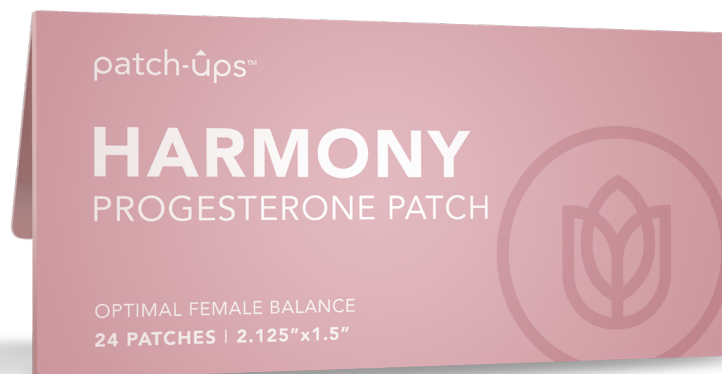
**A:** Yes

# HARMONY™ Patch

## What is HARMONY™?

Alright ladies this one's for you! Let us introduce you to the HARMONY™ patch. Our wild yam extract patches are designed with proprietary patch technology for optimal female balance.

Due to the stresses of the modern world (and let's be honest there's a LOT) between our diet, and environmental toxins, you end up just not feeling like yourself. More and more women experience the feeling of low energy levels and mental fog.



## What are the benefits of the HARMONY™ patch?

HARMONY™ is designed for optimal female balance, or for those women who may just not be feeling like themselves. Wild Yam is currently being used by thousands of women in the western world and has been shown to support women in so many ways such as:

- The sense of mental clarity
- Promotes the feeling of a calm mind
- Optimal female balance

## How do I use the HARMONY™ patch?

It's easy! Apply one patch each day after bathing or showering. Rotate the placement of the patch between the inside of the right or left bicep, the inner right or left thigh. Leave on for 24 hours and then remove it before bathing or showering. Adhesive residue can be easily removed by using Truvy's Orange Essential Oil. Wearable up to 24 hours. Cleanse skin between applications.

Ingredients: Wild Yam Extract, Cramp Bark Extract, Saw Palmetto Extract, Chamomile Extract, Dong Quai Root, Black Cohosh, CoQ10, Black Peppercorn Extract, Comfrey Root.

patch-ûps™

# FAQ



## WHAT IS HARMONY?

Ladies, let us introduce you to the HARMONY patch. Our wild yam extract patches are designed with proprietary patch technology for optimal female balance. Due to the stresses of the modern world, our diet, the increased use of chemicals and the widespread use of estrogen in contraceptives, more and more women experience an imbalance. Some of these imbalances can include weight gain, low energy levels, mental fog, not feeling like yourself and more.

**Q:** With there being 24 patches in one box, is there a certain week of the month that you recommend to not use Harmony patches?

**A:** It is recommended to take a week off that is during your menstrual cycle. If you do not have a menstrual cycle, you may choose the days off of as desired.

**Q:** Will Harmony affect the effectiveness of birth control?

**A:** It shouldn't but you should check with your health care practitioner.

**Q:** Can this be taken through menopause? Or after menopause?

**A:** Yes, during and after.

**Q:** Will this affect my menstrual cycle?

**A:** Women with irregular cycles report that the use of progesterone helps regulate their cycle.

**Q:** Does Harmony have estrogen?

**A:** No

**Q:** Are the patches gluten free, vegan and non-GMO?

**A:** Yes

**Q:** Are they Latex free?

**A:** Yes



# CRAFTED HEALTHY™

TruVision Health's CRAFTED™ Seasonings are a natural and low to zero calorie option to spice up even the blandest foods. Enjoy on your favorite meats, veggies, eggs, and other recipes for a tastier way to eat well! Our CRAFTED™ Seasonings are low in sodium and free from gluten and MSG. You can visit [truvisionhealth.com](http://truvisionhealth.com) and view our blog or the spice section for creative and healthy recipes that include our delicious spices.

Available in ten classic and unique flavors.



Certain Crafted™ Healthy Spices Available in: Australia, Ireland, New Zealand, United Kingdom, United States



# Healthy Protein Cakes

Looking for the perfect on-the-go snack? Look no further! Enjoy our deliciously fresh baked protein cakes. Available in several tasty flavors and impressively packed with 20 grams of protein, plenty of fiber, and are naturally flavored.

## Why Protein Cakes?

- 20 grams of protein
- 12 grams of fiber
- Naturally flavored
- Delicious taste!
- Available in S'mores and Blueberry Cheesecake flavors

## Benefits of Protein?

- Aids with healthy weight management
- Assists in the creation of enzymes, hormones and neurotransmitters
- Curbs hunger
- Speeds recovery after exercise
- Builds lean muscle & reduces muscle loss

## Why is Protein so Important?

Protein is a vital part of every person's diet, it makes up the primary structure and functional component of every cell in the body. Protein also helps with helping you feel more full, recovery after your workouts, and building lean muscle tissue.

So whether you're on the go, at home or leaving the gym, make sure to grab a Crispy Protein Cake wherever you go! It's the perfect snack!

**THIS PRODUCT CONTAINS:  
MILK, SOY AND PEANUT.**





Enjoy the perfect on the go snack with our deliciously fresh baked protein cakes. Available in tasty flavors and impressively packed with 20 grams of protein, plenty of fiber and are naturally flavored.

### Why Protein Cakes?

- 20 Grams of Protein
- 12 grams of fiber
- Naturally Flavored
- Natural Ingredients

### Why Protein?

Protein is a vital part of every person's diet, it makes up the primary structure and functional component of every cell in the body. Protein also helps with helping you feel more full, recovery after a workout, and building lean muscle tissue.

### Benefits of Protein:

- Aids with healthy weight management
- Assists in the creation of enzymes, hormones, and neurotransmitters.
- Curbs hunger
- Speeds recovery after exercise
- Builds lean muscle & reduce muscle loss

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

CRAFTED™

## toasted s'mores

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 10g	13%	<b>Total Carbohydrate</b> 28g	10%
Saturated Fat 4g	20%	Dietary Fiber 12g	43%
Trans Fat 0g		Total Sugars 8g	
Cholesterol 25mg	8%	Includes 8g Added Sugars	16%
Sodium 95mg	4%	<b>Protein</b> 20g	40%
Vitamin D 0mcg	0%	• Calcium 26mg	2%
Potassium 0mg	0%	• Iron 0.54mg	4%

CONTAINS: MILK, SOY, PEANUT, AND SEED (SUNFLOWER).

## blueberry cheesecake

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 10g	13%	<b>Total Carbohydrate</b> 27g	10%
Saturated Fat 4g	20%	Dietary Fiber 12g	43%
Trans Fat 0g		Total Sugars 9g	
Cholesterol 25mg	8%	Includes 7g Added Sugars	14%
Sodium 95mg	4%	<b>Protein</b> 20g	40%
Vitamin D 0mcg	0%	• Calcium 26mg	2%
Potassium 0mg	0%	• Iron 0mg	0%

CONTAINS: MILK, SOY, PEANUT, AND SEED (SUNFLOWER).

Crafted™ Healthy S'mores Protein Cakes Available in: Australia, New Zealand, United States  
 Crafted™ Healthy Blueberry Cheesecake Protein Cakes Available in: Australia, New Zealand, United States



## Protein Popcorn

Enjoy the popcorn you crave, now with added protein! Made with whey protein isolate, our popcorn has 2.5x the protein and half the carbs compared to other leading brands. Enjoy as a healthy snack that contains natural ingredients and is made with zero artificial flavors.

## Why Protein Popcorn?

- 2.5x the protein
- ½ the Carb Serving compared to other leading brands.
- Great taste
- No Artificial Flavors
- Natural Ingredients

## Why Protein?

Protein is a vital part of every person's diet, it makes up the primary structure and functional component of every cell in the body. Protein also helps with helping you feel more full, recovery after a workout, and building lean muscle tissue.

## Benefits of Protein:

- Aids with healthy weight management
- Assists in the creation of enzymes, hormones, and neurotransmitters.
- Curbs hunger
- Speeds recovery after exercise
- Builds lean muscle & reduce muscle loss

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

## salty and sweet

Nutrition Facts			
2 servings per container			
Serving size		1oz (28g)	
	Per Serving	Per Container	
Calories	150	300	
	% DV*	% DV*	
<b>Total Fat</b>	10g	20g	24%
Saturated Fat	1.4g	2.8g	14%
Trans Fat	0g		
Polyunsaturated Fat	5.3g	10.6g	
Monounsaturated Fat	2.1g	4.2g	
<b>Cholesterol</b>	0mg	<5mg	1%
<b>Sodium</b>	180mg	360mg	16%
<b>Total Carbs.</b>	11g	22g	8%
Dietary Fiber	2g	4g	11%
Total Sugars	3g	6g	
Incl. Added Sugars	3g	6g	14%
Sugar Alcohol	0g	0g	
<b>Protein</b>	5g	10g	24%
Vitamin D	0mcg	0mcg	0%
Calcium	0mg	0mg	0%
Iron	0mg	0mg	0%
Potassium	0mg	0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** WHOLE GRAIN NON-GMO YELLOW POPCORN, SUNFLOWER OIL, PROTEIN BLEND (PARTIALLY HYDROLYZED WHEY PROTEIN ISOLATE, MILK PROTEIN ISOLATE), SUGAR, AND SALT.

**CONTAINS: MILK.**

MANUFACTURED FOR:  
TRUVISION HEALTH  
SALT LAKE CITY, UTAH 84020  
(855)213-TRUV  
WWW.TRUVISIONHEALTH.COM

Avoid excessive heat, light and moisture.

**FACILITY ALLERGEN STATEMENT:** Made on equipment that also processes: Milk, Soy, and Peanut Products. Made in a facility that also produces: Tree Nut Products.

**WARNING:** May contain unpopped kernels. Not responsible for any resulting tooth damage.

## white cheddar

Nutrition Facts			
2 servings per container			
Serving size		1oz (28g)	
	Per Serving	Per Container	
Calories	150	300	
	% DV*	% DV*	
<b>Total Fat</b>	10g	20g	24%
Saturated Fat	1.4g	2.8g	14%
Trans Fat	0g	0g	
Polyunsaturated Fat	5.3g	10.6g	
Monounsaturated Fat	2.1g	4.2g	
<b>Cholesterol</b>	0mg	<5mg	1%
<b>Sodium</b>	180mg	360mg	16%
<b>Total Carbs.</b>	11g	22g	8%
Dietary Fiber	2g	4g	11%
Total Sugars	3g	6g	
Incl. Added Sugars	3g	6g	14%
Sugar Alcohol	0g	0g	
<b>Protein</b>	5g	10g	24%
Vitamin D	0mcg	0mcg	0%
Calcium	0mg	0mg	0%
Iron	0mg	0mg	0%
Potassium	0mg	0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** WHOLE GRAIN NON-GMO YELLOW POPCORN, SUNFLOWER OIL, PROTEIN BLEND (PARTIALLY HYDROLYZED WHEY PROTEIN ISOLATE, MILK PROTEIN ISOLATE), WHITE CHEDDAR (A DEHYDRATED BLEND OF WHEY, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WHEY PROTEIN CONCENTRATE, LACTOSE, MALTODEXTRIN, SALT, SODIUM PHOSPHATE, CONTAINS LESS THAN 2% OF NATURAL FLAVOR, CITRIC ACID, LACTIC ACID), AND SALT.

**CONTAINS: MILK.**

MANUFACTURED FOR:  
TRUVISION HEALTH  
SALT LAKE CITY, UTAH 84020  
(855)213-TRUV  
WWW.TRUVISIONHEALTH.COM

Avoid excessive heat, light and moisture.

**FACILITY ALLERGEN STATEMENT:** Made on equipment that also processes: Milk, Soy, and Peanut Products. Made in a facility that also produces: Tree Nut Products.

**WARNING:** May contain unpopped kernels. Not responsible for any resulting tooth damage.



## Welcome to simplyClean™, the all-purpose cleaner just for you.

It's time to bring the tools of the professional cleaner into the palm of your hand. simplyCLEAN is a unique general surface cleaner that is a great option to use anywhere from those easy to tough messes. As a concentrate, you decide the strength of the solution you're working with. The tougher the cleaning job, the more concentrate and less water you add.

### The many benefits of simplyCLEAN

- 100% biodegradable and nontoxic.
- Safe and easy to use around people, plants, and animals.
- Free of petroleum distillates, solvents, phosphates, and other polluting agents.
- Safe to use on any surface not damaged by water.
- Passed the Biological Oxygen Demand test.

### The many benefits of simplyCLEAN

simplyCLEAN is a unique general surface cleaner that utilizes colloidal action. When simplyCLEAN is mixed in various concentrations it is effective in cleaning virtually any surface or material. Colloids are activated by the water, which instantly begins the constant swirling and magnetic-like super penetrating action. The colloid structure breaks down, absorbs, and holds particles of dirt, grime, grease, and oils in suspension. The dirt and grime particles are no longer able to stick together or adhere to the surface and can be simply wiped or flushed away.

#### WHERE TO USE:

- Countertops
- Walls (Papered and Painted)
- Cabinets
- Carpets
- Upholstery
- Tile, Linoleum, Wood Floors
- Stove Tops and Hoods
- Ovens
- Fiberglass and Plastic Surfaces
- Leather & Vinyl
- Wood & Wood Veneer
- Fabrics
- Vehicles (Outside and Interior)
- Any Surface Not Harmed By A Damp Cloth

#### USE TO CLEAN:

- Dirt
- Food Spills On Carpets, Upholstery and Fabrics
- Grease Build Up On and Around Stoves
- Grime



*by nature*<sup>e</sup>  
essentials



## BY NATURE™ ESSENTIAL OILS

You've heard of essential oils. Now come see for yourself what makes them so special. Grab yourself a handful of nature's best essential oils.



# by nature<sup>®</sup> essentials

See what has taken the world by storm and grab yourself a handful of diverse essential oils.



## Bergamot

*Calm and Rejuvenate*

Bergamot has been used for years in Italy and Greece for its unique properties. Bergamot's one of a kind citrus scent can help calm any feelings of stress while uplifting your soul. It also can be very cooling for the skin.

- Diffuse in a water diffuser for a calming aroma.
- Use with our Fractionated Coconut Oil to soothe the skin.



## Clear™

*That cooling feeling*

With oils like Eucalyptus Globulus, Eucalyptus Radiata, Ravintsara, Rosemary, Frankincense, Cypress, Peppermint, and Cajeput, CLEAR™ contains a variety of components that give you that cooling feeling.

- Diffuse CLEAR™ for an awakening aroma.
- Apply 1-2 drops of CLEAR™ to the chest or neck in the evening for a more peaceful night sleep.
- Add 4-6 drop of CLEAR™ to a warm bath and soak to help relax the body.
- Apply CLEAR™ as needed to the neck and chest to get the feeling of rejuvenated airways.



## truDEFENSE®

*Warm the Senses*

With oils like clove, lemon, cinnamon, eucalyptus, and rosemary, truDEFENSE® contains powerful components and a warm aroma that offers peace of mind.

- Diffuse DEFENSE for a calming and warm aroma.
- Apply 1-2 drops of DEFENSE to the bottom of your feet.
- Use with a carrier oil, like fractionated coconut oil, if you have sensitive skin.



## Eucalyptus

*Breathe Deep and Relax*

Eucalyptus is ideal for keeping the air smelling clean and fresh. There are also many studies that highlight the benefits of Eucalyptus. Diffuse for better air quality or rub on your chest for an awakening aroma.

- Add 5 – 15 drops to water and diffuse.
- May be applied directly to the skin for topical use.
- Dilute properly for use on sensitive skin.



## Frankincense

*Make your day just a little brighter*

Our frankincense oil can be used topically to perfect your skin or aromatically to bring you peace and tranquility.

- Add 5-6 drops of frankincense to diffuser water.
- Can be applied directly to skin for topical use.
- Dilute properly for use on sensitive skin.



## Grapefruit

*Promote clear, healthy - looking skin*

Grapefruit provides mental clarity and an energizing aroma. Grapefruit is often used in skin care products for its ability to promote clear, healthy-looking skin.

- Diffuse to help reduce stress and promote mental clarity.
- Avoid direct sunlight or UV rays after applying topically. (photo sensitive)



## Lavender

*Relax your mind and body*

Lavender oil has been used for thousands of years to calm and relax both the mind and body. Its soothing aroma can help provide balance, energy and the sense of overall well-being. It is highly sought-after for use in skin care, beauty, and natural cleaning products.

- Diffuse LAVENDER to freshen air and uplift the mood of your home or office.
- Add a few drops of LAVENDER to a warm bath or rub onto your chest, neck, feet, pillows or bedding to promote relaxation.



## Lemon

*Uplift and energize*

When diffused, LEMON has shown to provide an uplifting and energizing environment.

- Diffuse to create an energizing environment.
- Add 2-3 drops to your diluted simplyCLEAN™ to enhance scent.
- Can be applied to a rag and used on leather to preserve the condition and shine.
- Avoid direct sunlight or UV rays after applying topically. (photo sensitive)



## Myrrh

*Calm the Soul and Brighten the Skin*

Myrrh has been used for centuries, especially in the middle east. It's known for its calming properties making it ideal for aromatherapy and massage. It's a very soothing and moisturizing oil and it can aid in healthy, young looking skin.

- Diffuse to help reduce stress and promote a sense of calm.
- Use in your skincare routine to reduce dry skin along with a carrier oil like our fractionated coconut oil.
- If you have sensitive skin, test on a small area of your skin as myrrh may cause irritation.



## Orange

*Clear the fog. Enhance the mind.*

ORANGE will uplift your mood, enhance the mind and leave the room feeling fresh.

- Diffuse to create an uplifting environment.
- Add 1-2 drops of ORANGE to a carrier oil to use as a relaxing massage blend.
- Diffuse for a peaceful aroma.



## Oregano

*More than just a cooking spice*

Oregano is more than just a popular cooking spice used in the kitchen. Oregano has been known to be applied topically to improve the appearance of skin.

- Add 5-6 drops to diffuser water and diffuse.
- Can be applied directly to the skin for topical use.
- Dilute properly for use on sensitive skin.



## Peppermint

*Ignite your senses*

Peppermint is used in a wide variety of ways – aromatically and topically – to relieve stress and freshen the air. Massaging with peppermint oil can also provide a refreshing ambiance. One of the more popular ways of using this oil is through diffusion, as it serves to instantly revitalize any area.

- Diffuse Peppermint Blend in any diffuser or rub a few drops into the palms and breathe in
- Rub 4-5 drops of Peppermint Blend – diluted to 50% – on the temples, neck, shoulders and ears to naturally cool and refresh the body.
- Add Peppermint Blend to a diffuser to freshen the air.



## Pure

*Clean Smell, Fresh Air*

Our homes are bombarded with unwanted odors daily. PURE and its purifying aromatic properties make it an ideal oil to use around the home to create a clean, welcoming and fragrant environment.

- Diffuse to aromatically purify and freshen air.
- Mix 5-10 drops of PURE with a small spray bottle to wipe counters and appliances.
- Eliminate laundry odors by adding a few drops to the rinse cycle.



## Spruce

*Soothe the soul inside and out*

Spruce has been used for hundreds of years by Native Americans. It offers an energizing and grounding scent and positively affects the body.

- Add several drops to a diffuser for a soothing aromatic experience
- May be applied directly to skin for topical use
- Dilute with carrier oil, like our fractionated coconut oil, if you have sensitive skin.



## Tea Tree

*Clean and Refreshing*

Tea Tree oil is valued by countless cultures. Our TEA TREE essential oil offers a refreshing, natural and herbal scent which cleanses the mind and body.

- Add 1-2 drops of TEA TREE oil to your normal face cleanser or apply directly to skin to help with cleansing.
- Massage 1-2 drops of TEA TREE oil onto the chest or reflex points of the feet to reduce stress.
- Diffuse TEA TREE oil to aromatically cleanse the air.
- Apply a few drops of TEA TREE oil topically as needed to skin to refresh your day.

## By Nature Essentials' Bare Deodorant

Made from virgin coconut oil, cocoa butter, shea butter, and tea tree oil, BARE deodorant's pure ingredients soften and soothe your skin. Our deodorant is scented with essential oils like lemon, lime, and grapefruit so you can smell good. One swipe gives you the confidence and protection against unwanted odors that you need all day long.

## What are the benefits of Bare Deodorant?

- Non-Toxic
- High-Quality Ingredients
- Refreshing Scent
- No chemicals
- Available in travel size so you can take it anywhere!

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





Formulated to complement a healthy and active lifestyle with naturally sourced ingredients that simply WORK! With a mixture blend of bergamot and lime, you'll stay smelling fresh all day long without the worry of harmful chemicals. Simply, add a pea-sized amount onto each clean underarm and allow the body to warm the deodorant for several seconds. Once warmed, gently pat onto the skin after putting clothing on.

#### Highlights:

- Bergamot Oil: Bergamot has been used for years in Italy and Greece for its unique properties. Bergamot's one of a kind citrus scent can help calm any feelings of stress while uplifting your soul. It also can be very cooling for the skin.
- Natural Ingredients

**simplyFRESH Available in:** United States

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## What is the truSOOTHE?

Combining a blend of our premium By Nature Essential oils, truSOOTHE is perfect for a calming and soothing effect. Whether you experienced an intense workout or a rough night of sleep use truSOOTHE topically to provide immediate relaxing results.\*

## What is in the truSOOTHE?

### PEPPERMINT ESSENTIAL OIL

Groups and individuals throughout history have studied the beneficial effects of Peppermint oil. It is used in a wide variety of ways – aromatically and topically – to relieve stress and freshen the air. Massaging with peppermint oil can also provide a refreshing ambiance. One of the more popular ways of using this oil is through diffusion, as it serves to instantly revitalize any area.

### EUCALYPTUS ESSENTIAL OIL

Eucalyptus is ideal for keeping the air smelling clean and fresh.\* There are also many studies that highlight the benefits of Eucalyptus. Diffuse for better aromatic air quality or rub on your chest for an awakening aroma.

## How do I use truSOOTHE?

truSOOTHE provides a cooling and then warming sensation to grant instant relaxation.\* It can be applied topically to any desired area. Avoid applying to sensitive areas. You will want to provide a small amount and rub it generously on the targeted area.

Ingredients: Water, Methyl Salicylate, Cinnamomum Camphora (Camphor) Bark Oil, Menthol, Caprylic/Capric Triglyceride, Butylene Glycol, Cetearyl Alcohol, Cyclopentasiloxane, Glyceryl Stearate, PEG-100 Stearate, Stearic Acid, Eucalyptus Globulus Leaf Oil, Mentha Piperita (Peppermint) Oil, Prunus Amygdalus Dulcis (Sweet Almond) Oil\*, Zea Mays (Corn) Oil, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Cetearth-20, Dimethicone, Squalane, Phenoxyethanol, Caprylyl Glycol, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Xanthan Gum, Ethylhexylglycerin, Hexylene Glycol, Capsicum Frutescens Fruit Extract, Polysorbate 60, Tetrasodium Glutamate Diacetate.

\* Contains less than 1%

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



## DERMAPRUV®

From the finest naturally sourced ingredients, improve the appearance of your skin with our Dermapruv® Skin care lineup.





### Instant Wrinkle Eliminator

Contains ZERO silicates and nothing synthetic so it can be used daily to be gentle on the skin. without irritation. Reduces the appearance of fine lines and wrinkles. Reduce the appearance of under eye bags.

Usage: Apply only to target areas where wrinkles are visible or to reduce the appearance of under eye bags. Apply in a patting motion.

**Instant Wrinkle Eliminator Available in:** Australia, Colombia, Costa Rica, Mexico, New Zealand, Panama, South Africa, United States

### Deep Tissue Serum

Naturally sourced and made of 100% oils, our Deep Tissue Serum evens out the appearance of skin tones and hydrates the skin. We use sweet almond, avocado, jojoba, grapeseed and argan oils among others to replenish and soothe all night long. It's silicone and glycerin free and contains NO fillers of any kind.

Usage: Apply only to target areas where wrinkles are visible or to reduce the appearance of under eye bags. Apply in a patting motion.

**Deep Tissue Serum Available in:** Australia, Colombia, Costa Rica, Mexico, New Zealand, South Africa, United States





### Nighttime Repair Cream

This cream is rich in avocado and calendula oils plus shea butter which also adds a boost of vitamins and omega for the skin. Wake each morning with hydrated skin. Improves the appearance of the skin's texture. Adds vitamins and minerals onto the skin.

Usage: Apply before bed and use as needed.

**Nighttime Repair Cream Available in:** Australia, Colombia, Costa Rica, Mexico, New Zealand, Panama, South Africa, United States



### Daytime Repair Cream

A combination of aloe vera, jojoba, and borage seed oil along with Dead Sea minerals, our Daytime Repair Cream can be applied to clean dry skin. The naturally derived anti-aging components work to keep the skin plump and radiant.

Usage: Apply directly to the same areas you used the Deep Tissue Serum. Apply during daytime routine.

**Daytime Repair Cream Available in:** Australia, Colombia, Costa Rica, Mexico, New Zealand, South Africa, United States





### Minute Face Lift

Improve the appearance of your face in just one minute! Our Minute Face Lift is a revolutionary anti-aging skin treatment that reduces the appearance of lines and wrinkles. It also exfoliates while depositing stem cells and peptides onto your skin. With ingredients like collagen, elastin, and hyaluronic acid, your skin will look and feel radiant.

Usage: After cleansing the skin, apply a thin layer to dry, clean skin. Maintain a relaxed face for one minute and rinse thoroughly with warm water.

**Minute Face Lift Available in:** Australia, Colombia, Costa Rica, Mexico, New Zealand, Panama, South Africa, United States



# +MEND

SKIN CARE



## 🌙 NIGHT ROUTINE



1. Gently cleanse face using warm water and towel pat dry.



2. Apply **Minute Facelift**.<sup>\*</sup> Apply a thin even layer to clean dry skin. Maintain a relaxed face for one minute, then rinse thoroughly with warm water.



3. Liberally apply the **Deep Tissue Serum** all over the face.



4. Apply **Nighttime Repair Cream** all over the face.

## ☀️ DAY ROUTINE



1. Gently cleanse face using warm water and towel pat dry.



2. Apply **Instant Wrinkle Eliminator** to target areas where wrinkles are visible in a patting motion.



3. Apply **Deep Tissue Serum**, avoiding target areas where the Instant Wrinkle Eliminator was applied.



4. Apply **Daytime Repair Cream** to the same areas you applied the Deep Tissue Serum, avoiding areas where the Instant Wrinkle Eliminator was applied.