3Believe Product Ingredients - August 2021

Tortillas

INGREDIENTS: Enriched 3Believe Smart Wheat Flour (Niacin, Iron, Thiamine, Riboflavin, Folic acid fortified), Cottonseed Oil, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract), 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract), Salt, Calcium Propionate, Natural Preservatives: Acetic Acid (bacterial fermented vinegar concentrate), Lactic acid (milk acid concentrate). Processed on equipment that also packages products that may contain eggs, nuts, milk, wheat.

Digestive† Facts

10 Tortillas per Package
Serving size:
1 Tortilla (51g)

Calories per serving: 32

Amount Per Serving	% Daily Value*
Total Digested Fat 0g	0%
Saturated Fat 0g	0%
***Trans* Fat** 0g	
Polyunsaturated Fat 0g	
Monounsturated Fat 0g	
Total Digested Cholesterol 0mg	0%

• Calcium 4% • Iron 2%
• Vitamin A 0% • Vitamin C 4%

Amount Per Serving	% Daily Value*
Sodium 230mg	10%
Total Carbohydrate 2g	2%
Dietary Fiber 3g	16%
Total Sugars 0g	
Includes 0g Added Sugars	
Total Digested Carbs 2g	
Protein 6g	

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

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size 1 tortilla, Servings per Package 10, Amount per Serving: Calories 160, Fat Cal. 32, Total Fat 3.5g (4% DV), Saturated Fat 1g (5% DV), Trans Fat 0g (0% DV), Cholesterol 0mg (0% DV), Sodium 230mg (10% DV), Total Carbs. 25g (9% DV), Dietary Fiber 3g (9% DV), Sugars 0g, Protein 6g. Percent Daily Values are based on a 2,000 calorie diet.

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

Ham Egg & Cheese Croissant

INGREDIENTS: 3Believe Smart Flour, Eggs, Ham, Swiss Cheese, Butter, 3Believe Smart & Sweet® (Tagatose, Soluble Fiber, Erythritol, Stevia), Yeast, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract), Salt, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract). Processed on equipment that also packages products that may contain egg, nuts, milk, wheat.

Digestive† Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings per container	Total Digested Fats 0g	0%	Sodium 300mg	13%
Serving size: 1 (91g)	Saturated Fat 0g	0%	Total Digested Carbs 4g	4%
Calories per serving 52	*Trans* Fat 0g		Dietary Fiber 7g	28%
	Polyunsaturated Fat 0g		Total Sugars 3g	
	Monounsaturated Fat 0g		Total Added Sugars 0g	
	Total Digested Cholesterol 0g	0%	Protein 9g	
	• Calcium 2% • Vitamin A 10%		• Iron 8% • Vitamin C 2%	

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 croissant. Servings per container: 2. Amount per Serving: Calories 390, Fat Cal. 180, Total Fat 20g (26% DV), Saturated Fat 13g (65% DV), Trans Fat 0g (0% DV), Cholesterol 75mg (25% DV), Sodium 300mg (13% DV), Potassium 0mg (0% DV), Total Carbs. 43g (16% DV), Dietary Fiber 5g (18% DV), Sugars 15g, Protein 9g. Percent Daily Values are based on a 2,000 calorie diet.

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what is digestibility CORRECTED

DIGESTIBILITY CORRECTED APPROVED FOOD

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Butter Flake Croissant

INGREDIENTS: 3Believe Smart Flour, Butter, 3Believe Smart & Sweet® (Tagatose, Soluble Fiber, Erythritol, Stevia), Yeast, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract), Salt, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract). Processed on equipment that also packages products that may contain egg, nuts, milk, wheat.

Digestive† Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings per container	Total Digested Fats 0g	0%	Sodium 68mg	3%
Serving size: 1 (122g)	Saturated Fat 0g	0%	Total Digested Carbs 5g	8%
Calories per serving 53	*Trans* Fat 0g		Dietary Fiber 17g	66%
	Polyunsaturated Fat 0g		Total Sugars 1g	
	Monounsaturated Fat 0g		Total Added Sugars 0g	
	Total Digested Cholesterol 0g	0%	Protein 8g	
	• Calcium 10% • Vitamin A 5%		• Iron 11% • Vitamin C 3%	

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 croissant. Servings per container: 2. Amount per Serving: Calories 360, Fat Cal. 162, Total Fat 18g (23% DV), Saturated Fat 11g (55% DV), Trans Fat 0g (0% DV), Cholesterol 50mg (17% DV), Sodium 270mg (11% DV), Potassium 0mg (0% DV), Total Carbs. 42g (15% DV), Dietary Fiber 5g (18% DV), Sugars 15g, Protein 7g. Percent Daily Values are based on a 2,000 calorie diet.

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Egg & Cheese Croissant

INGREDIENTS: 3Believe Smart Flour, Eggs, Swiss Cheese, Butter, 3Believe Smart & Sweet® (Tagatose, Soluble Fiber, Erythritol, Stevia), Yeast, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract), Salt, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract). Processed on equipment that also packages products that may contain egg, nuts, milk, wheat.

Digestive† Facts

2 servings per container
Serving size: 1 (79g)

Calories per serving 44

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Digested Fats 0g	0%	Sodium 270mg	11%
Saturated Fat 0g	0%	Total Digested Carbs 4g	4%
Trans Fat 0g		Dietary Fiber 7g	28%
Polyunsaturated Fat 0g		Total Sugars 3g	
Monounsaturated Fat 0g		Total Added Sugars 0g	
Total Digested Cholesterol 0g	0%	Protein 7g	
• Calcium 0% • Vitamin A 10%		• Iron 8% • Vitamin C 0%	

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 croissant. Servings per container: 2. Amount per Serving: Calories 360, Fat Cal. 162, Total Fat 18g (23% DV), Saturated Fat 11g (55% DV), Trans Fat 0g (0% DV), Cholesterol 50mg (17% DV), Sodium 270mg (11% DV), Potassium 0mg (0% DV), Total Carbs. 42g (15% DV), Dietary Fiber 5g (18% DV), Sugars 15g, Protein 7g. Percent Daily Values are based on a 2,000 calorie diet.

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Orange Cranberry Muffin

INGREDIENTS: Wheat Flour, Butter, Smart & Sweet®, Sour cream, Cranberries, Orange extract, Orange zest, Vanilla extract, Natural preservative, 3Believe Fat Blocker® (modified Alpha-Cyclodextrin-plant extract), 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract), Baking powder, Baking soda, Sea salt. Processed on equipment that also packages product(s) that may contain nuts, eggs, wheat flour, dairy

Digestive† Facts

4 servings per container
Serving size: 1 (117g)

Calories per serving 37

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Digested Fats 0g	0%	Sodium 88mg	4%
Saturated Fat 0g	0%	Total Digested Carbs 3g	4%
Trans Fat 0g		Dietary Fiber 4g	18%
Polyunsaturated Fat 0g		Total Sugars 1g	
Monounsaturated Fat 0g		Total Added Sugars 0g	
Total Digested Cholesterol 0g	0%	Protein 6g	
• Calcium 10% • Vitamin A 5%		• Iron 4% • Vitamin C 6%	

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

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 muffin. Servings per container: 4. Amount per Serving: Calories 200, Fat Cal. 65, Total Fat 7g (11% DV), Saturated Fat 3g (15% DV), Trans Fat 0g (0% DV), Cholesterol 11mg (4% DV), Sodium 21mg (1% DV), Potassium 26mg (1% DV), Total Carbs. 27g (9% DV), Dietary Fiber 3g (13% DV), Sugars 3g, Protein 6g. Percent Daily Values are based on a 2,000 calorie diet.

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Pumpkin Chocolate Chip Muffin

INGREDIENTS: Pumpkin, 3Believe Smart Flour, 3Believe Smart & Sweet® (Tagatose, Soluble Fiber, Erythritol, Stevia), Eggs, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract), Canola Oil, Vanilla, Whey Protein, Baking Powder, Salt, Nutmeg, Natural Preservatives: Acetic Acid (bacterial fermented vinegar concentrate), Lactic acid (milk acid concentrate), Cinnamon, Baking Soda, Ginger, Allspice, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract), Chocolate Chip Topping. Processed on equipment that also packages products that may contain nuts, milk, wheat.

Digestive† Facts

4 servings per container
Serving size: 1 (138g)

Calories per serving 40

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Digested Fats 0g	0%	Sodium 400mg	17%
Saturated Fat 0g	0%	Total Digested Carbs 3g	1%
Trans Fat 0g		Dietary Fiber 21g	84%
Polyunsaturated Fat 0g		Total Sugars 1g	
Monounsaturated Fat 0g		Total Added Sugars 0g	
Total Digested Cholesterol 0g	0%	Protein 7g	

• Calcium 10% • Vitamin A2% • Iron 25% • Vitamin C 4%

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 muffin, Servings per container: 4, Amount per Serving: Calories 340, Fat Cal. 32, Total Fat 4g (10% DV), Saturated Fat 4g (20% DV), Trans Fats 0g (0%), Cholesterol 60mg (20% DV), Sodium 400mg (17% DV), Total Carbs. 59 (21% DV), Dietary Fiber 21 (75% DV), Sugars 4g, Protein 7g. Percent Daily Values are based on a 2,000 calorie diet.

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Cinnamon Crumble Muffin

INGREDIENTS: 3Believe Smart Flour, 3Believe Smart & Sweet® (Tagatose, Soluble Fiber, Erythritol, Stevia), Milk, Eggs, Butter, Vanilla, Cinnamon, Lemon Juice, Baking Soda, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract), 3Believe Macro

Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract). Processed on equipment that may contain egg, nuts, milk, wheat.

Digestive† Facts

4 servings per container
Serving size: 1 (138g)

Calories per serving 40

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Digested Fats 0g	0%	Sodium 220mg	9%
Saturated Fat 0g	0%	Total Digested Carbs 4g	2%
Trans Fat 0g		Dietary Fiber 29g	115%
Polyunsaturated Fat 0g		Total Sugars 2g	
Monounsaturated Fat 0g		Total Added Sugars 0g	
Total Digested Cholesterol 0g	0%	Protein 6g	
• Calcium 15% • Vitamin A 10%		• Iron 10% • Vitamin C 0%	

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

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 muffin. Servings per container: 4. Amount per Serving: Calories 451, Fat Cal. 135, Total Fat 15g (23% DV), Saturated Fat 9g (45% DV), Trans Fat 0g (0% DV), Cholesterol 70mg (23% DV), Sodium 220mg (9% DV), Potassium 0mg (0% DV), Total Carbs. 73g (24% DV), Dietary Fiber 27g (108% DV), Sugars 6g, Protein 6g. Percent Daily Values are based on a 2,000 calorie diet.

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Chocolate Chocolate Chip Muffin

INGREDIENTS: 3Believe Smart & Sweet® (Tagatose, Soluble Fiber, Erythritol, Stevia), Milk, Applesauce, 3Believe Smart Flour, Eggs, Cocoa Powder, 3Believe Dark Chocolate, Cocoa Powder, Whey Protein, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract), Molasses, Vanilla, Baking Powder, Baking Soda, Lemon Juice, Natural Preservatives: Acetic Acid (bacterial fermented vinegar concentrate), Lactic Acid (milk acid concentrate), Caramel Flavoring, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract). Processed on equipment that may contain egg, nuts, milk, wheat.

Digestive† Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings per container	Total Digested Fats 0g	0%	Sodium 270mg	11%
Serving size: 1 (132g)	Saturated Fat 0g	0%	Total Digested Carbs 3g	10%
Calories per serving 48	Trans Fat 0g		Dietary Fiber 25g	102%
	Polyunsaturated Fat 0g		Total Sugars 2g	
	Monounsaturated Fat 0g		Total Added Sugars 0g	
	Total Digested Cholesterol 0g	0%	Protein 9g	
	• Calcium 10%	• Vitamin A 2%	• Iron 20%	• Vitamin C 0%

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 muffin. Servings per container: 4. Amount per Serving: Calories 400, Fat Cal. 108, Total Fat 12g (15% DV), Saturated Fat 5g (25% DV), Trans Fat 0g (0% DV), Cholesterol 50mg (17% DV), Sodium 270mg (12% DV), Potassium 0mg (0% DV), Total Carbs. 64g (23% DV), Dietary Fiber 24g (89% DV), Sugars 8g, Protein 9g. Percent Daily Values are based on a 2,000 calorie diet.

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Carrot Cake Muffin

INGREDIENTS: 3Believe Smart flour® (Enriched high gluten unbleached flour), 3Believe Smart & Sweet® (Tagatose, Soluble Fiber, Erythritol, Stevia), Applesauce, Shredded Zucchini, Eggs, Oil, Shredded Carrots, Pecans, Unsweetened Coconut, New Zealand Whey Protein, Molasses, Butter, 3Believe Chiral hydrophilic polysaccharide plant extract® (Fat blocker), Baking Powder, Vanilla, Natural Preservatives: Acetic Acid (bacterial fermented vinegar concentrate), Lactic Acid (milk acid concentrate), Nutmeg, Cinnamon, Ginger, Baking Soda, Salt, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract) Processed on equipment that may contain egg, nuts, milk, wheat.

Digestive† Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calorie a day is used for general nutrition advice.
4 servings per container	Total Digested Fats 0g	0%	Sodium 330mg	14%	
Serving size: 1 (132g)	Saturated Fat 0g	0%	Total Digested Carbs 3g	4%	
Calories per serving 44	Trans Fat 0g		Dietary Fiber 8g	32%	
	Polyunsaturated Fat 0g		Total Sugars 1g		
	Monounsaturated Fat 0g		Total Added Sugars 0g		
	Total Digested Cholesterol 0g	0%	Protein 8g		
	• Calcium 15% • Vitamin A	30%	• Iron 10% • Vitamin C	6%	

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 muffin. Servings per container: 4. Amount per Serving: Calories 370, Fat Cal. 153, Total Fat 17g (22% DV), Saturated Fat 5g (25% DV), Trans Fat 0g (0% DV), Cholesterol 60mg (20% DV), Sodium 330mg (14% DV), Potassium 0mg (0% DV), Total Carbs. 46g (17% DV), Dietary Fiber 6g (21% DV), Sugars 6g, Protein 8g. Percent Daily Values are based on a 2,000 calorie diet.

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Lemon Crumble Muffin

INGREDIENTS: 3Believe Smart & Sweet® (Tagatose, Soluble Fiber, Erythritol, Stevia), Butter, Sour Cream, 3Believe Smart Flour, Eggs, Cale, Lemon Juice, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract), Vanilla, Salt, Baking Powder, Baking Soda, Lemon Juice, Natural Preservatives: Acetic Acid (bacterial fermented vinegar concentrate), Lactic Acid (milk acid concentrate), 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract), (Lemon) Emulsion. Processed on equipment that also packages products that may contain egg, nuts, milk, wheat.

Digestive† Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calorie a day is used for general nutrition advice.
4 servings per container	Total Digested Fats 0g	0%	Sodium 490mg	20%	
Serving size: 1 (131g)	Saturated Fat 0g	0%	Total Digested Carbs 3g	4%	
Calories per serving 36	*Trans* Fat 0g		Dietary Fiber 6g	24%	
	Polyunsaturated Fat 0g		Total Sugars 1g		
	Monounsaturated Fat 0g		Total Added Sugars 0g		
	Total Digested Cholesterol 0g	0%	Protein 6g		
	• Calcium 10% • Vitamin A	8%	• Iron 15% • Vitamin C	2%	

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 muffin. Servings per container: 4. Amount per Serving: Calories 342, Fat Cal. 162, Total Fat 18g (27% DV), Saturated Fat 12g (62% DV), Trans Fat 0g (0% DV), Cholesterol 65mg (21% DV), Sodium 490mg (20% DV), Potassium 0mg (0% DV), Total Carbs. 39g (13% DV), Dietary Fiber 4g (15% DV), Sugars 5g, Protein 6g. Percent Daily Values are based on a 2,000 calorie diet.

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Chicken Burritos

INGREDIENTS: Chicken, Cheese, Black Beans, Chicken, Roasted Salsa, Bell Pepper Blend (Red, Green, Yellow), Tomato Sauce, White Rice, Taco Seasoning, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract), Garlic Powder, Chili Powder, Canola Oil, 3Believe Smart Tortillas®, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract), Oil, Salt, Jack Cheese Blend, Cumin, Onion Powder. Processed on equipment that also packages products that may contain eggs, nuts, milk, wheat.

Digestive† Facts

2 servings per package
Serving size: 1 Burrito (242g)

Calories per serving 124

Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
Total Digested Fats	0g	0%	Sodium	920mg	38%
Saturated Fat	0g	0%	Total Digested Carbs	5g	4%
Trans Fat	0g		Dietary Fiber	6g	24%
Polyunsaturated Fat	0g		Total Sugars	1g	
Monounsaturated Fat	0g		Total Added Sugars	0g	
Total Digested Cholesterol	0g	0%	Protein	26g	

• Calcium 25% • Vitamin A 4% • Iron 10% • Vitamin C 15%

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 Burrito. Servings per package: 2. Amount per Serving: Calories 560, Fat Cal. 144, Total Fat 16g (21% DV), Saturated Fat 7g (35% DV), Trans Fat 0g (0% DV), Cholesterol 55mg (18% DV), Sodium 920mg (40% DV), Potassium 0mg (0% DV), Total Carbs. 79g (29% DV), Dietary Fiber 4g (14% DV), Sugars 6g, Protein 26g. Percent Daily Values are based on a 2,000 calorie diet.

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Chicken Alfredo Pizza

INGREDIENTS: 3Believe Smart Flour, Water, 5 Cheese Blend, Alfredo Sauce, Semolina Flour, Roasted Chicken, Smoked Bacon, Canola Oil, 3Believe Chiral hydrophilic polysaccharide plant extract® (Fat blocker), 3Believe Smart & Sweet® (Tagatose, Soluble Fiber, Erithrytol, Stevia), Yeast, Spinach, Salt, Garlic Powder, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract), Basil, Oregano. Processed on equipment that also packages products that may contain eggs, nuts, milk, wheat.

Digestive† Facts

3 pizzas per package
Serving size: 1 Pizza (315g)

Calories per serving **160**

Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
Total Digested Fats	0g	0%	Sodium	1080mg	45%
Saturated Fat	0g	0%	Total Digested Carbs	6g	7%
Trans Fat	0g		Dietary Fiber	12g	49%
Polyunsaturated Fat	0g		Total Sugars	1g	
Monounsaturated Fat	0g		Total Added Sugars	0g	
Total Digested Cholesterol	0g	0%	Protein	34g	
• Calcium 40%	• Vitamin A 4%		• Iron 35%	• Vitamin C 15%	

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 pizza. Servings per package: 3. Amount per Serving: Calories 760, Fat Cal. 225, Total Fat 25g (32% DV), Saturated Fat 12g (60% DV), Trans Fat 0g (0% DV), Cholesterol 65mg (22% DV), Sodium 1080mg (47% DV), Potassium 0mg (0% DV), Total Carbs. 99g (36% DV), Dietary Fiber 9g (32% DV), Sugars 5g, Protein 34g. Percent Daily Values are based on a 2,000 calorie diet.

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Pepperoni Pizza

INGREDIENTS: 3Believe Smart Flour, Semolina Flour, Mozzarella Cheese, Pepperoni, Tomato Sauce, Diced Tomatoes, Tomato Paste, Veggie Paste (Roasted Celery, Roasted Carrots, Roasted Zucchini, Roasted, Garlic), Water, Garlic, Canola Oil, 3Believe Smart & Sweet® (Tagatose, Soluble Fiber, Erythritol, Stevia), 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract), Bay Leaf, Thyme, Salt, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract). Processed on equipment that may contain egg, nuts, milk, wheat.

Digestive† Facts

3 pizzas per package
Serving size: 1 Pizza (279g)
Calories per serving **100**

Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
Total Digested Fats	0g	0%	Sodium	840mg	35%
Saturated Fat	0g	0%	Total Digested Carbs	6g	6%
Trans Fat	0g		Dietary Fiber	10g	39%
Polyunsaturated Fat	0g		Total Sugars	2g	
Monounsaturated Fat	0g		Total Added Sugars	0g	
Total Digested Cholesterol	0g	0%	Protein	19g	
• Calcium 10%	• Vitamin A 10%		• Iron 40%	• Vitamin C 25%	

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 pizza. Servings per package: 3. Amount per Serving: Calories 597, Fat Cal. 117, Total Fat 13g (20% DV), Saturated Fat 4g (20% DV), Trans Fat 0g (0% DV), Cholesterol 20mg (7% DV), Sodium 840mg (37% DV), Potassium 0mg (0% DV), Total Carbs. 101g (37% DV), Dietary Fiber 8g (29% DV), Sugars 8g, Protein 19g. Percent Daily Values are based on a 2,000 calorie diet.

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Cheese Pizza

INGREDIENTS: 3Believe Smart Flour, Semolina Flour, Mozzarella Cheese, Tomato Sauce, Diced Tomatoes, Tomato Paste, Veggie Paste (Roasted Celery, Roasted Carrots, Roasted Zucchini, Roasted Garlic), Water, Garlic, 3Believe Smart & Sweet® (Tagatose, Soluble

Fiber, Erythritol, Stevia), 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract), Bay Leaf, Thyme, Salt, Canola Oil, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract). Processed on equipment that also packages products that may contain eggs, nuts, milk, wheat.

Digestive† Facts

3 pizzas per package
Serving size: 1 Pizza (266g)

Calories per serving **88**

Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
Total Digested Fats	0g	0%	Sodium	610mg	25%
Saturated Fat	0g	0%	Total Digested Carbs	6g	5%
Trans Fat	0g		Dietary Fiber	9g	37%
Polyunsaturated Fat	0g		Total Sugars	2g	
Monounsaturated Fat	0g		Total Added Sugars	0g	
Total Digested Cholesterol	0g	0%	Protein	16g	
• Calcium 10%	• Vitamin A 10%		• Iron 35%	• Vitamin C 25%	

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 pizza. Servings per package: 3. Amount per Serving: Calories 540, Fat Cal. 72, Total Fat 8g (10% DV), Saturated Fat 2g (10% DV), Trans Fat 0g (0% DV), Cholesterol 10mg (3% DV), Sodium 610mg (27% DV), Potassium 0mg (0% DV), Total Carbs. 101g (37% DV), Dietary Fiber 8g (29% DV), Sugars 8g, Protein 16g. Percent Daily Values are based on a 2,000 calorie diet.

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Dinner Rolls

INGREDIENTS: 3Believe Smart Flour, Milk, Water, Vegetable Shortening, Eggs, 3Believe Smart & Sweet® (Tagatose, Soluble Fiber, Erythritol, Stevia), Salt, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract), Yeast, Natural Preservative: Acetic acid (bacterial fermented vinegar concentrate), Lactic acid (milk acid concentrate), 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract). Processed on equipment that also packages products that may contain eggs, nuts, milk, wheat.

Digestive† Facts	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
10 Rolls per Package Serving size: 1 Roll (77g)	Total Digested Fat 0g	0%	Sodium 300mg	13%	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calorie a day is used for general nutrition advice.
Calories per serving: 32	Saturated Fat 0g	0%	Total Carbohydrate 7g	2%	
	Trans Fat 0g		Dietary Fiber 4g	16%	
	Polyunsaturated Fat 0g		Total Sugars <1g		
	Monounsturated Fat 0g		Includes 0g Added Sugars		
	Total Digested Cholesterol 0mg	0%	Total Digested Carbs 3g	1%	
	• Calcium 2% • Vitamin A 0%	• Iron 8% • Vitamin C 2%	Protein 6g		

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size 1 Roll. Servings per Package: 10. Amount per Serving: Calories 210, Fat Cal. 50, Total Fat 6g (8% DV), Saturated Fat 1.5g (8% DV), Trans Fat 0g (0% DV), Cholesterol 15mg (5% DV), Sodium 300mg (13% DV), Total Carbs. 32g (12% DV), Dietary Fiber 4g (11% DV), Sugars 1g, Protein 6g. Percent Daily Values are based on a 2,000 calorie diet.

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

Hamburger Buns

INGREDIENTS: 3Believe Smart Flour, Water, Milk, Eggs, 3Believe Smart & Sweet® (Tagatose, Soluble Fiber, Erythritol, Stevia), Vegetable Shortening, Dough Conditioner, Yeast, Salt, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract), Natural Preservative: Acetic acid (bacterial fermented vinegar concentrate), Lactic acid (milk acid concentrate), 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract). Processed on equipment that also packages products that may contain eggs, nuts, milk, wheat.

Digestive† Facts	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
8 Rolls per Bag Serving size: 1 Bun (73g)	Total Digested Fat 0g	0%	Sodium 290mg	13%	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calorie a day is used for general nutrition advice.
Calories per serving: 32	Saturated Fat 0g	0%	Total Digested Carbs 2g	1%	
	Trans Fat 0g		Dietary Fiber 5g	18%	
	Polyunsaturated Fat 0g		Tolal Sugars 1g		
	Monounsturated Fat 0g		Includes 0g Added Sugars		
	Total Digested Cholesterol 0mg	0%	Protein 6g		
	• Calcium 2%	• Iron 8%	• Vitamin A 0%	• Vitamin C 10%	

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size 1 Bun. Servings per Bag: 8. Amount per Serving: Calories 190, Fat Cal. 32, Total Fat 3.5g (4% DV), Saturated Fat 1g (5% DV), Trans Fat 0g (0% DV), Cholesterol 20mg (7% DV), Sodium 290mg (13% DV), Total Carbs. 32g (12% DV), Dietary Fiber 4g (14% DV), Sugars 1g, Protein 6g. Percent Daily Values are based on a 2,000 calorie diet.

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Hot Dog Buns

INGREDIENTS: Ingredients: Wheat Flour, Water, Egg, Smart & Sweet®, Butter, Sea Salt, Yeast, Natural preservative, 3Believe Fat Blocker® (modified Alpha-Cyclodextrin-plant extract), 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract). Processed on equipment that also packages product(s) that may contain nuts, eggs, wheat flour, dairy

Digestive† Facts

8 buns per container
Serving size: 1 bun (71g)

Calories per serving 41

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Digested Fats 0g	0%	Sodium 103mg	4%
Saturated Fat 0g	0%	Total Digested Carbs 4g	3%
Trans Fat 0g		Dietary Fiber 4g	15%
Polyunsaturated Fat 0g		Total Sugars 0g	
Monounsaturated Fat 0g		Total Added Sugars 0g	
Total Digested Cholesterol 0mg	0%	Protein 6g	
• Calcium 19% • Vitamin A 5%		• Iron 38% • Vitamin C 3%	

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

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving Size 1 package, Serving Per package 8, Amount Per Serving: Calories 230, Fat Cal. 31, Total Fat 3g (5% DV), Saturated Fat 1g (4% DV), Trans Fat 0g (0% DV), Cholesterol 0mg (0% DV), Sodium 36mg (2% DV), Potassium 65mg (2% DV), Total Carbs. 43g (14% DV), Dietary Fiber 3g (12% DV), Sugars 0g, Protein 6g. Percent Daily Values are based on a 2,000 calorie diet.

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

White Bread

INGREDIENTS: 3Believe Wheat Enriched Smart Flour, Water, Salt, Butter, Sugar, Yeast, Natural Preservatives: Acetic Acid (bacterial fermented vinegar concentrate), Lactic acid (milk acid concentrate), 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract), 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract). Processed on equipment that also packages products that may contain eggs, nuts, milk, wheat.

Digestive† Facts

Serving Size per Bag:
20 Slices Full Loaf
10 Slices Half Loaf
1 Slice (55g)

Calories per serving: 28

Amount Per Serving	% Daily Value*
Total Digested Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsturated Fat 0g	
Total Digested Cholesterol 0mg	0%
• Calcium 2%	• Iron 8%

Amount Per Serving	% Daily Value*
Sodium 105mg	4%
Total Digested Carbs 2g	1%
Dietary Fiber 1g	4%
Tolal Sugars 1g	
Includes 0g Added Sugars	
Protein 5g	
• Vitamin A 0%	• Vitamin C 4%

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

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size 1 Slice. Servings per Bag: 10. Amount per Serving: Calories 120, Fat Cal. 0, Total Fat 0g (0% DV), Saturated Fat 0g (0% DV), Trans Fat 0g (0% DV), Cholesterol 0mg (0% DV), Sodium 105mg (4% DV), Total Carbs. 26g (9% DV), Dietary Fiber 1g (4% DV), Sugars 1g, Protein 5g. Percent Daily Values are based on a 2,000 calorie diet.

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations.

Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

5 Grain Wheat Bread

INGREDIENTS: 3Believe Smart flour® (Enriched high gluten unbleached flour), Squaw flour (Wheat flour, Malted barley, Whole wheat flour, Wheat bran, Rye flour, Vital wheat gluten, Soy Lecithin), Water, Sea Salt, Sunflower seeds, Sesame seeds, Quinoa, Oats, Millet, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract), Yeast, Natural sugars, 3Believe Chiral hydrophilic polysaccharide plant extract® (Fat blocker). Contains: wheat, nuts. Processed on equipment that also packages products that may contain egg and milk.

Digestive† Facts

Serving Size per Bag:
20 Slices Full Loaf
10 Slices Half Loaf
1 Slice (56g)

Calories per serving: 28

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Digested Fat 0g	0%	**Sodium** 180mg	8%
Saturated Fat 0g	0%	**Total Digested Carbs** 2g	1%
Trans Fat 0g		**Dietary Fiber** 2g	9%
Polyunsaturated Fat 0g		**Tolal Sugars** 1g	
Monounsturated Fat 0g		**Includes 0g Added Sugars**	
Total Digested Cholesterol 0mg	0%	**Protein** 5g	
• Calcium 2%	• Iron 8%	• Vitamin A 0%	• Vitamin C 4%

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

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size 1 Slice. Servings per Bag: 10. Amount per Serving: Calories 130, Fat Cal. 0, Total Fat 0g (0% DV), Saturated Fat 0g (0% DV), Trans Fat 0g (0% DV), Cholesterol 0mg (0% DV), Sodium 180mg (8% DV), Total Carbs. 28g (10% DV), Dietary Fiber 2g (9% DV), Sugars 1g, Protein 5g. Percent Daily Values are based on a 2,000 calorie diet.

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Corn Tortilla Chips

INGREDIENTS: Premium White Dent Whole Corn, Water, Canola Oil, Salt, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract), 3Believe Macro Carbohydrate

Enzyme Inhibitor® (Cissus veldt grape extract), Natural Preservatives: Acetic acid (bacterial fermented vinegar concentrate), Lactic acid (milk acid concentrate).

Digestive† Facts

8 Servings per bag
Serving size:
10-12 chips (28g)

Calories per serving: 28

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Digested Fat 0g	0%	**Sodium** 150mg	6%
Saturated Fat 0g	0%	**Total Digested Carbs** 2g	2%
Trans Fat 0g		**Dietary Fiber** 4g	17%
Polyunsaturated Fat 0g		**Tolal Sugars** 0g	
Monounsturated Fat 0g		**Includes 0g Added Sugars**	
Total Digested Cholesterol 0mg	0%	**Protein** 5g	
• Calcium 0% • Iron 8%		• Vitamin A 0% • Vitamin C 2%	

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

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size 10-12 Chips. Servings per Bag: 8. Amount per Serving: Calories 250, Fat Cal. 81, Total Fat 9g (12% DV), Saturated Fat 0g (0% DV), Trans Fat 0g (0% DV), Cholesterol 0mg (0% DV), Sodium 150mg (7% DV), Potassium 0mg (0% DV), Total Carbs. 38g (14% DV), Dietary Fiber 3g (11% DV), Sugars 0g, Protein 5g. Percent Daily Values are based on a 2,000 calorie diet.

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what is digestibility CORRECTED

DIGESTIBILITY CORRECTED APPROVED FOOD

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Chicken Pot Pie

INGREDIENTS: 3Believe Pie Crust, Mixed Vegetables, Chicken, Milk, Butter, Cauliflower, 3Believe Flour, Chopped Onion, Celery, Natural Preservative: Acetic acid (bacterial fermented vinegar concentrate), Lactic acid (milk acid concentrate), 3Believe Preservative, Salt, Chicken Bouillon, Mirepoix, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract), Italian Blend Spice, Celery Seed, White Pepper, Black Pepper, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract).Contains: egg, milk wheat. Processed on equipment that also packages product(s) that may contain nuts, eggs, wheat flour, dairy.

Digestive† Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container	Total Digested Fats 0g	0%	Sodium 1150mg	48%
Serving size: 1 (261g)	Saturated Fat 0g	0%	Total Digested Carbs 4g	7%
Calories per serving 92	Trans Fat 0g		Dietary Fiber 10g	41%
	Polyunsaturated Fat 0g		Total Sugars 1g	
	Monounsaturated Fat 0g		Total Added Sugars 0g	
	Total Digested Cholesterol 0g	0%	Protein 19g	
	• Calcium 40%	• Vitamin A 50%	• Iron 30%	• Vitamin C 10%

†Digestibility-Corrected is necessary because of the use of 100% all-natural plant extracts that reduce the digestibility of carbohydrates and fats.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 pie. Servings per container: 1. Amount per Serving: Calories 770Fat Cal. 414, Total Fat 46g (59% DV), Saturated Fat 19g (95% DV), Trans Fat 0g (0% DV), Cholesterol 60mg (20% DV), Sodium 1150mg (50% DV), Total Carbs. 69g (25% DV), Dietary Fiber 5g (36% DV), Sugars 6g, Protein 19g. Percent Daily Values are based on a 2,000 calorie diet.

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Veggie Pot Pie

INGREDIENTS: 3Believe Pie Crust, Vegetable Broth, Mixed Vegetables, Peptide Protein, Milk, Celery, 3Believe Wheat Flour™ (wheat flour, patented cissus veldt grape extract), Butter, Cauliflower, Onion, Soy Lecithin, Water, Vegetable Oil, Baking Powder, Corn Flour, 3Believe Fat Blocker™ (patented chiral hydrophilic polysaccharide plant extract), 3Believe Smart & Sweet™ (Tagatose, Soluble Fiber, Erythritol, Stevia), Sea Salt, Thyme, Rosemary, Parsley, Celery Seed, Black Pepper, White Pepper, 3Believe Carbohydrate Inhibitor™, Natural Preservatives: Lactic acid (bacterial fermented cornstarch, Acetic acid (bacterial fermented vinegar concentrate).Contains: egg, milk wheat. Processed on equipment that also packages product(s) that may contain nuts, eggs, wheat flour, dairy.

Digestive† Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container	Total Digested Fats 0g	0%	Sodium 570mg	24%
Serving size: 1 (312g)	Saturated Fat 0g	0%	Total Digested Carbs 4g	3%
Calories per serving **80**	Trans Fat 0g		Dietary Fiber 8g	30%
	Polyunsaturated Fat 0g		Total Sugars 1g	
	Monounsaturated Fat 0g		Total Added Sugars 0g	
	Total Digested Cholesterol 0g	0%	Protein 16g	
	• Calcium 3%	• Vitamin A 110%	• Iron 10%	• Vitamin C 60%

†Digestibility-Corrected is necessary because of the use of 100% all-natural plant extracts that reduce the digestibility of carbohydrates and fats.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 pie. Servings per container: 1. Amount per Serving: Calories 318 Fat Cal. 126, Total Fat 14g (5% DV), Saturated Fat 0g (0% DV), Trans Fat 0g (0% DV), Cholesterol 0mg (0% DV), Sodium 570mg (5% DV), Total Carbs. 32g (9% DV), Dietary Fiber 8g (30% DV), Sugars 0g, Protein 16g. Percent Daily Values are based on a 2,000 calorie diet.

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what is digestibility CORRECTED

DIGESTIBILITY CORRECTED APPROVED FOOD

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Healthy Nut Peanut Butter

INGREDIENTS: Double roasted Runner Peanuts, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide all-plant extract), Silicon dioxide (natural mineral – certified Kosher) 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract), Sea salt, Stevia plant extract, Organic Safflower Lecithin Oil. Processed on equipment that also packages products that may contain egg, milk, wheat.

Contains: Peanuts

Digestive† Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2.5 servings per package	Total Digested Fats 0g	0%	Sodium 69mg	3%
Serving size: 2 Tbsp (32g)	Saturated Fat 0g	0%	Total Digested Carbs <1g	
Calories per serving 31	*Trans* Fat 0g		Dietary Fiber 2g	9%
	Polyunsaturated Fat 0g		Total Sugars <1g	
	Monounsaturated Fat 0g		Includes 0g Added Sugars	
	Total Digested Cholesterol 0g	0%	Protein 7g	
	• Calcium 2% • Vitamin D	0%	• Iron 4% • Potassium	0%

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

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 2 Tablespoons. Servings per Jar: 11. Amount per Serving: Calories 200, Fat Cal. 144, Total Fat 16g (24% DV), Saturated Fat 0g (0% DV), Trans Fat 0g (0% DV), Cholesterol 0mg (0% DV), Sodium 69mg (3% DV), Potassium 0mg (0% DV), Total Carbs. 7g (2% DV), Dietary Fiber 2g (9% DV), Sugars 1g, Protein 7g. Percent Daily Values are based on a 2,000 calorie diet.

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Apple Pie

INGREDIENTS: Apples, Smart & Sweet®, Butter, Water, Wheat Flour, Double Roasted Runner Peanuts, 3Believe Fat Blocker® (modified Alpha-Cyclodexrin-plant extract), Lemon consentrat, Cinnamon, Nutmeg, (3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract). Processed on equipment that also packages product(s) that may contain nuts, eggs, wheat flour, dairy.

Digestive† Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container	Total Digested Fats 0g	0%	Sodium 138mg	6%
Serving size: 1 (230g)	Saturated Fat 0g	0%	Total Digested Carbs 8g	6%
Calories per serving 65	Trans Fat 0g		Dietary Fiber 9g	36%
	Polyunsaturated Fat 0g		Total Sugars 2g	
	Monounsaturated Fat 0g		Total Added Sugars 0g	
	Total Digested Cholesterol 0g	0%	Protein 8g	
	• Calcium 3%	• Vitamin A 3%	• Iron 1%	• Vitamin C 7%

†Digestibility-Corrected is necessary because of the use of 100% all-natural plant extracts that reduce the digestibility of carbohydrates and fats.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 pie. Servings per container: 1. Amount per Serving: Calories 374Fat Cal. 317, Total Fat 35g (54% DV), Saturated Fat 1g (6% DV), Trans Fat 0g (0% DV), Cholesterol 0mg (0% DV), Sodium 71mg (3% DV), Potassium 9mg (0% DV), Total Carbs. 72g (24% DV), Dietary Fiber 5g (20% DV), Sugars 12g, Protein 8g. Percent Daily Values are based on a 2,000 calorie diet.

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what is digestibility CORRECTED

DIGESTIBILITY CORRECTED APPROVED FOOD

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Banana Cream Pie

INGREDIENTS: Wheat Flour, Milk, Cream, Evaporated milk, Smart & Sweet®, Butter, Egg, Butter, 3Believe Fat Blocker® (modified Alpha-Cyclodextrin-plant extract), Cream cheese, Egg yolk, Banana, Vanilla extract, Natural preservative, Sea Salt, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract). Processed on equipment that also packages product(s) that may contain nuts, eggs, wheat flour, dairy.

Digestive† Facts

1 serving per container
Serving size: 1 (266g)

Calories per serving 67

†Digestibility-Corrected is necessary because of the use of 100% all-natural plant extracts that reduce the digestibility of carbohydrates and fats.

Amount/serving	% Daily Value*
Total Digested Fats 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Total Digested Cholesterol 0g	0%

Amount/serving	% Daily Value*
Sodium 96mg	4%
Total Digested Carbs 7g	7%
Dietary Fiber 11g	46%
Total Sugars 3g	
Total Added Sugars 0g	
Protein 10g	

• Calcium 10% • Vitamin A 5% • Iron 1% • Vitamin C 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 pie. Servings per container: 1. Amount per Serving: Calories 718 Fat Cal. 457, Total Fat 51g (78% DV), Saturated Fat 16g (82% DV), Trans Fat 0g (0% DV), Cholesterol 286mg (95% DV), Sodium 29mg (1% DV), Potassium 47mg (1% DV), Total Carbs. 55g (18% DV), Dietary Fiber 6g (22% DV), Sugars 17g, Protein 10g. Percent Daily Values are based on a 2,000 calorie diet.

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Coconut Cream Pie

INGREDIENTS: Wheat Flour, Milk, Cream, Evaporated milk, Toasted coconut, Smart & Sweet®, Butter, Egg, Butter, 3Believe Fat Blocker® (modified Alpha-Cyclodextrin-plant extract), Cream cheese, Egg yolk, Corn starch, Vanilla extract, Natural preservative, Sea Salt, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract). Processed on equipment that also packages product(s) that may contain nuts, eggs, wheat flour, dairy.

Digestive† Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container	Total Digested Fats 0g	0%	Sodium 95mg	4%
Serving size: 1 (266g)	Saturated Fat 0g	0%	Total Digested Carbs 7g	7%
Calories per serving 80	Trans Fat 0g		Dietary Fiber 15g	60%
†Digestibility-Corrected is necessary because of the use of 100% all-natural plant extracts that reduce the digestibility of carbohydrates and fats.	Polyunsaturated Fat 0g		Total Sugars 4g	
	Monounsaturated Fat 0g		Total Added Sugars 0g	
	Total Digested Cholesterol 0g	0%	Protein 13g	
	• Calcium 19%	• Vitamin A 5%	• Iron 3%	• Vitamin C 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 pie. Servings per container: 1. Amount per Serving: Calories 854Fat Cal. 569, Total Fat 63g (97% DV), Saturated Fat 27g (137% DV), Trans Fat 0g (0% DV), Cholesterol 286mg (95% DV), Sodium 28mg (1% DV), Potassium 41mg (1% DV), Total Carbs. 58g (19% DV), Dietary Fiber 8g (31% DV), Sugars 18g, Protein 13g. Percent Daily Values are based on a 2,000 calorie diet.

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

Pecan Pie

INGREDIENTS: Pecan nuts, Smart & Sweet®, Egg, 3Believe Fat Blocker® (modified Alpha-Cyclodextrin-plant extract), Vanilla extract, Butter, FiberSol (insoluble fiber), 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract), Maple extract, Sea Salt. Processed on equipment that also packages product(s) that may contain nuts, eggs, wheat flour, dairy.

Digestive† Facts

1 serving per container
Serving size: 1 (270g)

Calories per serving 124

†Digestibility-Corrected is necessary because of the use of 100% all-natural plant extracts that reduce the digestibility of carbohydrates and fats.

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Digested Fats 0g	0%	Sodium 204mg	9%
Saturated Fat 0g	0%	Total Digested Carbs 6g	6%
Trans Fat 0g		Dietary Fiber 55g	222%
Polyunsaturated Fat 0g		Total Sugars 2g	
Monounsaturated Fat 0g		Total Added Sugars 0g	
Total Digested Cholesterol 0g	0%	Protein 25g	
• Calcium 19%	• Vitamin A 5%	• Iron 38%	• Vitamin C 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 pie. Servings per container: 1. Amount per Serving: Calories 1689 Fat Cal. 1243, Total Fat 138g (213% DV), Saturated Fat 20g (101% DV), Trans Fat 0g (0% DV), Cholesterol 0mg (0% DV), Sodium 137mg (6% DV), Potassium 248mg (7% DV), Total Carbs. 86g (29% DV), Dietary Fiber 40g (161% DV), Sugars 12g, Protein 25g. Percent Daily Values are based on a 2,000 calorie diet.

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

Pumpkin Pie

INGREDIENTS: Pumpkin, Smart & Sweet®, Evaporated Milk, Egg, Cream, 3Believe Fat Blocker® (modified Alpha-Cyclodextrin-plant extract), Sea Salt, Cinnamon, (3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract), Ginger powder, Nutmeg, Pumpkin spice. Processed on equipment that also packages product(s) that may contain nuts, eggs, wheat flour, dairy.

Digestive† Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container	Total Digested Fats 0g	0%	Sodium 559mg	23%
Serving size: 1 (250g)	Saturated Fat 0g	0%	Total Digested Carbs 9g	6%
Calories per serving 74	Trans Fat 0g		Dietary Fiber 117g	469%
†Digestibility-Corrected is necessary because of the use of 100% all-natural plant extracts that reduce the digestibility of carbohydrates and fats.	Polyunsaturated Fat 0g		Total Sugars 5g	
	Monounsaturated Fat 0g		Total Added Sugars 0g	
	Total Digested Cholesterol 0g	0%	Protein 10g	
	• Calcium 0%	• Vitamin A 0%	• Iron 0%	• Vitamin C 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 pie. Servings per container: 1. Amount per Serving: Calories 293Fat Cal. 236, Total Fat 26g (40% DV), Saturated Fat 9g (46% DV), Trans Fat 0g (0% DV), Cholesterol 16mg (5% DV), Sodium 492mg (20% DV), Potassium 204mg (6% DV), Total Carbs. 174g (58% DV), Dietary Fiber 114g (456% DV), Sugars 25g, Protein 10g. Percent Daily Values are based on a 2,000 calorie diet.

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

Chocolate Chip Cookie

INGREDIENTS: 3Believe Smart Flour, Butter, Chocolate Chips, Eggs, Vanilla, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract), 3Believe Smart & Sweet® (Tagatose, Soluble Fiber, Erythritol, Stevia), Milk, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract), Salt, Maple Emulsion, Natural Preservative: Acetic Acid (bacterial fermented vinegar concentrate), Lactic Acid (milk acid concentrate). Processed on equipment that also packages products that may contain egg, nuts, milk, wheat.

Digestive† Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per package	Total Digested Fats 0g	0%	Sodium 120mg	5%
Serving size: 1 cookie (43g)	Saturated Fat 0g	0%	Total Digested Carbs 2g	1%
Calories per serving 20	*Trans* Fat 0g		Dietary Fiber 3g	12%
	Polyunsaturated Fat 0g		Total Sugars 0g	
	Monounsaturated Fat 0g		Total Added Sugars 0g	
	Total Digested Cholesterol 0g	0%	Protein 3g	
	• Calcium 0% • Vitamin A	4%	• Iron 8% • Vitamin C	0%

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 cookie. Servings per package: 6. Amount per Serving: Calories 180, Total Fat 9g (12% DV), Saturated Fat 6g (30% DV), Trans Fat 0g (0% DV), Cholesterol 35mg (12% DV), Sodium 120mg (5% DV), Potassium 0mg (0% DV), Total Carbs. 21g (8% DV), Dietary Fiber 3g (11% DV), Sugars 0g, Protein 3g. Percent Daily Values are based on a 2,000 calorie diet.

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

Peanut Butter Cookie

INGREDIENTS: 3Believe Healthy Nut Peanut Butter, 3Believe Smart & Sweet® (Tagatose, Soluble Fiber, Erythritol, Stevia), Eggs, Molasses, 3Believe Fat Blocker® (Chiral hydrophilic polysaccharide plant extract), Vanilla, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract), 3Believe Preservative. Processed on equipment that also packages products that may contain egg, nuts, milk, wheat.

Digestive† Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per package	Total Digested Fats 0g	0%	Sodium 115mg	5%
Serving size: 1 cookie (47g)	Saturated Fat 0g	0%	Total Digested Carbs 2g	6%
Calories per serving 36	*Trans* Fat 0g		Dietary Fiber 15g	61%
	Polyunsaturated Fat 0g		Total Sugars 2g	
	Monounsaturated Fat 0g		Total Added Sugars 0g	
	Total Digested Cholesterol 0g	0%	Protein 7g	
	• Calcium 2% • Vitamin A	0%	• Iron 4% • Vitamin C	0%

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 cookie. Servings per package: 6. Amount per Serving: Calories 228, Fat Cal. 108, Total Fat 12g (15%

DV), Saturated Fat 3g (13% DV), Trans Fat 0g (0% DV), Cholesterol 20mg (7% DV), Sodium 115mg (5% DV), Potassium 0mg (0% DV), Total Carbs. 23g (8% DV), Dietary Fiber 14g (50% DV), Sugars 10g, Protein 7g. Percent Daily Values are based on a 2,000 calorie diet.

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

Snickerdoodle Cookie

INGREDIENTS: 3Believe Smart & Sweet® (Tagatose, Soluble Fiber, Erythritol, Stevia), 3Believe Smart Flour® (Enriched high gluten unbleached flour), Eggs, Oregon Chai SF, Vanilla, Butter, 3Believe Chiral hydrophilic polysaccharide plant extract® (Fat blocker), Cinnamon, Cream of Tartar, Baking Soda, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract), Natural Preservatives: Acetic Acid (bacterial fermented vinegar concentrate), Lactic Acid (milk acid concentrate), Salt. Processed on equipment that also packages products that may contain egg, nuts, milk, wheat.

Digestive† Facts

6 servings per package
Serving size: 1 cookie (41g)

Calories per serving 12

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Digested Fats 0g	0%	Sodium 90mg	4%
Saturated Fat 0g	0%	Total Digested Carbs 1g	1%
Trans Fat 0g		Dietary Fiber 2g	9%
Polyunsaturated Fat 0g		Total Sugars 0g	
Monounsaturated Fat 0g		Total Added Sugars 0g	
Total Digested Cholesterol 0g	0%	Protein 2g	
• Calcium 0% • Vitamin A	2%	• Iron 4% • Vitamin C	0%

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving size: 1 cookie. Servings per package: 6. Amount per Serving: Calories 110, Fat Cal. 18, Total Fat 2g (3% DV), Saturated Fat 2g (8% DV), Trans Fat 0g (0% DV), Cholesterol 20mg (7% DV), Sodium 90mg (4% DV), Potassium 0mg (0% DV), Total Carbs. 21g (8% DV), Dietary Fiber 2g (7% DV), Sugars 0g, Protein 2g. Percent Daily Values are based on a 2,000 calorie diet.

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

Pro Omega Oil - 8oz

INGREDIENTS: Organic Flax seed oil, Organic Sunflower seed oil, Organic Sesame seed oil, Organic Coconut oil (MCT), Organic Rice Bran oil, Organic Safflower lecithin, Organic Oat Bran oil, Organic mixed Tocopherols (Vit. E), Fucoxanthin, Punicic acid (non-GMO)

Bio-active Ingredients:

-Fucoxanthin (Undaria pinnatifida) > 0.425%

-Fatty acids >35%

-Punicic acid (Punica granatum) > 35%

Supplement Facts

Serving size: 1 Tbsp. (15ml) 2 pumps
Servings per Container: 16

Amount Per Serving	% Daily Value
Calories	**120**
Calories from Fat	120
Total Fat 14g	**22%**
Saturated Fat 1.5g	8%
Polyunsaturated Fat 9g	
Monounsaturated Fat 2.5g	
Omega-3 ALA (alpha-linolenic acid) 6g	
Omega-6 LA (linolenic acid) 3g	
GLA (gamma-linolenic acid) 13g	
Omega-9 OA (oleic acid) 2.5g	

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

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

Pro Omega Oil - 16 oz

INGREDIENTS: Organic Flax seed oil, Organic Sunflower seed oil, Organic Sesame seed oil, Organic Coconut oil (MCT), Organic Rice Bran oil, Organic Safflower lecithin, Organic Oat Bran oil, Organic mixed Tocopherols (Vit. E), Fucoxanthin, Punicic acid (non-GMO)

Bio-active Ingredients:

-Fucoxanthin (Undaria pinnatifida) > 0.425%

-Fatty acids >35%

-Punicic acid (Punica granatum) > 35%

Supplement Facts

Serving size: 1 Tbsp. (15ml) 2 pumps
Servings per Container: 32

Amount Per Serving	% Daily Value
Calories	**120**
Calories from Fat	120
Total Fat 14g	**22%**
Saturated Fat 1.5g	8%
Polyunsaturated Fat 9g	
Monounsaturated Fat 2.5g	
Omega-3 ALA (alpha-linolenic acid) 6g	
Omega-6 LA (linolenic acid) 3g	
GLA (gamma-linolenic acid) 13g	
Omega-9 OA (oleic acid) 2.5g	

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

Pro Omega Oil - 32 oz

INGREDIENTS: Organic Flax seed oil, Organic Sunflower seed oil, Organic Sesame seed oil, Organic Coconut oil (MCT), Organic Rice Bran oil, Organic Safflower lecithin, Organic Oat Bran oil, Organic mixed Tocopherols (Vit. E), Fucoxanthin, Punicic acid (non-GMO)

Bio-active Ingredients:

-Fucoxanthin (Undaria pinnatifida) > 0.425%

-Fatty acids >35%

-Punicic acid (Punica granatum) > 35%

Supplement Facts

Serving size: 1 Tbsp. (15ml) 2 pumps
Servings per Container: 64

Amount Per Serving	% Daily Value
Calories	**120**
Calories from Fat	120
Total Fat 14g	**22%**
Saturated Fat 1.5g	8%
Polyunsaturated Fat 9g	
Monounsaturated Fat 2.5g	
Omega-3 ALA (alpha-linolenic acid) 6g	
Omega-6 LA (linolenic acid) 3g	
GLA (gamma-linolenic acid) 13g	
Omega-9 OA (oleic acid) 2.5g	

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

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

Infusion Electrolytes

INGREDIENTS: 100% Salt. Other Ingredients: 100% vegetable-based capsules.

Supplement Facts

Serving size: 1 Capsule | Servings per Container: 50
Each Capsule = 1/4 tsp of Salt (Sodium 209 mg)

	Amount Per Serving	% Daily Value
Sodium	**209 mg**	**9%**
Chloride	**313 mg**	**9%**
Potassium	**<1 mg**	**<1%**
Calcium	**2 mg**	**<1%**
Magnesium	**<1 mg**	**<1%**
Other Trace Minerals	**6 mg**	**–**

Typical results. As this is a natural product, mineral content may vary.

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

All Purpose White Flour

INGREDIENTS: 3Believe Wheat Enriched Flour, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract). Processed on equipment that also packages products that may contain eggs, nuts, milk, wheat.

Digestive† Facts	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
14 Servings per Bag	Total Digested Fat 0g	0%	Sodium 0mg	0%
Serving size:	Saturated Fat 0g	0%	Total Digested Carbs 6g	4%
1 Cup (160g)	Trans Fat 0g		Dietary Fiber 6g	23%
Calories per serving: 88	Polyunsaturated Fat 0g		Tolal Sugars 0g	
	Monounsturated Fat 0g		Includes 0g Added Sugars	
	Total Digested Cholesterol 0mg	0%	Protein 16g	
	• Calcium 0% • Iron 40%		• Vitamin A 0% • Vitamin C 0%	

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

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving Size 1 Cup. Serving Per Bag: 14. Amount Per Serving: Calories 552, Fat Cal. 0, Total Fat 0g (0% DV), Saturated Fat 0g (0% DV), Trans Fat 0g (0% DV), Cholesterol 0mg (0% DV), Sodium 0mg (0% DV), Potassium 0mg (0% DV), Total Carbs. 122g (44% DV), Dietary Fiber 5g (18% DV), Sugars 0g, Protein 16g. Percent Daily Values are based on a 2,000 calorie diet.

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what is digestibility CORRECTED

DIGESTIBILITY CORRECTED APPROVED FOOD

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

Whole Wheat Flour

INGREDIENTS: 3Believe Wheat Enriched, Unbleached Flour® (Malted barley flour, Wheat flour, Wheat bran, Rye flour, Vital wheat gluten), 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract). Processed on equipment that also packages products that may contain eggs, nuts, milk.

Digestive† Facts	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
14 Servings per Bag	Total Digested Fat 0g	0%	Sodium 5mg	0%
Serving size:	Saturated Fat 0g	0%	Total Digested Carbs 7g	5%
1 Cup (160g)	Trans Fat 0g		Dietary Fiber 8g	31%
Calories per serving: 40	Polyunsaturated Fat 0g		Tolal Sugars 1g	
	Monounsturated Fat 0g		Includes 0g Added Sugars	
	Total Digested Cholesterol 0mg	0%	Protein 17g	
	• Calcium 4% • Iron 40%		• Vitamin A 0% • Vitamin C 0%	

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

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving Size 1 Cup. Serving Per Bag: 14. Amount Per Serving: Calories 557, Fat Cal. 5, Total Fat 1g (1% DV), Saturated

Fat 0g (0% DV), Trans Fat 0g (0% DV), Cholesterol 0mg (0% DV), Sodium 5mg (0% DV), Potassium 0mg (0% DV), Total Carbs. 121g (44% DV), Dietary Fiber 7g (25% DV), Sugars 3g, Protein 17g. Percent Daily Values are based on a 2,000 calorie diet.

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

Gluten-Free Flour

INGREDIENTS: Fresh Cold Milled Sweet White Rice, Tapioca Flour, Potatto Flour, 3Believe Macro Carbohydrate Enzyme Inhibitor® (Cissus veldt grape extract). Processed on equipment that also packages products that may contain eggs, nuts, milk, wheat.

Digestive† Facts

14 Servings per Bag
Serving size:
1 Cup (160g)

Calories per serving: 56

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Digested Fat 0g	0%	**Sodium** 30mg	1%
Saturated Fat 0g	0%	**Total Digested Carbs** 7g	5%
Trans Fat 0g		**Dietary Fiber** 7g	28%
Polyunsaturated Fat 0g		**Total Sugars** 0g	
Monounsturated Fat 0g		**Includes 0g Added Sugars**	
Total Digested Cholesterol 0mg	0%	**Protein** 7g	

• Calcium 2% • Iron 2% • Vitamin A 0% • Vitamin C 0%

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

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving Size 1 Cup. Serving Per Bag: 14. Amount Per Serving: Calories 583, Fat Cal. 27, Total Fat 3g (4% DV), Saturated Fat 1g (3% DV), Trans Fat 0g (0% DV), Cholesterol 0mg (0% DV), Sodium 30mg (1% DV), Potassium 0mg (0% DV), Total Carbs. 132g (48% DV), Dietary Fiber 6g (21% DV), Sugars 1g, Protein 7g. Percent Daily Values are based on a 2,000 calorie diet.

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

Smart & Sweet - 29oz

INGREDIENTS: Fibersol, Erythritol, Tagatose, Stevia. Processed on equipment that also packages products that may contain eggs, nuts, milk, wheat.

Digestive† Facts

243 servings per container
Serving size:
1 Teaspoon (3.4g)

Calories per serving: 0

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Digested Fat 0g	0%	Sodium 0mg	0%
Saturated Fat 0g	0%	Total Digested Carbs 1g	0%
Trans Fat 0g		Dietary Fiber 2.7g	10%
Polyunsaturated Fat 0g		Total Sugars 0g	
Monounsturated Fat 0g		Erythritol <1g	
Total Digested Cholesterol 0mg	0%	Protein 0g	
• Calcium 0% • Iron 0%		• Vitamin A 0% • Vitamin C 0%	

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

†Digestibility-Corrected is necessary because of the use of 100% all-natural extracts that reduce the digestibility of carbs & fats.

NUTRITION FACTS WITHOUT DIGESTIBILITY CORRECTED: Serving Size 1 Teaspoon, Serving Per Bag 243, Amount Per Serving: Calories 15, Fat Cal. 0, Total Fat 0g (0% DV), Saturated Fat 0g (0% DV), Trans Fat 0g (0% DV), Cholesterol 0mg (0% DV), Sodium 0mg (0% DV), Potassium 0mg (0% DV), Total Carbs. 4g (1% DV), Dietary Fiber 3g (10% DV), Sugars 0g, Protein 0g. Percent Daily Values are based on a 2,000 calorie diet.

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

Smart Extracts - Multiple Flavors

Ingredients	Glycerin, Water, Natural & Artificial Flavors
Flavors	Banana Royale, Black Raspberry, Butter Pecan, Caramel, Chocolate Fudge, Mango, Mint Cocoa, Mocha, Orange, Peach Mango, Peanut Butter, Pomegranate, Red Raspberry, Strawberry

Smart Emulsions - Multiple Flavors

Ingredients	Glycerin, Water, Natural & Articial Flavors
Flavor	Almond, Amaretto, Apple, Banana Cream, Bavarian Cream, Black Cherry, Blueberry, Butter Rum, Butterscotch, Cappuccino, Caramel, Cheese Cake, Cherry, Cinnamon Roll, Coconut, Cran Raspberry, Cream Cheese, Creamy Hazelnut, English Toffee, Horchata, Key Lime, Kona Coffee, Lemon, Maple, Marshmallow, Orangesicle, Peach, Peanut Butter, Pecon, Pina Colada, Pineapple, Pomegranate, Pralines & Cream, Pumpkin, Raspberry, Root Beer, Strawberry Banana, Strawberry Kiwi, Tutti Frutti, Vanilla, Watermelon, Winter Green

CMR P-22 Chocolate

INGREDIENTS: Grass Fed Whey Protein Concentrate (RGBH Free) Proprietary Enzyme Fortified Protein®: Amylase, Amylase II®, Protease I, Protease II®, Protease (from Aspergillus aryzae, Aspergillus melleus) Protease-DPP-IV®, Peptidase, Lipase, Cellulase, HemiSEB®, Lactase, Maltase, Invertase, Bromelain, LactoSpore®: Lactobacillus – B. coagulans, L. sporogenes, Amino Acid 4:1 blend: L-Arginine, L-Citrulline, [Branch Chain Amino Acid Profile: Aspartic Acid, Threonine, Serine, Glutamic Acid, Proline, Glycine, Alanine, Valine, Isoleucine, Leucine, Tyrosine, Phenylalanine, Lysine, Histidine, Arginine, Cystine, Methionone, Tryptophan] Natural Flavorings: [100% Natural Flavor Blend: [Vanilla CMR Flavor: Vanilla bean powder, Crème Vanilla, Vanilla Cake Batter, Whole Milk Cream Powder, Chai Flavor] Chocolate CMR Flavor: [Cocoa powder, Crème Vanilla, Whole Milk Cream Powder], Ayurvedic Blend: Amla (fruit) SABERRY®) extract 5:1, KSM-66® (Ashwaghanda powder), Ginger (root) powder, Holy Basil (leaf) powder, Turmeric powder,

Guggul 7.5% (gum resin) extract®, Gymnema Sylvestre (leaf) extract, GS4 25%, Cinnamon Ground, Bioperine® (Black Pepper “fruit” extract). Whole Food 100% Natural Vitamin® & Mineral Profile: “All vitamins from whole foods yeast culture” Vitamin A, Vitamin E “Mixed Tocopherols”, Biotin, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B-6, Vitamin D, Vitamin B9, Vitamin B-12, Pharmaceutical-grade Organic forms mineral elements amino acid chelates:TRAACS® Calcium, Chromium, Copper, Elemin® (72 Senonian Trace Minerals), Iodine (from organic kelp), Iron Glycinate, DiMagnesium® Malate, Manganese, Molybdenum, Phosphorus, Potassium, Selenium, Zinc Glycinate, 3Believe Macro Enzyme Inhibitor® & Fat Burner Blend: [Patented Cissus Asthisonhara Dicotyledon, Irvingia gabonensis, African Mango fruit extract formula], Smart & Sweet® [3Believe-Tagatose® “from whey”, Fiber [digestion-resistant soluble corn fiber], Orange Peel Extract, Reb A stevia], Guarcel Gum, Xanthum and or Guar Gum.

WARNING: As with all dietary programs, it is advised to consult with your primary care physician before starting this or any dietary change.

Nutrition Facts

21 servings per container: **CHOCOLATE**
Serving size: 2 Scoops (39g)

Amount per serving	
Calories	**112**
	% Daily Value*
Total Fat <1g	0%
Saturated Fat <1g	
Unsaturated Fat <1g	
Trans Fat 0g	
Sodium 87mg	4%
Cholesterol 55mg	11%
Potassium 312mg	8%
Total Carbohydrate 12g	4%
Soluble Fiber 11g	47%
Total Sugars <1g	
Includes 0g Added Sugars	
Digestible Carbohydrate* <1g	
Protein 11.50g	27%
Digestible Protein Equivalent† 22g	44%
Vitamin A - Whole Food Yeast 5000IU	100%
Vitamin C - Whole Food Yeast 60IU	100%
Vitamin D3 - Whole Food Yeast 400IU	100%
Vitamin E - Whole Food Yeast 30 IU	100%
Vitamin K - Whole Food Yeast	0%
Vitamin B1 - Whole Food Yeast 1.5mg	100%
Vitamin B2 - Whole Food Yeast 1.7mg	100%
Vitamin B3 - Whole Food Yeast 20mg	100%
Vitamin B5 - Whole Food Yeast 10mg	100%
Vitamin B6 - Whole Food Yeast 2mg	100%
Vitamin B9 - Whole Food Yeast 400mcg	100%
Vitamin B12 - Whole Food Yeast 6mcg	100%
Calcium 374mg	37%
Phosphorus 187mg	8%
Biotin 300mcg	100%
Iodine 150mcg	100%
Magnesium 200mg	50%
Zinc 15mg	100%
Selenium 70mcg	100%
Copper 0.5mg	25%
Iron 2.7mg	15%
Manganese 2mg	100%
Chromium 200mcg	167%
Moybdenum 75mcg	100%

*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.

UNIQUE FORMULA BENEFITS

- 100% All Natural
- 98% Digestible Protein
- Whole Food Vitamins & Minerals

• Complete Amino Acid Profile

• Full Spectrum of Digestive Enzymes

• 12 g of Fiber per serving

• 100% Natural Sweeteners

• No Artificial Hormones

• No Preservatives

• No Antibiotics

• Non-GMO

• Gluten Free

• Low Carbohydrate

• Probiotics

• Prebiotics

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

CMR P-22 Vanilla

INGREDIENTS: Grass Fed Whey Protein Concentrate (RGBH Free) Proprietary Enzyme Fortified Protein®: Amylase, Amylase II®, Protease I, Protease II®, Protease (from Aspergillus aryzae, Aspergillus melleus) Protease-DPP-IV®, Peptidase, Lipase, Cellulase, HemiSEB®, Lactase, Maltase, Invertase, Bromelain, LactoSpore®: Lactobacillus – B. coagulans, L. sporogenes, Amino Acid 4:1 blend: L-Arginine, L-Citrulline, [Branch Chain Amino Acid Profile: Aspartic Acid, Threonine, Serine, Glutamic Acid, Proline, Glycine, Alanine, Valine, Isoleucine, Leucine, Tyrosine, Phenylalanine, Lysine, Histidine, Arginine, Cystine, Methionone, Tryptophan] Natural Flavorings: [100% Natural Flavor Blend: [Vanilla CMR Flavor: Vanilla bean powder, Crème Vanilla, Vanilla Cake Batter, Whole Milk Cream Powder, Chai Flavor] Chocolate CMR Flavor: [Cocoa powder, Crème Vanilla, Whole Milk

Cream Powder], Ayurvedic Blend: Amla (fruit) SABERRY®) extract 5:1, KSM-66® (Ashwaghanda powder), Ginger (root) powder, Holy Basil (leaf) powder, Turmeric powder, Guggul 7.5% (gum resin) extract®, Gymnema Sylvestre (leaf) extract, GS4 25%, Cinnamon Ground, Bioperine® (Black Pepper "fruit" extract). Whole Food 100% Natural Vitamin® & Mineral Profile: "All vitamins from whole foods yeast culture" Vitamin A, Vitamin E "Mixed Tocopherols", Biotin, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B-6, Vitamin D, Vitamin B9, Vitamin B-12, Pharmaceutical-grade Organic forms mineral elements amino acid chelates:TRAACS® Calcium, Chromium, Copper, Elemin® (72 Senonian Trace Minerals), Iodine (from organic kelp), Iron Glycinate, DiMagnesium® Malate, Manganese, Molybdenum, Phosphorus, Potassium, Selenium, Zinc Glycinate, 3Believe Macro Enzyme Inhibitor® & Fat Burner Blend: [Patented Cissus Asthisonhara Dicotyledon, Irvingia gabonensis, African Mango fruit extract formula], Smart & Sweet® [3Believe-Tagatose® "from whey", Fiber [digestion-resistant soluble corn fiber], Orange Peel Extract, Reb A stevia], Guarcel Gum, Xanthum and or Guar Gum.

WARNING: As with all dietary programs, it is advised to consult with your primary care physician before starting this or any dietary change.

Nutrition Facts

21 servings per container: **VANILLA**
Serving size: 2 Scoops (39g)

Amount per serving
Calories **120**

	% Daily Value*
Total Fat <1g	0%
Saturated Fat <1g	
Unsaturated Fat <1g	
Trans Fat 0g	
Sodium 87mg	4%
Cholesterol 55mg	11%
Potassium 312mg	8%
Total Carbohydrate 12g	4%
Soluble Fiber 11g	47%
Total Sugars <1g	
Includes 0g Added Sugars	
Digestible Carbohydrate* <1g	
Protein 11.50g	27%
Digestible Protein Equivalent† 22g	44%
Vitamin A - Whole Food Yeast 5000IU	100%
Vitamin C - Whole Food Yeast 60IU	100%
Vitamin D3 - Whole Food Yeast 400IU	100%
Vitamin E - Whole Food Yeast 30 IU	100%
Vitamin K - Whole Food Yeast	0%
Vitamin B1 - Whole Food Yeast 1.5mg	100%
Vitamin B2 - Whole Food Yeast 1.7mg	100%
Vitamin B3 - Whole Food Yeast 20mg	100%
Vitamin B5 - Whole Food Yeast 10mg	100%
Vitamin B6 - Whole Food Yeast 2mg	100%
Vitamin B9 - Whole Food Yeast 400mcg	100%
Vitamin B12 - Whole Food Yeast 6mcg	100%
Calcium 374mg	37%
Phosphorus 187mg	8%
Biotin 300mcg	100%
Iodine 150mcg	100%
Magnesium 200mg	50%
Zinc 15mg	100%
Selenium 70mcg	100%
Copper 0.5mg	25%
Iron 2.7mg	15%
Manganese 2mg	100%
Chromium 200mcg	167%
Moybdenum 75mcg	100%

*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.

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- 100% All Natural
- 98% Digestible Protein
- Whole Food Vitamins & Minerals

• Complete Amino Acid Profile

• Full Spectrum of Digestive Enzymes

• 12 g of Fiber per serving

• 100% Natural Sweeteners

• No Artificial Hormones

• No Preservatives

• No Antibiotics

• Non-GMO

• Gluten Free

• Low Carbohydrate

• Probiotics

• Prebiotics

Digestibility-Corrected explains how much the body may digest of carbohydrates or fats. The FDA adopted this term into the Code of Federal Regulations. Labels with this Symbol indicate that not all carbs and fats may be digested. If you require higher amounts of calories look for food labels without this symbol.

CMR P-6 Chocolate

INGREDIENTS: Grass Fed Whey Protein Concentrate (RGBH Free) Proprietary Enzyme Fortified Protein®: Amylase, Amylase II®, Protease I, Protease II®, Protease (from Aspergillus aryzae, Aspergillus melleus) Protease-DPP-IV®, Peptidase, Lipase, Cellulase, HemiSEB®, Lactase, Maltase, Invertase, Bromelain, LactoSpore®: Lactobacillus – B. coagulans, L. sporogenes, Amino Acid 4:1 blend: L-Arginine, L-Citrulline, [Branch Chain Amino Acid Profile: Aspartic Acid, Threonine, Serine, Glutamic Acid, Proline, Glycine, Alanine, Valine, Isoleucine, Leucine, Tyrosine, Phenylalanine, Lysine, Histidine, Arginine, Cystine, Methionone, Tryptophan] Natural Flavorings: [100% Natural Flavor Blend: [Vanilla CMR Flavor: Vanilla bean powder, Crème Vanilla, Vanilla Cake Batter, Whole Milk Cream Powder, Chai Flavor] Chocolate CMR Flavor: [Cocoa powder, Crème Vanilla, Whole Milk

Cream Powder], Ayurvedic Blend: Amla (fruit) SABERRY®) extract 5:1, KSM-66® (Ashwaghanda powder), Ginger (root) powder, Holy Basil (leaf) powder, Turmeric powder, Guggul 7.5% (gum resin) extract®, Gymnema Sylvestre (leaf) extract, GS4 25%, Cinnamon Ground, Bioperine® (Black Pepper "fruit" extract). Whole Food 100% Natural Vitamin® & Mineral Profile: "All vitamins from whole foods yeast culture" Vitamin A, Vitamin E "Mixed Tocopherols", Biotin, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B-6, Vitamin D, Vitamin B9, Vitamin B-12, Pharmaceutical-grade Organic forms mineral elements amino acid chelates:TRAACS® Calcium, Chromium, Copper, Elemin® (72 Senonian Trace Minerals), Iodine (from organic kelp), Iron Glycinate, DiMagnesium® Malate, Manganese, Molybdenum, Phosphorus, Potassium, Selenium, Zinc Glycinate, 3Believe Macro Enzyme Inhibitor® & Fat Burner Blend: [Patented Cissus Asthisonhara Dicotyledon, Irvingia gabonensis, African Mango fruit extract formula], Smart & Sweet® [3Believe-Tagatose® "from whey", Fiber [digestion-resistant soluble corn fiber], Orange Peel Extract, Reb A stevia], Guarcel Gum, Xanthum and or Guar Gum.
WARNING: As with all dietary programs, it is advised to consult with your primary care physician before starting this or any dietary change.

Nutrition Facts

42 servings per container: **CHOCOLATE**
Serving size: 2 Scoops (33g)

Amount per serving	
Calories	**70**
	% Daily Value*
Total Fat <1g	0%
Saturated Fat <1g	
Unsaturated Fat <1g	
Trans Fat 0g	
Sodium 87mg	4%
Cholesterol 55mg	11%
Potassium 312mg	8%
Total Carbohydrate 12g	4%
Soluble Fiber 11g	47%
Total Sugars <1g	
Includes 0g Added Sugars	
Digestible Carbohydrate* <1g	
Protein 5.91g	7%
Digestible Protein Equivalent† 6g	13%
Vitamin A - Whole Food Yeast 5000IU	100%
Vitamin C - Whole Food Yeast 60IU	100%
Vitamin D3 - Whole Food Yeast 400IU	100%
Vitamin E - Whole Food Yeast 30 IU	100%
Vitamin K - Whole Food Yeast	0%
Vitamin B1 - Whole Food Yeast 1.5mg	100%
Vitamin B2 - Whole Food Yeast 1.7mg	100%
Vitamin B3 - Whole Food Yeast 20mg	100%
Vitamin B5 - Whole Food Yeast 10mg	100%
Vitamin B6 - Whole Food Yeast 2mg	100%
Vitamin B9 - Whole Food Yeast 400mcg	100%
Vitamin B12 - Whole Food Yeast 6mcg	100%
Calcium 374mg	37%
Phosphorus 187mg	8%
Biotin 300mcg	100%
Iodine 150mcg	100%
Magnesium 200mg	50%
Zinc 15mg	100%
Selenium 70mcg	100%
Copper 0.5mg	25%
Iron 2.7mg	15%
Manganese 2mg	100%
Chromium 200mcg	167%
Moybdenum 75mcg	100%

*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.

CMR P-6 Vanilla

INGREDIENTS: Grass Fed Whey Protein Concentrate (RGBH Free) Proprietary Enzyme Fortified Protein®: Amylase, Amylase II®, Protease I, Protease II®, Protease (from

Aspergillus aryzae, Aspergillus melleus) Protease-DPP-IV®, Peptidase, Lipase, Cellulase, HemiSEB®, Lactase, Maltase, Invertase, Bromelain, LactoSpore®: Lactobacillus – B. coagulans, L. sporogenes, Amino Acid 4:1 blend: L-Arginine, L-Citrulline, [Branch Chain Amino Acid Profile: Aspartic Acid, Threonine, Serine, Glutamic Acid, Proline, Glycine, Alanine, Valine, Isoleucine, Leucine, Tyrosine, Phenylalanine, Lysine, Histidine, Arginine, Cystine, Methionone, Tryptophan] Natural Flavorings: [100% Natural Flavor Blend: [Vanilla CMR Flavor: Vanilla bean powder, Crème Vanilla, Vanilla Cake Batter, Whole Milk Cream Powder, Chai Flavor] Chocolate CMR Flavor: [Cocoa powder, Crème Vanilla, Whole Milk Cream Powder], Ayurvedic Blend: Amla (fruit) SABERRY®) extract 5:1, KSM-66® (Ashwaghanda powder), Ginger (root) powder, Holy Basil (leaf) powder, Turmeric powder, Guggul 7.5% (gum resin) extract®, Gymnema Sylvestre (leaf) extract, GS4 25%, Cinnamon Ground, Bioperine® (Black Pepper "fruit" extract). Whole Food 100% Natural Vitamin® & Mineral Profile: "All vitamins from whole foods yeast culture" Vitamin A, Vitamin E "Mixed Tocopherols", Biotin, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B-6, Vitamin D, Vitamin B9, Vitamin B-12, Pharmaceutical-grade Organic forms mineral elements amino acid chelates:TRAACS® Calcium, Chromium, Copper, Elemin® (72 Senonian Trace Minerals), Iodine (from organic kelp), Iron Glycinate, DiMagnesium® Malate, Manganese, Molybdenum, Phosphorus, Potassium, Selenium, Zinc Glycinate, 3Believe Macro Enzyme Inhibitor® & Fat Burner Blend: [Patented Cissus Asthisonhara Dicotyledon, Irvingia gabonensis, African Mango fruit extract formula], Smart & Sweet® [3Believe-Tagatose® "from whey", Fiber [digestion-resistant soluble corn fiber], Orange Peel Extract, Reb A stevia], Guarcel Gum, Xanthum and or Guar Gum.

WARNING: As with all dietary programs, it is advised to consult with your primary care physician before starting this or any dietary change.

Nutrition Facts

42 servings per container: **VANILLA**
Serving size: 2 Scoops (33g)

Amount per serving	
Calories	**75**
	% Daily Value*
Total Fat <1g	0%
Saturated Fat <1g	
Unsaturated Fat <1g	
Trans Fat 0g	
Sodium 87mg	4%
Cholesterol 55mg	11%
Potassium 312mg	8%
Total Carbohydrate 12g	4%
Soluble Fiber 11g	47%
Total Sugars <1g	
Includes 0g Added Sugars	
Digestible Carbohydrate* <1g	
Protein 5.5g	7%
Digestible Protein Equivalent† 6g	13%
Vitamin A - Whole Food Yeast 5000IU	100%
Vitamin C - Whole Food Yeast 60IU	100%
Vitamin D3 - Whole Food Yeast 400IU	100%
Vitamin E - Whole Food Yeast 30 IU	100%
Vitamin K - Whole Food Yeast	0%
Vitamin B1 - Whole Food Yeast 1.5mg	100%
Vitamin B2 - Whole Food Yeast 1.7mg	100%
Vitamin B3 - Whole Food Yeast 20mg	100%
Vitamin B5 - Whole Food Yeast 10mg	100%
Vitamin B6 - Whole Food Yeast 2mg	100%
Vitamin B9 - Whole Food Yeast 400mcg	100%
Vitamin B12 - Whole Food Yeast 6mcg	100%
Calcium 374mg	37%
Phosphorus 187mg	8%
Biotin 300mcg	100%
Iodine 150mcg	100%
Magnesium 200mg	50%
Zinc 15mg	100%
Selenium 70mcg	100%
Copper 0.5mg	25%
Iron 2.7mg	15%
Manganese 2mg	100%
Chromium 200mcg	167%
Moybdenum 75mcg	100%

*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.

CMR P-3 Chocolate

INGREDIENTS: Grass Fed Whey Protein Concentrate (RGBH Free) Proprietary Enzyme Fortified Protein®: Amylase, Amylase II®, Protease I, Protease II®, Protease (from Aspergillus aryzae, Aspergillus melleus) Protease-DPP-IV®, Peptidase, Lipase, Cellulase,

HemiSEB®, Lactase, Maltase, Invertase, Bromelain, LactoSpore®: Lactobacillus – B. coagulans, L. sporogenes, Amino Acid 4:1 blend: L-Arginine, L-Citrulline, [Branch Chain Amino Acid Profile: Aspartic Acid, Threonine, Serine, Glutamic Acid, Proline, Glycine, Alanine, Valine, Isoleucine, Leucine, Tyrosine, Phenylalanine, Lysine, Histidine, Arginine, Cystine, Methionone, Tryptophan] Natural Flavorings: [100% Natural Flavor Blend: [Vanilla CMR Flavor: Vanilla bean powder, Crème Vanilla, Vanilla Cake Batter, Whole Milk Cream Powder, Chai Flavor] Chocolate CMR Flavor: [Cocoa powder, Crème Vanilla, Whole Milk Cream Powder], Ayurvedic Blend: Amla (fruit) SABERRY®) extract 5:1, KSM-66® (Ashwaghanda powder), Ginger (root) powder, Holy Basil (leaf) powder, Turmeric powder, Guggul 7.5% (gum resin) extract®, Gymnema Sylvestre (leaf) extract, GS4 25%, Cinnamon Ground, Bioperine® (Black Pepper "fruit" extract). Whole Food 100% Natural Vitamin® & Mineral Profile: "All vitamins from whole foods yeast culture" Vitamin A, Vitamin E "Mixed Tocopherols", Biotin, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B-6, Vitamin D, Vitamin B9, Vitamin B-12, Pharmaceutical-grade Organic forms mineral elements amino acid chelates:TRAACS® Calcium, Chromium, Copper, Elemin® (72 Senonian Trace Minerals), Iodine (from organic kelp), Iron Glycinate, DiMagnesium® Malate, Manganese, Molybdenum, Phosphorus, Potassium, Selenium, Zinc Glycinate, 3Believe Macro Enzyme Inhibitor® & Fat Burner Blend: [Patented Cissus Asthisonhara Dicotyledon, Irvingia gabonensis, African Mango fruit extract formula], Smart & Sweet® [3Believe-Tagatose® "from whey", Fiber [digestion-resistant soluble corn fiber], Orange Peel Extract, Reb A stevia], Guarcel Gum, Xanthum and or Guar Gum.

WARNING: As with all dietary programs, it is advised to consult with your primary care physician before starting this or any dietary change.

Nutrition Facts

42 servings per container: **CHOCOLATE**
Serving size: 2 Scoops (28g)

Amount per serving	
Calories	**58**
	% Daily Value*
Total Fat <1g	0%
Saturated Fat <1g	
Unsaturated Fat <1g	
Trans Fat 0g	
Sodium 87mg	4%
Cholesterol 55mg	11%
Potassium 312mg	8%
Total Carbohydrate 12g	4%
Soluble Fiber 11g	47%
Total Sugars <1g	
Includes 0g Added Sugars	
Digestible Carbohydrate* <1g	
Protein 2g	4%
Digestible Protein Equivalent† 3.2g	6%
Vitamin A - Whole Food Yeast 5000IU	100%
Vitamin C - Whole Food Yeast 60IU	100%
Vitamin D3 - Whole Food Yeast 400IU	100%
Vitamin E - Whole Food Yeast 30 IU	100%
Vitamin K - Whole Food Yeast	0%
Vitamin B1 - Whole Food Yeast 1.5mg	100%
Vitamin B2 - Whole Food Yeast 1.7mg	100%
Vitamin B3 - Whole Food Yeast 20mg	100%
Vitamin B5 - Whole Food Yeast 10mg	100%
Vitamin B6 - Whole Food Yeast 2mg	100%
Vitamin B9 - Whole Food Yeast 400mcg	100%
Vitamin B12 - Whole Food Yeast 6mcg	100%
Calcium 374mg	37%
Phosphorus 187mg	8%
Biotin 300mcg	100%
Iodine 150mcg	100%
Magnesium 200mg	50%
Zinc 15mg	100%
Selenium 70mcg	100%
Copper 0.5mg	25%
Iron 2.7mg	15%
Manganese 2mg	100%
Chromium 200mcg	167%
Moybdenum 75mcg	100%

*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.

CMR P-3 Vanilla

INGREDIENTS: Grass Fed Whey Protein Concentrate (RGBH Free) Proprietary Enzyme Fortified Protein®: Amylase, Amylase II®, Protease I, Protease II®, Protease (from Aspergillus aryzae, Aspergillus melleus) Protease-DPP-IV®, Peptidase, Lipase, Cellulase,

HemiSEB®, Lactase, Maltase, Invertase, Bromelain, LactoSpore®: Lactobacillus – B. coagulans, L. sporogenes, Amino Acid 4:1 blend: L-Arginine, L-Citrulline, [Branch Chain Amino Acid Profile: Aspartic Acid, Threonine, Serine, Glutamic Acid, Proline, Glycine, Alanine, Valine, Isoleucine, Leucine, Tyrosine, Phenylalanine, Lysine, Histidine, Arginine, Cystine, Methionone, Tryptophan] Natural Flavorings: [100% Natural Flavor Blend: [Vanilla CMR Flavor: Vanilla bean powder, Crème Vanilla, Vanilla Cake Batter, Whole Milk Cream Powder, Chai Flavor] Chocolate CMR Flavor: [Cocoa powder, Crème Vanilla, Whole Milk Cream Powder], Ayurvedic Blend: Amla (fruit) SABERRY®) extract 5:1, KSM-66® (Ashwaghanda powder), Ginger (root) powder, Holy Basil (leaf) powder, Turmeric powder, Guggul 7.5% (gum resin) extract®, Gymnema Sylvestre (leaf) extract, GS4 25%, Cinnamon Ground, Bioperine® (Black Pepper "fruit" extract). Whole Food 100% Natural Vitamin® & Mineral Profile: "All vitamins from whole foods yeast culture" Vitamin A, Vitamin E "Mixed Tocopherols", Biotin, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B-6, Vitamin D, Vitamin B9, Vitamin B-12, Pharmaceutical-grade Organic forms mineral elements amino acid chelates:TRAACS® Calcium, Chromium, Copper, Elemin® (72 Senonian Trace Minerals), Iodine (from organic kelp), Iron Glycinate, DiMagnesium® Malate, Manganese, Molybdenum, Phosphorus, Potassium, Selenium, Zinc Glycinate, 3Believe Macro Enzyme Inhibitor® & Fat Burner Blend: [Patented Cissus Asthisonhara Dicotyledon, Irvingia gabonensis, African Mango fruit extract formula], Smart & Sweet® [3Believe-Tagatose® "from whey", Fiber [digestion-resistant soluble corn fiber], Orange Peel Extract, Reb A stevia], Guarcel Gum, Xanthum and or Guar Gum.

WARNING: As with all dietary programs, it is advised to consult with your primary care physician before starting this or any dietary change.

Nutrition Facts

42 servings per container: **VANILLA**
Serving size: 2 Scoops (28g)

Amount per serving
Calories **63**

	% Daily Value*
Total Fat <1g	0%
Saturated Fat <1g	
Unsaturated Fat <1g	
Trans Fat 0g	
Sodium 87mg	4%
Cholesterol 55mg	11%
Potassium 312mg	8%
Total Carbohydrate 12g	4%
Soluble Fiber 11g	47%
Total Sugars <1g	
Includes 0g Added Sugars	
Digestible Carbohydrate* <1g	
Protein 1.7g	4%
Digestible Protein Equivalent† 3.2g	6%
Vitamin A - Whole Food Yeast 5000IU	100%
Vitamin C - Whole Food Yeast 60IU	100%
Vitamin D3 - Whole Food Yeast 400IU	100%
Vitamin E - Whole Food Yeast 30 IU	100%
Vitamin K - Whole Food Yeast	0%
Vitamin B1 - Whole Food Yeast 1.5mg	100%
Vitamin B2 - Whole Food Yeast 1.7mg	100%
Vitamin B3 - Whole Food Yeast 20mg	100%
Vitamin B5 - Whole Food Yeast 10mg	100%
Vitamin B6 - Whole Food Yeast 2mg	100%
Vitamin B9 - Whole Food Yeast 400mcg	100%
Vitamin B12 - Whole Food Yeast 6mcg	100%
Calcium 374mg	37%
Phosphorus 187mg	8%
Biotin 300mcg	100%
Iodine 150mcg	100%
Magnesium 200mg	50%
Zinc 15mg	100%
Selenium 70mcg	100%
Copper 0.5mg	25%
Iron 2.7mg	15%
Manganese 2mg	100%
Chromium 200mcg	167%
Moybdenum 75mcg	100%

*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.

CMR P-22 Peptide Chocolate

INGREDIENTS: Pure Hydrolyzed Collagen Peptide Proprietary Enzyme Fortified Protein®: Amylase, Amylase II®, Protease I, Protease II®, Protease (from Aspergillus aryzae, Aspergillus melleus) Protease-DPP-IV®, Peptidase, Lipase, Cellulase, HemiSEB®, Lactase, Maltase,

Invertase, Bromelain, LactoSpore®: Lactobacillus - B. coagulans, L. sporogenes, Amino Acid 4:1 blend: L-Arginine, L-Citrulline, [Branch Chain Amino Acid Profile: Aspartic Acid, Threonine, Serine, Glutamic Acid, Proline, Glycine, Alanine, Valine, Isoleucine, Leucine, Tyrosine, Phenylalanine, Lysine, Histidine, Arginine, Cystine, Methionone, Tryptophan] Natural Flavorings: [100% Natural Flavor Blend: [Vanilla CMR Flavor: Vanilla bean powder, Crème Vanilla, Vanilla Cake Batter, Whole Milk Cream Powder, Chai Flavor] Chocolate CMR Flavor: [Cocoa powder, Crème Vanilla, Whole Milk Cream Powder], Ayurvedic Blend: Amla (fruit) SABERRY®) extract 5:1, KSM-66® (Ashwaghanda powder), Ginger (root) powder, Holy Basil (leaf) powder, Turmeric powder, Guggul 7.5% (gum resin) extract®, Gymnema Sylvestre (leaf) extract, GS4 25%, Cinnamon Ground, Bioperine® (Black Pepper "fruit" extract). Whole Food 100% Natural Vitamin® & Mineral Profile: "All vitamins from whole foods yeast culture" Vitamin A, Vitamin E "Mixed Tocopherols", Biotin, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B-6, Vitamin D, Vitamin B9, Vitamin B-12, Pharmaceutical-grade Organic forms mineral elements amino acid chelates: TRAACS® Calcium, Chromium, Copper, Elemin® (72 Senonian Trace Minerals), Iodine (from organic kelp), Iron Glycinate, DiMagnesium® Malate, Manganese, Molybdenum, Phosphorus, Potassium, Selenium, Zinc Glycinate, 3B Macro Enzyme Inhibitor® & Fat Burner Blend: [Patented Cissus Asthisonhara Dicotyledon, Irvingia gabonensis, African Mango fruit extract], Smart & Sweet®[3B-Tagtose® “from whey”, fiber [digestion-resistant soluble corn fiber], Erythritol, Reb A stevia], Guarcel Gum, Xanthum and or Guar Gum.

Nutrition Facts

21 servings per container: **CHOCOLATE**
Serving size: 2 Scoops (39g)

Amount per serving
Calories **112**

	% Daily Value*
Total Fat <1g	0%
Saturated Fat <1g	
Unsaturated Fat <1g	
Trans Fat 0g	
Sodium 87mg	4%
Cholesterol 55mg	11%
Potassium 312mg	8%
Total Carbohydrate 12g	4%
Soluble Fiber 11g	47%
Total Sugars <1g	
Includes 0g Added Sugars	
Digestible Carbohydrate* <1g	
Pure Hydrolyzed Collagen Peptide Protein 11.5g	27%
Digestible Protein Equivalent† 22g	44%
Vitamin A - Whole Food Yeast 5000IU	100%
Vitamin C - Whole Food Yeast 60IU	100%
Vitamin D3 - Whole Food Yeast 400IU	100%
Vitamin E - Whole Food Yeast 30 IU	100%
Vitamin K - Whole Food Yeast	0%
Vitamin B1 - Whole Food Yeast 1.5mg	100%
Vitamin B2 - Whole Food Yeast 1.7mg	100%
Vitamin B3 - Whole Food Yeast 20mg	100%
Vitamin B5 - Whole Food Yeast 10mg	100%
Vitamin B6 - Whole Food Yeast 2mg	100%
Vitamin B9 - Whole Food Yeast 400mcg	100%
Vitamin B12 - Whole Food Yeast 6mcg	100%
Calcium 374mg	37%
Phosphorus 187mg	8%
Biotin 300mcg	100%
Iodine 150mcg	100%
Magnesium 200mg	50%
Zinc 15mg	100%
Selenium 70mcg	100%
Copper 0.5mg	25%
Iron 2.7mg	15%
Manganese 2mg	100%
Chromium 200mcg	167%
Moybdenum 75mcg	100%

*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.

Contains: dairy, no lactose (cream).
† Clinically established digestible value of 22g of protein per serving.
‡ Omega fats sold separately.

CMR P-22 Peptide Vanilla

INGREDIENTS: Pure Hydrolyzed Collagen Peptide Proprietary Enzyme Fortified Protein®: Amylase, Amylase II®, Protease I, Protease II®, Protease (from Aspergillus aryzae, Aspergillus melleus) Protease-DPP-IV®, Peptidase, Lipase, Cellulase, HemiSEB®, Lactase, Maltase, Invertase, Bromelain, LactoSpore®: Lactobacillus - B. coagulans, L. sporogenes, Amino Acid 4:1 blend: L-Arginine, L-Citrulline, [Branch Chain Amino Acid Profile: Aspartic Acid,Threonine, Serine, Glutamic Acid, Proline, Glycine, Alanine, Valine, Isoleucine, Leucine, Tyrosine,

Phenylalanine, Lysine, Histidine, Arginine, Cystine, Methionone, Tryptophan] Natural Flavorings: [100% Natural Flavor Blend: [Vanilla CMR Flavor: Vanilla bean powder, Crème Vanilla, Vanilla Cake Batter, Whole Milk Cream Powder, Chai Flavor] Chocolate CMR Flavor: [Cocoa powder, Crème Vanilla, Whole Milk Cream Powder], Ayurvedic Blend: Amla (fruit) SABERRY®) extract 5:1, KSM-66® (Ashwaghanda powder), Ginger (root) powder, Holy Basil (leaf) powder, Turmeric powder, Guggul 7.5% (gum resin) extract®, Gymnema Sylvestre (leaf) extract, GS4 25%, Cinnamon Ground, Bioperine® (Black Pepper "fruit" extract). Whole Food 100% Natural Vitamin® & Mineral Profile: "All vitamins from whole foods yeast culture" Vitamin A, Vitamin E "Mixed Tocopherols", Biotin, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B-6, Vitamin D, Vitamin B9, Vitamin B-12, Pharmaceutical-grade Organic forms mineral elements amino acid chelates: TRAACS® Calcium, Chromium, Copper, Elemin® (72 Senonian Trace Minerals), Iodine (from organic kelp), Iron Glycinate, DiMagnesium® Malate, Manganese, Molybdenum, Phosphorus, Potassium, Selenium, Zinc Glycinate, 3B Macro Enzyme Inhibitor® & Fat Burner Blend: [Patented Cissus Asthisonhara Dicotyledon, Irvingia gabonensis, African Mango fruit extract], Smart & Sweet®[3B-Tagtose® “from whey”, fiber [digestion-resistant soluble corn fiber], Erythritol, Reb A stevia], Guarcel Gum, Xanthum and or Guar Gum.

Nutrition Facts

21 servings per container: **VANILLA**
Serving size: 2 Scoops (39g)

Amount per serving
Calories **120**

	% Daily Value*
Total Fat <1g	0%
Saturated Fat <1g	
Unsaturated Fat <1g	
Trans Fat 0g	
Sodium 87mg	4%
Cholesterol 55mg	11%
Potassium 312mg	8%
Total Carbohydrate 12g	4%
Soluble Fiber 11g	47%
Total Sugars <1g	
Includes 0g Added Sugars	
Digestible Carbohydrate* <1g	
Pure Hydrolyzed Collagen Peptide Protein 11.5g	27%
Digestible Protein Equivalent† 22g	44%
Vitamin A - Whole Food Yeast 5000IU	100%
Vitamin C - Whole Food Yeast 60IU	100%
Vitamin D3 - Whole Food Yeast 400IU	100%
Vitamin E - Whole Food Yeast 30 IU	100%
Vitamin K - Whole Food Yeast	0%
Vitamin B1 - Whole Food Yeast 1.5mg	100%
Vitamin B2 - Whole Food Yeast 1.7mg	100%
Vitamin B3 - Whole Food Yeast 20mg	100%
Vitamin B5 - Whole Food Yeast 10mg	100%
Vitamin B6 - Whole Food Yeast 2mg	100%
Vitamin B9 - Whole Food Yeast 400mcg	100%
Vitamin B12 - Whole Food Yeast 6mcg	100%
Calcium 374mg	37%
Phosphorus 187mg	8%
Biotin 300mcg	100%
Iodine 150mcg	100%
Magnesium 200mg	50%
Zinc 15mg	100%
Selenium 70mcg	100%
Copper 0.5mg	25%
Iron 2.7mg	15%
Manganese 2mg	100%
Chromium 200mcg	167%
Moybdenum 75mcg	100%

*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.

Contains: dairy, no lactose (cream).
† Clinically established digestible value of 22g of protein per serving.
‡ Omega fats sold separately.

CMR P-6 Peptide Chocolate

INGREDIENTS: Pure Hydrolyzed Collagen Peptide Proprietary Enzyme Fortified Protein®: Amylase, Amylase II®, Protease I, Protease II®, Protease (from Aspergillus aryzae, Aspergillus melleus) Protease-DPP-IV®, Peptidase, Lipase, Cellulase, HemiSEB®, Lactase, Maltase, Invertase, Bromelain, LactoSpore®: Lactobacillus - B. coagulans, L. sporogenes, Amino Acid 4:1 blend: L-Arginine, L-Citrulline, [Branch Chain Amino Acid Profile: Aspartic Acid, Threonine, Serine, Glutamic Acid, Proline, Glycine, Alanine, Valine, Isoleucine, Leucine, Tyrosine,

Phenylalanine, Lysine, Histidine, Arginine, Cystine, Methionone, Tryptophan] Natural Flavorings: [100% Natural Flavor Blend: [Vanilla CMR Flavor: Vanilla bean powder, Crème Vanilla, Vanilla Cake Batter, Whole Milk Cream Powder, Chai Flavor] Chocolate CMR Flavor: [Cocoa powder, Crème Vanilla, Whole Milk Cream Powder], Ayurvedic Blend: Amla (fruit) SABERRY®) extract 5:1, KSM-66® (Ashwaghanda powder), Ginger (root) powder, Holy Basil (leaf) powder, Turmeric powder, Guggul 7.5% (gum resin) extract®, Gymnema Sylvestre (leaf) extract, GS4 25%, Cinnamon Ground, Bioperine® (Black Pepper "fruit" extract). Whole Food 100% Natural Vitamin® & Mineral Profile: "All vitamins from whole foods yeast culture" Vitamin A, Vitamin E "Mixed Tocopherols", Biotin, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B-6, Vitamin D, Vitamin B9, Vitamin B-12, Pharmaceutical-grade Organic forms mineral elements amino acid chelates: TRAACS® Calcium, Chromium, Copper, Elemin® (72 Senonian Trace Minerals), Iodine (from organic kelp), Iron Glycinate, DiMagnesium® Malate, Manganese, Molybdenum, Phosphorus, Potassium, Selenium, Zinc Glycinate, 3B Macro Enzyme Inhibitor® & Fat Burner Blend: [Patented Cissus Asthisonhara Dicotyledon, Irvingia gabonensis, African Mango fruit extract], Smart & Sweet®[3B-Tagtose® “from whey”, fiber [digestion-resistant soluble corn fiber], Erythritol, Reb A stevia], Guarcel Gum, Xanthum and or Guar Gum.

Nutrition Facts

42 servings per container: **CHOCOLATE**
Serving size: 2 Scoops (33g)

Amount per serving
Calories **70**

	% Daily Value*
Total Fat <1g	0%
Saturated Fat <1g	
Unsaturated Fat <1g	
Trans Fat 0g	
Sodium 87mg	4%
Cholesterol 55mg	11%
Potassium 312mg	8%
Total Carbohydrate 12g	4%
Soluble Fiber 11g	47%
Total Sugars <1g	
Includes 0g Added Sugars	
Digestible Carbohydrate* <1g	
Pure Hydrolyzed Collagen Peptide Protein 5.91g	7%
Digestible Protein Equivalent† 6g	13%
Vitamin A - Whole Food Yeast 5000IU	100%
Vitamin C - Whole Food Yeast 60IU	100%
Vitamin D3 - Whole Food Yeast 400IU	100%
Vitamin E - Whole Food Yeast 30 IU	100%
Vitamin K - Whole Food Yeast	0%
Vitamin B1 - Whole Food Yeast 1.5mg	100%
Vitamin B2 - Whole Food Yeast 1.7mg	100%
Vitamin B3 - Whole Food Yeast 20mg	100%
Vitamin B5 - Whole Food Yeast 10mg	100%
Vitamin B6 - Whole Food Yeast 2mg	100%
Vitamin B9 - Whole Food Yeast 400mcg	100%
Vitamin B12 - Whole Food Yeast 6mcg	100%
Calcium 374mg	37%
Phosphorus 187mg	8%
Biotin 300mcg	100%
Iodine 150mcg	100%
Magnesium 200mg	50%
Zinc 15mg	100%
Selenium 70mcg	100%
Copper 0.5mg	25%
Iron 2.7mg	15%
Manganese 2mg	100%
Chromium 200mcg	167%
Moybdenum 75mcg	100%

*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.

Contains: dairy, no lactose (cream).
† Clinically established digestible value of 6g of protein per serving.
‡ Omega fats sold separately.

CMR P-6 Peptide Vanilla

INGREDIENTS: Pure Hydrolyzed Collagen Peptide Proprietary Enzyme Fortified Protein®: Amylase, Amylase II®, Protease I, Protease II®, Protease (from Aspergillus aryzae, Aspergillus melleus) Protease-DPP-IV®, Peptidase, Lipase, Cellulase, HemiSEB®, Lactase, Maltase, Invertase, Bromelain, LactoSpore®: Lactobacillus - B. coagulans, L. sporogenes, Amino Acid 4:1 blend: L-Arginine, L-Citrulline, [Branch Chain Amino Acid Profile: Aspartic Acid,Threonine, Serine, Glutamic Acid, Proline, Glycine, Alanine, Valine, Isoleucine, Leucine, Tyrosine,

Phenylalanine, Lysine, Histidine, Arginine, Cystine, Methionone, Tryptophan] Natural Flavorings: [100% Natural Flavor Blend: [Vanilla CMR Flavor: Vanilla bean powder, Crème Vanilla, Vanilla Cake Batter, Whole Milk Cream Powder, Chai Flavor] Chocolate CMR Flavor: [Cocoa powder, Crème Vanilla, Whole Milk Cream Powder], Ayurvedic Blend: Amla (fruit) SABERRY®) extract 5:1, KSM-66® (Ashwaghanda powder), Ginger (root) powder, Holy Basil (leaf) powder, Turmeric powder, Guggul 7.5% (gum resin) extract®, Gymnema Sylvestre (leaf) extract, GS4 25%, Cinnamon Ground, Bioperine® (Black Pepper "fruit" extract). Whole Food 100% Natural Vitamin® & Mineral Profile: "All vitamins from whole foods yeast culture" Vitamin A, Vitamin E "Mixed Tocopherols", Biotin, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B-6, Vitamin D, Vitamin B9, Vitamin B-12, Pharmaceutical-grade Organic forms mineral elements amino acid chelates: TRAACS® Calcium, Chromium, Copper, Elemin® (72 Senonian Trace Minerals), Iodine (from organic kelp), Iron Glycinate, DiMagnesium® Malate, Manganese, Molybdenum, Phosphorus, Potassium, Selenium, Zinc Glycinate, 3B Macro Enzyme Inhibitor® & Fat Burner Blend: [Patented Cissus Asthisonhara Dicotyledon, Irvingia gabonensis, African Mango fruit extract], Smart & Sweet®[3B-Tagtose® “from whey”, fiber [digestion-resistant soluble corn fiber], Erythritol, Reb A stevia], Guarcel Gum, Xanthum and or Guar Gum.

Nutrition Facts

42 servings per container: **VANILLA**
Serving size: 2 Scoops (33g)

Amount per serving
Calories **75**

	% Daily Value*
Total Fat <1g	0%
Saturated Fat <1g	
Unsaturated Fat <1g	
Trans Fat 0g	
Sodium 87mg	4%
Cholesterol 55mg	11%
Potassium 312mg	8%
Total Carbohydrate 12g	4%
Soluble Fiber 11g	47%
Total Sugars <1g	
Includes 0g Added Sugars	
Digestible Carbohydrate* <1g	
Pure Hydrolyzed Collagen Peptide Protein 5.5g	7%
Digestible Protein Equivalent† 6g	13%
Vitamin A - Whole Food Yeast 5000IU	100%
Vitamin C - Whole Food Yeast 60IU	100%
Vitamin D3 - Whole Food Yeast 400IU	100%
Vitamin E - Whole Food Yeast 30 IU	100%
Vitamin K - Whole Food Yeast	0%
Vitamin B1 - Whole Food Yeast 1.5mg	100%
Vitamin B2 - Whole Food Yeast 1.7mg	100%
Vitamin B3 - Whole Food Yeast 20mg	100%
Vitamin B5 - Whole Food Yeast 10mg	100%
Vitamin B6 - Whole Food Yeast 2mg	100%
Vitamin B9 - Whole Food Yeast 400mcg	100%
Vitamin B12 - Whole Food Yeast 6mcg	100%
Calcium 374mg	37%
Phosphorus 187mg	8%
Biotin 300mcg	100%
Iodine 150mcg	100%
Magnesium 200mg	50%
Zinc 15mg	100%
Selenium 70mcg	100%
Copper 0.5mg	25%
Iron 2.7mg	15%
Manganese 2mg	100%
Chromium 200mcg	167%
Moybdenum 75mcg	100%

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Contains: dairy, no lactose (cream).
† Clinically established digestible value of 6g of protein per serving.
‡ Omega fats sold separately.

CMR P-3 Peptide Chocolate

INGREDIENTS: Pure Hydrolyzed Collagen Peptide Proprietary Enzyme Fortified Protein®: Amylase, Amylase II®, Protease I, Protease II®, Protease (from Aspergillus aryzae, Aspergillus melleus) Protease-DPP-IV®, Peptidase, Lipase, Cellulase, HemiSEB®, Lactase, Maltase, Invertase, Bromelain, LactoSpore®: Lactobacillus - B. coagulans, L. sporogenes, Amino Acid 4:1 blend: L-Arginine, L-Citrulline, [Branch Chain Amino Acid Profile: Aspartic Acid, Threonine, Serine, Glutamic Acid, Proline, Glycine, Alanine, Valine, Isoleucine, Leucine, Tyrosine,

Phenylalanine, Lysine, Histidine, Arginine, Cystine, Methionone, Tryptophan] Natural Flavorings: [100% Natural Flavor Blend: [Vanilla CMR Flavor: Vanilla bean powder, Crème Vanilla, Vanilla Cake Batter, Whole Milk Cream Powder, Chai Flavor] Chocolate CMR Flavor: [Cocoa powder, Crème Vanilla, Whole Milk Cream Powder], Ayurvedic Blend: Amla (fruit) SABERRY®) extract 5:1, KSM-66® (Ashwaghanda powder), Ginger (root) powder, Holy Basil (leaf) powder, Turmeric powder, Guggul 7.5% (gum resin) extract®, Gymnema Sylvestre (leaf) extract, GS4 25%, Cinnamon Ground, Bioperine® (Black Pepper "fruit" extract). Whole Food 100% Natural Vitamin® & Mineral Profile: "All vitamins from whole foods yeast culture" Vitamin A, Vitamin E "Mixed Tocopherols", Biotin, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B-6, Vitamin D, Vitamin B9, Vitamin B-12, Pharmaceutical-grade Organic forms mineral elements amino acid chelates: TRAACS® Calcium, Chromium, Copper, Elemin® (72 Senonian Trace Minerals), Iodine (from organic kelp), Iron Glycinate, DiMagnesium® Malate, Manganese, Molybdenum, Phosphorus, Potassium, Selenium, Zinc Glycinate, 3B Macro Enzyme Inhibitor® & Fat Burner Blend: [Patented Cissus Asthisonhara Dicotyledon, Irvingia gabonensis, African Mango fruit extract], Smart & Sweet®[3B-Tagtose® “from whey”, fiber [digestion-resistant soluble corn fiber], Erythritol, Reb A stevia], Guarcel Gum, Xanthum and or Guar Gum.

Nutrition Facts

42 servings per container: **CHOCOLATE**
Serving size: 2 Scoops (28g)

Amount per serving
Calories **58**

	% Daily Value*
Total Fat <1g	0%
Saturated Fat <1g	
Unsaturated Fat <1g	
Trans Fat 0g	
Sodium 87mg	4%
Cholesterol 55mg	11%
Potassium 312mg	8%
Total Carbohydrate 12g	4%
Soluble Fiber 11g	47%
Total Sugars <1g	
Includes 0g Added Sugars	
Digestible Carbohydrate* <1g	
Pure Hydrolyzed Collagen Peptide Protein 2g	4%
Digestible Protein Equivalent† 3.2g	6%
Vitamin A - Whole Food Yeast 5000IU	100%
Vitamin C - Whole Food Yeast 60IU	100%
Vitamin D3 - Whole Food Yeast 400IU	100%
Vitamin E - Whole Food Yeast 30 IU	100%
Vitamin K - Whole Food Yeast	0%
Vitamin B1 - Whole Food Yeast 1.5mg	100%
Vitamin B2 - Whole Food Yeast 1.7mg	100%
Vitamin B3 - Whole Food Yeast 20mg	100%
Vitamin B5 - Whole Food Yeast 10mg	100%
Vitamin B6 - Whole Food Yeast 2mg	100%
Vitamin B9 - Whole Food Yeast 400mcg	100%
Vitamin B12 - Whole Food Yeast 6mcg	100%
Calcium 374mg	37%
Phosphorus 187mg	8%
Biotin 300mcg	100%
Iodine 150mcg	100%
Magnesium 200mg	50%
Zinc 15mg	100%
Selenium 70mcg	100%
Copper 0.5mg	25%
Iron 2.7mg	15%
Manganese 2mg	100%
Chromium 200mcg	167%
Moybdenum 75mcg	100%

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Contains: dairy, no lactose (cream).
† Clinically established digestible value of 3g of protein per serving.
‡ Omega fats sold separately.

CMR P-3 Peptide Vanilla

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Nutrition Facts

42 servings per container: **VANILLA**
Serving size: 2 Scoops (28g)

Amount per serving
Calories **63**

	% Daily Value*
Total Fat <1g	0%
Saturated Fat <1g	
Unsaturated Fat <1g	
Trans Fat 0g	
Sodium 87mg	4%
Cholesterol 55mg	11%
Potassium 312mg	8%
Total Carbohydrate 12g	4%
Soluble Fiber 11g	47%
Total Sugars <1g	
Includes 0g Added Sugars	
Digestible Carbohydrate* <1g	
Pure Hydrolyzed Collagen Peptide Protein 1.7g	4%
Digestible Protein Equivalent† 3.2g	6%
Vitamin A - Whole Food Yeast 5000IU	100%
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Vitamin E - Whole Food Yeast 30 IU	100%
Vitamin K - Whole Food Yeast	0%
Vitamin B1 - Whole Food Yeast 1.5mg	100%
Vitamin B2 - Whole Food Yeast 1.7mg	100%
Vitamin B3 - Whole Food Yeast 20mg	100%
Vitamin B5 - Whole Food Yeast 10mg	100%
Vitamin B6 - Whole Food Yeast 2mg	100%
Vitamin B9 - Whole Food Yeast 400mcg	100%
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Biotin 300mcg	100%
Iodine 150mcg	100%
Magnesium 200mg	50%
Zinc 15mg	100%
Selenium 70mcg	100%
Copper 0.5mg	25%
Iron 2.7mg	15%
Manganese 2mg	100%
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