

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

Supplement Facts

Serving Size: 2 Scoops (32.4 g)
 Servings Per Container: about 28

	Amount Per Serving	%Daily Value
Total Calories	110	
Calories from Fat	20	
Total Fat	2 g	3%*
Saturated Fat	0.5 g	3%*
Trans Fat	0 g	**
Polyunsaturated Fat	1 g	**
Monounsaturated Fat	0.5 g	**
Cholesterol	0 g	0%
Total Carbohydrate	10 g	3%*
Dietary Fiber	7 g	28%*
Sugars	<1 g	**
Protein	15 g	30%*
Vitamin A (as beta carotene)	500 IU	10%
Vitamin C (as calcium ascorbate)	30 mg	50%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl acetate)	15 IU	50%
Thiamin (as thiamin HCl)	1 mg	67%
Riboflavin	1 mg	59%
Niacin (as niacinamide)	10 mg	50%
Vitamin B6 (as pyridoxine HCl)	1 mg	50%
Biotin	150 mcg	50%
Pantothenic Acid (as d-calcium pantothenate)	5 mg	50%
Calcium (as calcium ascorbate, tricalcium phosphate, d-calcium pantothenate)	40 mg	4%
Iodine (as potassium iodide)	38 mcg	25%
Magnesium (as magnesium amino acid chelate)	40 mg	10%
Zinc (as zinc gluconate)	3.8 mg	25%
Chromium (as chromium picolinate)	31 mcg	26%
Sodium	220 mg	9%
Potassium (as potassium iodide)	5 mg	<1%
Digestive Blend†	50 mg	**
(Probiotics, Prebiotics, and Enzymes)		
amylase, cellulase, invertase, lipase, protease, papain, bromelain, vitafiber® (isomalto-oligosaccharides), bacillus coagulans		

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

**Daily Value not established.

Other Ingredients:

Pea protein, natural flavors, guar gum, sunflower lecithin, coconut oil powder, xanthan gum, stevia leaf extract (rebaudioside A), cranberry fruit protein powder, dutch cocoa bean powder (alkalized).

Power Boost

SLENDERIIZ

Power Boost can be added to PureNourish to create the flavor and nutrient combination you're looking for. Power Boost, enriched with cocoa, quickly replenishes energy and nutrients post-workout.*

Power Boost is the drink of choice for athletes, runners, or anyone committed to regular exercise. It starts with the cocoa bean, valued not just for its wonderful flavor but also for a high antioxidant content and contributions of cardiovascular health.¹ Coconut oil is added to provide a rich source of medium chain triglycerides (MCTs), a source of energy that tends to be burned by the body rather than stored as fat. Many studies suggest that energy in the form of MCTs may enhance endurance during lengthy workouts.*²

The Power Boost formula also includes amino acids to support optimal athletic performance and recovery. Glutamine, an amino acid produced naturally in the muscles, assists the body in rebounding from intense or prolonged activity or stress. Studies show that supplementing the body's supply with L-glutamine can increase athletic performance.*³

We also add valine, leucine, and isoleucine, the three branched-chain amino acids (BCAAs), which support energy production within each cell, and are considered essential in the human diet. If not sufficiently provided in the foods we eat, our bodies create more BCAAs by breaking down existing muscle tissue, particularly during extended exertion. Studies suggest that BCAA supplements not only help prevent muscle loss,⁴ but may also contribute to decreased mental fatigue during demanding activities such as long-distance running.⁵ Power Boost provides a vital supply of BCAAs, supporting both lean muscle mass and increased focus during workouts.*

Slenderiiz is committed to the science of nutrition, and uses only the highest quality ingredients in its products. Power Boost contains no artificial colors, sweeteners or flavors. Our ingredients are soy-, gluten- and dairy-free, without trans-fats or GMO components. Power Boost is best when mixed with PureNourish, an excellent protein supplement.



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

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

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

1 Corti, R et al, "Cocoa and Cardiovascular Health," American Heart Association – Contemporary Review in Cardiovascular Medicine, web publication: 2009; 119: 1433-1441doi: 10.1161/CIRCULATION.AHA.108.827022

2 Berning, JR, "The role of medium-chain triglycerides in exercise," Journal of the International Society of Sports Nutrition, (1996) Jun;6(2):121-33

3 Gleeson, Michael, "Dosing and Efficacy of Glutamine Supplementation in Human Exercise and Sports Training," Journal of Nutrition, (2008) October 2008 vol. 138 no. 10 2045S-2049S

4 Kreider, R. et al, "ISSN exercise & sport nutrition review: research & recommendations," Journal of the International Society of Sports Nutrition 2010, 7:7 doi:10.1186/1550-2783-7-7

5 Hassmen, P, "Branched-chain amino acid supplementation during 30-km competitive run: mood and cognitive performance," Nutrition, (1994) PMID:7819652 [PubMed - indexed for MEDLINE] <http://www.ncbi.nlm.nih.gov/pubmed/7819652>

Supplement Facts

Serving Size: 1 Scoop (14.38 g)
 Servings Per Container: about 28

	Amount Per Scoop	%Daily Value*
Total Calories	45	
Calories from Fat	19	
Total Fat	2 g	3%*
Saturated Fat	2 g	10%*
Trans Fat	0 g	**
Cholesterol	0 mg	0%
Total Carbohydrate	6 g	2%*
Dietary Fiber	2 g	6%*
Sugars	4 g	**
Sodium	25 mg	1%*
Branched-Chain Amino Acid Blend	500 mg	**
L-Leucine		
L-Isoleucine		
L-Valine		
L-Glutamine	500 mg	**
Neobee® Medium-Chain Triglycerides (Coconut Based)	1000 mg	**

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

**Daily Value not established.

Other Ingredients:

Dutch cocoa powder (alkalized), dried organic coconut sap, coconut milk powder, natural flavors, sunflower lecithin, stevia leaf extract (rebaudioside A), guar gum, luohan guo fruit extract, salt.

Beauty Boost

SLENDERIIZ

Beauty Boost can be added to PureNourish to create the flavor and nutrient combination you're looking for. Naturally orange-flavored Beauty Boost promotes healthy hair, skin and nails.*

Beauty Boost works on the premise that nothing is more beautiful than good health. Although it is formulated to address the specific nutritional needs of hair, skin and nails, your internal systems will also benefit from Beauty Boost's vitamins, minerals, and bioflavonoids from a variety of natural plant extracts.*

Beauty Boost's refreshing flavor comes from the mandarin orange and nutrient rich papaya. Each serving of Beauty Boost includes pure citrus bioflavonoids; Dermaval™, a proprietary blend of extracts from nine different superfoods, and Aquamin™, a multimineral seaweed extract that provides calcium, magnesium, and other minerals needed for vibrant skin and healthy hair. The formula is also rich in biotin, a complex B vitamin associated with stronger hair and nails.*¹

Slenderiiz is committed to the science of nutrition, and uses only the highest quality ingredients in its products. Beauty Boost contains no artificial colors, sweeteners or flavors. Our ingredients are soy-, gluten- and dairy-free, without trans-fats or GMO components. Beauty Boost works best mixed with PureNourish, an excellent protein supplement.



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

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Supplement Facts

Serving Size: 1 Scoop (5.8 g)

Servings Per Container: about 28

	Amount Per Scoop	% Daily Value*
Total Calories	0	
Total Fat	0 g	0%*
Total Carbohydrate	5 g	2%*
Sugar Alcohol	4 g	**
Biotin	1000 mcg	333%*
Sodium	32 mg	1%*
Papaya Fruit Powder	750 mg	**
Citrus Bioflavonoids	10 mg	**
Dermaval™ Proprietary Blend	50mg	**
Pomegranate fruit concentrate, asparagus shoot concentrate, okra pod concentrate, coffeeberry fruit concentrate, acerola fruit juice, camu camu fruit juice, onion bulb extract, açai berry, mangosteen fruit concentrate.		
Aquamin® (Red Seaweed)	550 mg	**

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

**Daily Value not established.

Other Ingredients:

Erythritol, natural mandarin orange flavor, natural flavors, stevia leaf extract (rebaudioside A), citric acid.