



## Top Four V1 Benefit Statements:

- Sustain Energy With Superior Proteins\*
- Build, Restore, and Maintain Lean Muscle\*
- Promote Weight Loss by Igniting Your Metabolism\*
- Weight Wellness Meal Support\*

## ●●● V1 SKINNY SMOOTHIE INGREDIENT BENEFITS ●●●

### Quinoa

Considered the "Mother Grain" by the ancient Incas, this grain is high in protein and amino acids, magnesium, and dietary fiber.

- Provides eight essential phytonutrients that helps you stave off aging and boost immunity by protecting your body against free radical damage\*
- High plant-based protein helps you build, repair, and grow muscle\*
- Fiber keeps you satisfied longer, balances blood sugar, and boosts energy\*

### Greek Yogurt

This Super Food is high in protein, calcium, and Vitamin B-12. The low-fat protein helps curb your appetite and the probiotics support the healthy bacteria in your digestive tract.

- Strengthens bones and teeth\*
- Enhances digestive health with probiotics\*

### Vitamin A (Vitamin A Palmitate)

A fat-soluble nutritional compound that promotes many health benefits and can be found in both animal and plant sources.

- Helps maintains clear night vision\*
- Provides anti-aging benefits for your skin by increasing collagen levels\*
- Nourishes tissues and helps boost healthy cellular development\*

### Vitamin B1 (Thiamin)

This water-soluble vitamin needs to be replenished each day and is essential for a variety of functions, including cardiovascular, muscular, and your nervous system.

- Boosts energy by converting sugar into energy\*
- Improves cardiovascular function\*
- Reduces ordinary stress while improving memory and concentration\*

### Vitamin B2 (Riboflavin)

A micro-nutrient that is a water-soluble vitamin which is essential for red blood cell formation and helps the body metabolize vitamins and minerals.

- Boosts energy by breaking down fats and carbohydrates\*
- An antioxidant that protects various systems such as the nervous system\*
- Boosts immune system\*

### Vitamin B3 (Niacin, Niacinamide)

Part of the B-complex, this water-soluble vitamin helps convert calories from proteins and fats, and energy from carbohydrates.

- Boosts energy\*
- Helps the digestive system function\*
- Promotes metabolism of glucose, fat and alcohol\*

### Vitamin B5 (Pantothenic Acid as d-calcium pantothenate)

An essential nutrient, this water-soluble vitamin supports the adrenal gland and aids in the secretion of hormones.

- Helps metabolize proteins, carbohydrates and fats\*
- Helps maintain cholesterol levels that are already within normal limits\*
- Reduces the appearance of wrinkles and promotes healthy skin, hair and nails\*

### Vitamin B6 (Pyridoxine HCl)

Known to synergize with the entire vitamin B-complex to metabolize proteins, fats, and carbohydrates and promotes healthy cardiovascular, nervous, and immune systems.

- Increases fat and protein metabolism\*
- Maintains healthy brain function\*
- Helps form 'feel-good' neurotransmitters such as dopamine and serotonin\*

### Vitamin B12 (Methylcobalamin)

An important component of the B-complex, this crucial vitamin helps your body maintain energy levels and a healthy nervous system.

- Increases energy and decreases fatigue by converting carbohydrates into glucose\*
- Improves mood by increasing neurotransmitters that affect stress levels\*
- Maintains healthy cardiovascular function by helping maintain cholesterol levels that are already within normal limits\*

### Vitamin C (Ascorbic Acid)

This vitamin is one of the most effective nutrients to promote overall health and wellness.

- Boosts the immune system and savages free radicals \*
- Helps maintain blood pressure and cholesterol levels that are already within normal limits\*
- Helps form 'feel-good' neurotransmitters like Norepinephrine that affect mood and stress levels\*

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### Vitamin D (Cholecalciferol)

Known as the 'sunshine' vitamin, many foods are fortified with Vitamin D and it helps the body regulate its mineral levels

- Helps you maintain a healthy body weight
- Creates strong bones by assisting with the absorption of calcium and phosphorous\*
- Boosts the immune system \*

### Vitamin E (D-Alpha Tocopheryl Succinate)

A fat-soluble vitamin that maintains health at the cellular level and can support the body's natural ability to remove toxins.

- Provides anti-aging benefits as a powerful anti-oxidant that protects cells from free-radical damage\*
- Boosts metabolism to generate energy\*
- Enhances the immune system\*

### Vitamin K (Phytonadione)

Taken to reduce the effects of aging, Vitamin K helps maintain bone health.

- Strengthens bones and increases bone density\*
- Helps maintain blood sugar levels that are already within normal levels\*
- Promotes gastrointestinal health\*

### Bamboo Fiber

This supplement is high in insoluble fiber that is high in silica which promotes the formation of collagen and promotes the growth of hair, nails, and skin.

- Creates feeling of fullness with fiber\*
- Reduces cravings and fat formation by slowing the rise of blood sugar\*
- Fiber content speeds intestinal transit time\*

### Biotin

This is the lesser known B-complex vitamin known also as Vitamin B7 is essential to many health functions.

- Converts carbohydrates, fats, and proteins into energy and aids weight loss efforts\*
- Helps maintain blood sugar levels that are already within normal levels thus reducing cravings\*
- Promotes healthy hair, nails, and skin\*

### Calcium Caseinate

This protein breaks down slowly, with a sustained release of amino acids and improves the nutritional value of supplements.

- Slows down digestion which contributes to feeling fuller and satisfied longer\*
- Protects against the breakdown of muscle proteins and helps preserve lean muscle mass\*
- Helps build, repair, and grow muscle\*

### Calcium (Calcium Carbonate)

- Helps you develop and maintain healthy bones and muscles\*
- Promotes cardiovascular system health by maintaining blood pressure levels that are already within normal levels\*
- Helps you regulate body weight by breaking down fats\*

### Chromium Polynicotinate

Considered an essential trace element, this metal contributes to weight loss by increasing muscle and decreasing body fat.

- Reduces appetite and cravings by maintaining blood sugar levels that are already within normal levels\*
- Boosts energy\*
- Builds lean muscle with exercise\*

### Folic Acid

Another water-soluble B-Vitamin that promotes the healthy development of the human body.

- Boosts energy by metabolizing fats, carbohydrates, and proteins\*
- Improves brain function and promotes a positive mood\*

### Guar Gum

Derived from guar beans, this water-soluble fiber improves digestion and also improves the taste and texture of V1.

- Creates feelings of fullness with soluble fiber\*
- Reduces cravings and fat formation by slowing blood sugar rise\*
- Soluble fiber boosts immune system\*

### Iodine (Kelp)

As a trace element, Iodine is essential to transport oxygen to cells, metabolize energy, and in hormone production.

- Aids metabolism and boosts energy levels\*
- Helps maintain healthy thyroid hormone level\*
- Strengthens bones and muscles\*

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### Luo Han Guo

*A non-caloric, natural fruit sweetener that the ancient Chinese believed to aid in longevity.*

- Rich in Vitamin C, protein, and 18 essential amino acids
- Helps reduce calories and sugar intake\*
- Provides antioxidants and protects against free radical damage\*

### Magnesium (Magnesium Citrate)

*A combination of magnesium salt with citric acid that is water-soluble and helps balance the body's pH.*

- Boosts energy by converting glucose\*
- Essential mineral that improves over 300 metabolic functions in the body\*
- Promotes cardiovascular system health and contributes to a healthy heart\*

### Manganese (Manganese Gluconate)

*A combination of the mineral manganese with glutamic acid that supports many essential bodily functions.*

- Increases satisfying feeling of fullness\*
- Strengthens bones and muscles\*
- Promotes metabolism of carbohydrates and fats to boost energy levels\*

### Molybdenum

*This trace mineral helps the body break down proteins.*

- Regulates iron to provide oxygen to the body's organ systems\*
- Detoxifies the body by metabolizing enzymes\*
- Increases overall sense of well-being\*

### Non-fat Dry Milk

*Dehydrated milk powder contains all 29 essential amino acids and is high in soluble vitamins and minerals.*

- Provides essential nutrients such as amino acids, vitamins, and minerals\*
- Proteins help you build, repair, and grow muscle\*
- Promotes gastrointestinal health with lactic acid bacteria\*

### Sodium (Sodium Selenite)

*This is a form of selenium, a salt that helps activate antioxidant enzymes.*

- Staves off aging as a powerful antioxidant that reduces free radical damage\*
- Improves appearance of skin, hair, and nails
- Enhances the immune system\*

### Stevia

*This natural plant-based sweetener sweetens foods without causing the blood sugar to rise.*

- Aids weight loss by curbing hunger and boosting energy\*
- Reduces cravings and fat formation by balancing blood sugar\*

### Sugar Cane Fiber

*A natural unprocessed plant-based fiber that helps slow digestion and improve taste.*

- Reduces fat absorption\*
- Reduces cravings and fat formation by maintaining blood sugar levels that are already at normal levels\*
- Creates feeling of fullness with fiber\*

### Sunflower Lecithin

*An important lipid that promotes a healthy brain and body cells*

- Promotes healthy brain function with essential fatty acids\*
- Helps condition muscles\*
- Maintains the nervous system\*

### Whey Protein

*Proteins that are isolated from whey and help with muscle growth.*

- Helps build, repair, and grow muscles\*
- Aids in weight loss and helps maintain blood sugar levels that are already at normal levels\*
- Inhibits the stress hormone cortisol\*

### Zinc (Zinc Gluconate)

*An essential trace element that helps boost the immune system and can help boost your athletic performance.*

- Promotes healthy skin and hair\*
- Supports protein synthesis\*
- Enhances immune function\*

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