

## NUTRITION FACTS

Serving Size: 11.37 Grams (1 Rounded Tbsp.)		
Servings Per Container: 30		
Container Net Weight : 342 Grams (12 Ounces)		
AMOUNT PER SERVING		%DV*
Calories	31	
Total Fat	.57 g	0.87%
Saturated Fat	.12 g	0.6%
Cholesterol	.24 mg	0.08%
Sodium	39.32 mg	1.63%
Carbohydrate	5.03 g	1.37%
Dietary Fiber	3.34 g	13.36%
Sugars	<1 g	†
Protein	1.44 g	2.88%
Vitamin A	348.4 IU	6.96%
Vitamin C	300 mg	500%
Calcium	.05 mg	<1%
Iron	3.1 mg	17.22%

\*Percent Daily Values are based on a 2000 calorie diet.  
†Daily Values not established.

### "HERE'S MY PROMISE & GUARANTEE:

IN AS LITTLE AS 30 DAYS, YOU'LL ENJOY MORE ENERGY, GREATER STRENGTH, EASIER WEIGHT LOSS, FEWER FOOD CRAVINGS, MORE VITAL LIFE! NOW, WITH ONE ANTI-AGING SUPER COCKTAIL, YOU'LL BE ABLE TO SWITCH ON A SECRET SOURCE OF ENERGY AND STRENGTH EVERY DAY FOR THE REST OF YOUR LIFE!\*\*\*  
Jay White, President, IVL

### KEEP OUT OF REACH OF CHILDREN

Pregnant or lactating women should consult a healthcare professional prior to use.

Before you take any supplement, please consult your physician or other licensed healthcare professional to determine if it's appropriate for you.

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

### Directions:

Take once a day. Mix one rounded tablespoon in 6 to 8 ounces of water, or your favorite juice or smoothie.

For maximum freshness refrigerate Long Life Food Source™ after opening and use within 90 days.

JUST ONE TABLESPOON IS PACKED WITH A WEALTH OF IMMUNE-ENHANCING, ANTI-AGING SUPER NUTRIENTS!\*

# Long Life Food Source™



ALL THE LEGENDARY SUPERFOODS COMBINED IN ONE POWERHOUSE DRINK



Dietary Supplement • Net Weight - 12 oz. (342 grams)

## SUPPLEMENT FACTS

Serving Size: 11.37 grams (Approx. 1 Rounded Tbsp.) Servings Per Container: 30  
Container Net Weight: 342 Grams (12 Ounces)

Ingredients	Amount Per Serving	% DV*	Ingredients	Amount Per Serving	% DV*
Carrot	1800 mg	†	Barley Malt	200 mg	†
Barley Grass	1342 mg	†	Chlorella	200 mg	†
Oat Beta Glucan	1042 mg	†	Orange Powder	200 mg	†
Wheat Grass	942 mg	†	Mixed Tocopherols 30%	170 mg	†
Pineapple Powder	800 mg	†	Raspberry Powder	150 mg	†
Banana Powder	650 mg	†	Strawberry Powder	150 mg	†
Apple Powder	400 mg	†	Lemon Peel	100 mg	†
Spirulina	400 mg	†	Red Wine Extract	100 mg	†
Flaxseed	350 mg	†	Rosehips	100 mg	†
Acerola	300 mg	†	Stevia	86 mg	†
Alfalfa	300 mg	†	Citrus Bioflavonoids	70 mg	†
Colostrum	300 mg	†	Milk Thistle	70 mg	†
Soy Lecithin	250 mg	†	Green Tea Extract 60%	60 mg	†
Fruit Punch Flavoring	220 mg	†	Grape Seed Extract 95%	60 mg	†
Fruit & Vegetable Blend	220 mg	†	Beet Powder	20 mg	†
Blueberry Powder	Quercetin Powder		Cinnamon Powder	10 mg	†
Broccoli Powder	Raspberry Powder		Purple Dulse	10 mg	†
Carrot Powder	Resveratrol				
Cranberry Powder	Spinach Powder				
Green Tea Ext. Powder	Strawberry Powder				
Kale Powder	Tomato Powder				
Pomegranate Powder	VitaBlue				

† Daily Value not established.

Contains: Soy (from Soy Lecithin); Colostrum (milk product.)

**GLUTAN-FREE**

Formulated for: **INSTITUTE FOR VIBRANT LIVING**  
Camp Verde, AZ 86322 -6592 To Reorder Call: 1-800-218-1379  
[www.ivlonline.com](http://www.ivlonline.com)

