



luna rich®

nourish

OUR WORLD

Reliv® Nourish™ Nutritional Information

SERVINGS PER CONTAINER: 30 SERVING SIZE: 18.76g

| | PER SERVING (18.76g) | PER 100g |
|---------------|----------------------|------------------------|
| Energy | 230 kJ 55 cal | 1225.9 kJ 293.2 cal |
| Protein | 7 g | 37.3 g |
| Fat | 1 g | 5.3 g |
| Saturated Fat | 0 g | 0 g |
| Carbohydrates | 5 g | 26.7 g |
| Sugars | 2 g | 10.7 g |
| Fibre | 1 g | 5.3 g |
| Sodium | 100 mg | 533.0 mg |
| Potassium | 150 mg | 799.5 mg |

VITAMINS

| | | |
|------------------|---------|------------|
| Vitamin A | 750 mcg | 3997.5 mcg |
| Vitamin B1 | 3 mg | 16.0 mg |
| Riboflavin | 4 mg | 21.3 mg |
| Vitamin B12 | 18 mcg | 95.9 mcg |
| Niacinamide | 20 mg | 106.6 mg |
| Vitamin C | 480 mg | 2558.4 mg |
| Vitamin D | 10 mcg | 53.3 mcg |
| Vitamin B6 | 4 mg | 21.3 mg |
| Vitamin E | 40.3 mg | 214.8 mg |
| Folic Acid | 400 mcg | 2100 mcg |
| Pantothenic Acid | 20 mg | 106.6 mg |
| Biotin | 300 mcg | 1599.0 mcg |

MINERALS

| | | |
|------------|---------|-----------|
| Calcium | 1000 mg | 5330.0 mg |
| Iodine | 150 mcg | 799.5 mcg |
| Iron | 10 mg | 53.3 mg |
| Phosphorus | 800 mg | 4264.0 mg |
| Magnesium | 200 mg | 1066.0 mg |
| Zinc | 16 mg | 85.3 mg |
| Copper | 2 mg | 10.7 mg |
| Selenium | 50 mcg | 266.5 mcg |
| Molybdenum | 75 mcg | 399.8 mcg |
| Chromium | 50 mcg | 266.5 mcg |
| Manganese | 2 mg | 10.7 mg |

INGREDIENTS Non-GMO Soy Blend with LunaRich® Soy Powder, Dicalcium Phosphate, Fructose, Magnesium Phosphate, Calcium Carbonate, Ascorbic Acid, Brewer's Yeast, Natural & Artificial Flavour, Non-GMO Soy Lecithin, Sodium Chloride, d-Alpha Tocopheryl Acetate, Potassium Chloride, OptiZinc® Brand of Zinc Monomethionine, LunaRich X™ Proprietary Non-GMO Soy Blend, Rebiana (stevia leaf extract), Inulin, Biotin, Molybdenum Yeast, L-Methionine, Calcium Pantothenate, Ferrous Fumarate, Niacinamide, Rosa canina (fruit) (Rose hips), Rutin (Sophora Japonica), Copper Gluconate, Vitamin A Palmitate, Ascophyllum Nodosum whole plant (Kelp), Capsicum annum fruit (Cayenne), Selenomethionine, Glycyrrhiza glabra root (Licorice), Rheum Officinale root (Rhubarb), Pyridoxine Hydrochloride, Manganese Sulfate, Riboflavin, Vitamin D3, Thiamin Hydrochloride, Enzyme Blend, Papain (papaya fruit), Bromelain (pineapple stem), Vitamin B12, Pinus pinaster stem bark ext. dry conc. (Pycnogenol®), Allium Sativum bulb (Garlic), Potassium Iodine, Chondrus Crispus whole plant (Irish Moss), Juglans Cinerea Stem bark (Butternut), Folic Acid, ChromeMate® Brand of Niacin Bound Chromium Polynicotinate.

Made in USA by Reliv International, Inc. • PO Box 405 • Chesterfield, MO 63006-0405



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