

Does this sound familiar?

- I need a quick choice for an on-the-go supplement to my diet that still tastes good*
- I'm looking for an all-in-one solution that's both low-glycemic AND nutritious*
- I need a protein and energy boost that is safe and smart*
- My system is pretty sensitive – it's hard to find something that's healthy and easy to digest*

The Search

Quick, nutritious, tasty, easy and gentle on the system. This robust combination is the gold standard we strive for when we set out to create good nutrition on-the-go. All too often, good nutrition is sacrificed for the sake of convenience. Empty calories, unhealthy preservatives, high fat and sugar content are all too commonly found among our choices in quick and easy meals these days. And even if you manage to find something that is somewhat healthy, a good balance is often still missing. A high protein content meal may also be high in sugars. A high fiber option may be too hard on your digestive system. Simply stated, balanced nutrition is hard to find.

The Solution

We know that it can be hard to find healthy, nutritious and tasty food options for those who want to stick to their commitment to eat smart. But we at ARIIX believe that you shouldn't have to sacrifice in any of these categories, and we're proving it with our new PureNourish supplement shakes.

PureNourish differs from many on-the-go food options on the market today because it is low-glycemic, so it won't cause your energy levels to spike and dip, but rather provide a more stable source of energy through proteins, fiber, and smart carbohydrates. And the low sugar/high protein combo also means that it will be kind to your waist line.*



PureNourish offers a smart and easy choice for meals-on-the go, with a powerful combination of vitamins, minerals, protein, carbohydrates and fiber that is wholesome and easy to digest. With 19 vitamins and minerals and 20% of the recommended daily fiber intake, PureNourish is an excellent addition to any weight management program. It provides an alternative to high-calorie meals packed with sugars, fat and other empty calories, and gives you the protein and nutrients that you need to stay at your best.*

A Peek Inside PureNourish

PureNourish begins by providing an all-vegetable protein blend including pea protein, cranberry protein and almond protein, supporting your weight management goals while helping to build lean muscle. Protein is essential to good health. According to the Harvard School of Public Health, a lack of protein can lead to muscle loss, decreased immunity, heart problems and respiratory issues.^{1*}

Often overlooked, however, is the fact that not all proteins are created equal, and not every protein works the same for everyone. Vegetable-based proteins like the ones in PureNourish are an excellent choice for most, because they offer the benefit of being easily digested. Additionally, research has found that the proteins extracted from the common garden pea may provide a natural support for blood pressure (if it is already within the normal range) and kidney health.² Cranberry protein offers the same benefits as cranberries in their natural state,³ as does the almond protein.^{4*}

And if you're curious about the fiber content, we've got that in the bag, too. PureNourish provides 20% of daily fiber requirements as well as 19 vitamins and minerals. Most people fall short in their daily fiber intake, but it's important that we keep those numbers up. After all, those who eat high-fiber diets are less likely to gain weight, and fiber also supports healthy cholesterol and blood sugar levels that are already within the normal range.^{5*}

PureNourish is so tasty that you won't believe it, but it's true – it won't mess up your diet. Our formula is sweetened with Luo han guo, the extract of a very sweet fruit found in China, that is low-glycemic and low in calories. It also contains xylitol, a sweetener derived from the fibrous parts of plants and Swerve, another no-calorie sweetener derived from the fibers of fruits and vegetables.*

PureNourish also features a unique blend of probiotics and beneficial enzymes that support healthy digestion. Studies have suggested that probiotics, or "good" bacteria, support healthy gastrointestinal function.^{5*}

While the combination of pineapple and papaya may cause visions of beaches and umbrella drinks, these fruits in fact provide beneficial enzymes that help break down proteins for easy digestion and support healthy gastrointestinal systems.^{6*}

Food allergies and sensitivities are much more prevalent today than they've ever been.

That's why PureNourish is:

- **Gluten free:** Those who are allergic or sensitive to gluten can experience severe intestinal discomfort and distress, migraines and lowered immune functionality. We've kept the gluten out of PureNourish, knowing how important and beneficial it is to so many.
- **Dairy and soy free.** Two of the most common allergies today.
- **GMO-free ingredients.** No genetic modifications or controversial laboratory modifications have been made to any of our ingredients that might cause adverse health effects or allergic reactions.
- **Free of artificial flavors and colors:** All of which contain no nutrients, are a factor in our nation's ballooning obesity statistics, trigger some allergies and negative health conditions and even are known to leach micronutrients OUT of our bodies.



The Bottom Line

With ARIIX PureNourish supplement shakes, you do not have to rely on will power alone to help you in your commitment to eat smart. If you are hungry, you can quickly and easily whip up a delicious and healthy shake that will satisfy your cravings without spiking your blood sugar. Combining these cutting-edge shakes with your health and wellness routine can help you overcome carbohydrate dependence and regain control of your health.

Supplement Facts

Serving Size: 2 Scoops (33.8 g)
Servings Per Container: 14

	Amount Per Serving	% Daily Value
Calories	130	
Calories from Fat	35	
Total Fat	4 g	6%*
Saturated Fat	0 g	0%*
Trans Fat	0 g	**
Cholesterol	0 mg	0%
Total Carbohydrate	16 g	5%*
Dietary Fiber	5 g	20%*
Sugars	2 g	**
Protein	11 g	
Vitamin A	1152 IU	23%
Vitamin C	16 mg	27%
Vitamin E	7 IU	23%
Thiamin	1 mg	35%
Riboflavin	1 mg	33%
Niacin	5 mg	23%
Vitamin B6	1 mg	26%
Folic Acid	94 mcg	23%
Vitamin B12	1 mcg	21%
Biotin	67 mcg	22%
Pantothenic Acid	2 mg	23%
Calcium	95 mg	10%
Iron	2 mg	10%
Iodine	36 mcg	24%
Magnesium	39 mg	10%
Zinc	2 mg	14%
Selenium	14 mcg	20%
Copper	0.5 mg	23%
Chromium	25 mcg	21%
Sodium	190 mg	8%
Potassium	25 mg	1%
Omega 3 Fatty Acid	309 mg	**
Omega 6 Fatty Acid	238 mg	**
Probiotic and Enzyme Blend (Papain, L-Sporogenes 15 billion, Betaine HCl and Bromelain)	40 mg	**

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

Other Ingredients: Pea Protein, Inulin, Sunflower Oil Creamer, Xylitol, Natural Flavors, Almond Powder, Flaxseed, Calcium Pyruvate, Swerve® (Proprietary Blend of Erythritol, Oligosaccharides and Natural Flavors), Cellulose Gum, Citric Acid, Xanthan Gum, Magnesium Citrate, Luo Han Guo Extract, Salt, Magnesium Oxide, Calcium Ascorbate, Cranberry Protein Powder, Papain, Cocoa Powder (processed with alkali), Betaine HCL, L-Sporogenes 15 billion, Dicalcium Phosphate, Vitamin E d-alpha tocopheryl, Zinc Citrate, Bromelain, Niacinamide (Niacin), Vitamin A Acetate, Copper Gluconate, Calcium Pantothenate (Pantothenic Acid), Electrolytic Iron, Selenium Amino Acid Complex, Chromium Nicotinate Glycinate Chelate, Pyridoxine HCl (Vitamin B6), Thiamine Mononitrate (Vitamin B1), Cyanocobalamin (Vitamin B12), Potassium Iodide, Sodium Molybdate.

peach flavor dietary supplement

Shake Directions:

- Store in a cool dry place.
- 8 fl oz of cold water.
- Add 2 scoops (33.8 grams) of powder.
- Blend or shake vigorously.
- For a creamier shake use almond or coconut milk.

† 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.

Good manufacturing practices are used to segregate ingredients in a facility that processes other products which 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.



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- 1- <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein-full-story/index.html#introduction>
- 2- <http://www.medicalnewstoday.com/articles/143262.php>
- 3- U.S. Department of Agriculture: Nutrient Data Laboratory -- USDA Nutrient Database. A searchable index of food nutrient composition. Search on cranberries for raw cranberry nutrient composition.
- 4- Spiller GA, Jenkins DA, Bosello O, Gates JE, Cragen LN, Bruce B (June 1998). "Nuts and plasmalipids: an almond-based diet lowers LDL-C while preserving HDL-C". J Am Coll Nutr 17 (3): 285-90. PMID 9627917. Retrieved 2008-07-17.
- 5- Ouwehand AC, Salminen S, Isolauri E (August 2002). "Probiotics: an overview of beneficial effects". Antonie Van Leeuwenhoek 82 (1-4): 279-89. doi:10.1023/A:1020620607611. PMID 12369194
- 6- Taussig SJ, Batkin S. Bromelain, the enzyme complex of pineapple (Ananas comosus) and its clinical application. An update. J Ethnopharmacol. 1998;22:191-203. <http://www.naturalstandard.com/index-abstract.asp?create-abstract=/monographs/herbssupplements/papain.asp>



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