

# Drinkables®

LIQUID SUPPLEMENTS

Great Natural Berry Flavor

## Over 40 fruits and vegetables

Drinkables® Fruits and Vegetables combines over 40 fruits and vegetables into an **All-in-One Supermix!** Nutritionally equivalent to **5 servings of Fruits and Vegetables in a single one ounce dosage**, this product promotes high antioxidant properties of Vitamins A, C, and E. This amazing supplement can provide the daily nutritional needs for those busy individuals who don't eat enough fruits and vegetables and is also a great way to help children consume their nutrients naturally from difficult green, purple, orange, and red foods.†

### Green Foods

Broccoli • Cabbage • Cauliflower • Cucumber  
Green Bean • Kiwi • Parsley • Pea • Spinach

### Purple / Blue Foods

Blackberry • Black Currant • Blueberry • Blue Corn • Eggplant  
Fig • Hawthorn Berry • Plum • Purple Grape

### Orange / Yellow Foods

Apricot • Cantaloupe • Carrot • Grapefruit  
Honeydew • Lemon • Mango • Orange • Papaya  
Pear • Pineapple • Pumpkin • Squash • Onion  
Sweet Potato • Tangerine • White Peach

### Red Foods

Apple • Beet • Cherry  
Pomegranate  
Euphoria Fruit  
Raspberry • Tomato  
Watermelon



### Supplement Facts

Serving Size 1 fl oz (2 Tbsp)

Amount per Serving 1 fl oz

Calories 30

	% Daily Value*
<b>Carbohydrates</b> 7g	2%
Dietary Fiber 3g	1%
Sugars 2g	**
<b>Vitamin A</b> (Palmitate) 1812 IU	35%
<b>Vitamin C</b> (Ascorbic Acid) 38mg	60%
<b>Vitamin D</b> (Cholecalciferol) 142 IU	35%
<b>Vitamin E</b> (Acetate) 11 IU	35%
<b>Vitamin K</b> (Phytonadione) 28mcg	35%
<b>Thiamin</b> (Mononitrate) 100mcg	5%
<b>Riboflavin</b> 100mcg	5%
<b>Niacin</b> (Niacinamide) 1mg	5%
<b>Vitamin B6</b> (Pyridoxine) 100mcg	5%
<b>Folic Acid</b> (Folate) 142mcg	35%
<b>Vitamin B12</b> (Cyanocobalamin) 0.2mcg	3%
<b>Biotin</b> 30mcg	10%
<b>Pantothenic Acid</b> (D-Calcium Pantothenate) 4mg	35%
<b>Calcium</b> (Calcium Carbonate) 10mg	1%
<b>Iron</b> 180mcg	1%
<b>Phosphorus</b> 7mg	1%
<b>Magnesium</b> 3mg	35%
<b>Manganese</b> (Manganese Gluconate) 700mcg	35%
<b>Chromium</b> (Chromium Chloride) 43mcg	35%
<b>Sodium</b> 10mg	1%
<b>Potassium</b> 35mg	1%
<b>Lutein</b> (Tagetes Erecta)(Flowers) 100mcg	**
<b>Lycopene</b> 100mcg	**
<b>Choline</b> (Bitartrate) 1mg	**
<b>Inositol</b> 1mg	**
<b>PABA</b> 1mg	**
<b>Stevia</b> (Eupatorium Rebaudianum Betoni)(Leaf) Extract 18mg	**
<b>Proprietary Blend</b> 22g	**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Values not established.

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



# All-in-One

www.Drinkables.com

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## **Ease of swallowing**

Solid nutritional supplements are often oversized, hard to swallow and can leave a bad aftertaste in your mouth. A one-ounce dose of Drinkables® tastes great and can be easily swallowed.†



## **What do consumers think?**

23% of consumers prefer to get their supplements in forms other than pills or capsules. 17% of consumers are dissatisfied with the quality of pills they take, while 17% claim to have difficulty swallowing pills/capsules.††

††NMI 2003 Health & Wellness Trends



## **Digestibility**

Pills can upset your stomach, particularly when taken in the large quantities often required by nutritional supplements. Buffered pills reduce stomach upset, but can also slow the absorption of nutrients into the system. Drinkables® are far less likely to upset your stomach and require no buffering.†



## **Nutrient Quality**

All three delivery methods – tablets, capsules and Drinkables® – are capable of providing quality nutrients in the high levels your body needs. While standards vary greatly among supplements, the Drinkables® product line utilizes the highest quality nutrients at levels that meet or exceed most solid supplements.†



## **Bioavailability**

Once in your stomach, tablets and capsules must be broken down into a bioavailable form in order to enter the bloodstream. Absorption can be hampered by the buffering many pills receive in order to reduce stomach upset. Because Drinkables are delivered to your stomach in liquid form, they're fast acting and more readily absorbed (up to 92% absorption) increasing the bioavailability of nutrients to your body. Drinkables® can send their full efficacy to tissues and organs while many solid nutrients are still breaking down.†



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# Maximum Absorption