

Nourify *LITE*

FUEL YOUR HEALTHY EATING AT BREAKFAST, LUNCH, AND THROUGHOUT THE DAY

Trying to lose weight? Looking for a meal that provides an **ENERGY BOOST** and won't offset your healthy eating? This **GOOD-FOR-YOU MEAL** that you can take on the go is a critical part of the **3-2-1 Program**. It supports a healthier lifestyle and a healthier you.

Whether you're working toward your goal weight, or simply maintaining a healthy weight and lifestyle, keeping a balanced nutrition plan is key.



28 SERVINGS
per bottle

Your schedule can be hectic, and in our on-demand world, making healthy choices can be difficult. If you've ever found yourself settling for sugar filled, high-calorie, easy-to-grab snacks, you're not alone. Previnex Nourify *LITE* is a great solution to this challenge. A vanilla or chocolate shake provides an ultra healthy meal that tastes great!



10g PROTEIN
per shake

CLEAN FUEL FOR YOUR BODY!

Nourify *LITE* is scientifically designed with a unique blend of vitamins, minerals, and macro- and micronutrients in the perfect balance to meet your body's nutritional needs.*

Each shake provides the proper **balance of healthy and high-quality carbohydrates, fats, and proteins**. Nourify *LITE* is the building block for your path to optimal health on the 3-2-1 Program, and it provides sustained energy and appetite satisfaction throughout the day.

GLUTEN FREE, SOY FREE, DAIRY FREE, AND VEGAN

High in protein, and low in fat and sugar, Previnex Nourify *LITE* helps boost your body's detoxification system and metabolism, and facilitates optimal liver function.* It is **LOW-GLYCEMIC**, which helps reduce cravings and provides satiety and sustained energy throughout the day.*

Nourify *LITE* is an excellent source of **amino acids**, which are essential for building a healthy body.* With healthy levels of "good" fats provided by **coconut and sesame seed oil**, Previnex Nourify *LITE* provides substantial energy for your mind and body.* **Best of all, Nourify *LITE* is GLUTEN FREE, SOY FREE, DAIRY FREE, VEGAN, and free of any artificial ingredients, preservatives, and bad stuff.**



* These statements have not been evaluated by the Food & Drug Administration. This product isn't intended to diagnose, treat, cure or prevent any disease.

nourify LITE
CHOCOLATE



10g PROTEIN
per shake

nourify LITE
VANILLA



Supplement Facts

Serving Size: 1 scoop (29.95 g)
Servings Per Container: 28

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 110		Phosphorus	125 mg 13%
Calories from Fat 25		Iodine (as potassium iodide)	30 mcg 20%
Total Fat 2.5 g	4%*	Magnesium (as magnesium citrate)	100 mg 25%
Saturated Fat 2 g	9%*	Zinc (as zinc gluconate)	5 mg 34%
Total Carbohydrate 12 g	4%*	Copper (as copper gluconate)	.5 mg 25%
Dietary Fiber 1 g	4%*	Manganese (as manganese citrate)	.5 mg 25%
Sugars 2 g	t	Chromium (as chromium polynicotinate)	25 mcg 20%
Protein 10 g	20%*	Sodium	110 mg 2%
Vitamin A (as retinyl palmitate and beta carotene)	1,000 IU 20%	Potassium	305 mg 6%
Vitamin C (as ascorbic acid)	150 mg 250%	L-Glutamine	250 mg t
Vitamin D (as ergocalciferol)	17.5 IU 5%	L- Leucine	625 mg t
Vitamin E (as d-α tocopheryl acetate)	21 IU 70%	L- Isoleucine	312.5 mg t
Thiamin (as thiamin HCL)	1.1 mg 74%	L- Valine	312.5 mg t
Riboflavin	1 mg 59%	Epigallocatechin Gallate (EGCG) (from decaffeinated green tea)	t
Niacin (as niacinamide)	3.5 mg 18%	Digestive Enzyme Blend 12.5 mg	t
Vitamin B6 (as pyridoxal-5-phosphate)	1.7 mg 85%	Amylase, glucoamylase, protease, acid-stable protease, lipase and cellulase	
Folate (as 5-MTHF glucosamine salt)	40 mcg 10%		
Vitamin B12 (as cyanocobalamin)	1.8 mcg 30%		
Biotin	67.5 mcg 23%		
Pantothenic acid (as d-calcium pantothenate)	18 g 180%		
Calcium (as dicalcium phosphate and calcium citrate)	110 mg 8%		

t Daily value not established.
* Percent daily values are based on a 2,000 calorie diet.

Other Ingredients: Rice Protein Concentrate, rice syrup solids, pea protein isolate, coconut oil, natural flavors, potassium phosphate, silica, sodium chloride, stevia leaf extract and sesame oil.
Formulated and distributed by Previnex, LLC.
Baltimore, MD 21224 | Toll Free: 888-958-0397

Supplement Facts

Serving Size: 1 scoop (27.9 g)
Servings Per Container: 28

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 110		Phosphorus	125 mg 13%
Calories from Fat 23		Iodine (as potassium iodide)	30 mcg 20%
Total Fat 2.5 g	4%*	Magnesium (as magnesium citrate)	100 mg 25%
Saturated Fat 1.8 g	9%*	Zinc (as zinc gluconate)	5 mg 34%
Total Carbohydrate 12.5 g	4%*	Copper (as copper gluconate)	.5 mg 25%
Dietary Fiber 1 g	4%*	Manganese (as manganese citrate)	.5 mg 25%
Sugars 2 g	t	Chromium (as chromium polynicotinate)	25 mcg 20%
Protein 10 g	20%*	Sodium	45 mg 2%
Vitamin A (as retinyl palmitate and beta carotene)	1,000 IU 20%	Potassium	185 mg 6%
Vitamin C (as ascorbic acid)	150 mg 250%	L-Glutamine	250 mg t
Vitamin D (as ergocalciferol)	17.5 IU 5%	L- Leucine	625 mg t
Vitamin E (as d-α tocopheryl acetate)	21 IU 70%	L- Isoleucine	312.5 mg t
Thiamin (as thiamin HCL)	1.1 mg 74%	L- Valine	312.5 mg t
Riboflavin	1 mg 59%	Epigallocatechin Gallate (EGCG) (from decaffeinated green tea)	t
Niacin (as niacinamide)	3.5 mg 18%	Digestive Enzyme Blend 12.5 mg	t
Vitamin B6 (as pyridoxal-5-phosphate)	1.7 mg 85%	Amylase, glucoamylase, protease, acid-stable protease, lipase and cellulase	
Folate (as 5-MTHF glucosamine salt)	40 mcg 10%		
Vitamin B12 (as cyanocobalamin)	1.8 mcg 30%		
Biotin	67.5 mcg 23%		
Pantothenic acid (as d-calcium pantothenate)	18 g 180%		
Calcium (as dicalcium phosphate and calcium citrate)	75 mg 8%		

t Daily value not established.
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