



NUTRITION FACTS		
Serving Size: 1 Scoop (12 g)		
Servings Per Container: Approx. 30		
AMOUNT PER SERVING		
Calories 45	Calories From Fat 0	
		% Daily Value*
Total Fat (g)	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	11g	4%
Dietary Fiber	0g	0%
Sugars	1g	
Protein	1g	
Vitamin A 0%	• Vitamin C 110%	
Calcium 0%	• Iron 2%	

Berry Essentials™ is a tasty alternative to soft drinks that's jam-packed with powerful antioxidants to help keep everyone in your family strong, energetic, and healthy.*
Directions: Mix approximately 1 rounded tablespoon in 6 to 8 ounces of water or your favorite smoothie.

For maximum freshness refrigerate Berry Essentials™ after opening and use within 90 days.

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.



Dietary Supplement • Net Weight - 12.45 oz. (354 grams)

SUPPLEMENT FACTS		
Serving Size: 12 grams (Approx. 1 Rounded Tbsp.)		
Servings Per Container: Approx. 30		
Ingredients	Amount Per Serving	%DV*
Black Cherry (fruit)	1000 mg	†
Black Raspberry (fruit)	1000 mg	†
Cabbage Palm Fruit (acai berry)	1000 mg	†
Beet Powder (root)	600 mg	†
Blackberry (fruit)	600 mg	†
Black Currants (fruit)	600 mg	†
Blueberry (fruit)	600 mg	†
Lycium Fruit (goji berry)	600 mg	†
Cranberry Powder (fruit)	500 mg	†
Mangosteen	500 mg	†
Elderberries (fruit)	400 mg	†
Acerola (fruit)	350 mg	†
Bilberries (fruit)	350 mg	†
Camu-Camu (fruit)	300 mg	†
Purple Carrot (root)	300 mg	†
Tomato Powder (fruit)	300 mg	†
Banana Powder (fruit)	200 mg	†
Fruit & Vegetable Blend	50 mg	†
Green Tea Extract Powder, Quercetin, Blueberry, Cranberry, Pomegranate, Raspberry, Strawberry, Broccoli, Carrot, Kale, Resveratrol, Spinach, Tomato, Wild Blueberry Extract, Maltodextrin, Corn Starch, Lecithin, Cane Sugar, Natural Blueberry Flavor.		
Grape Seed Extract	50 mg	†
Green Tea Extract (leaf)	50 mg	†
Guava (fruit)	50 mg	†
* Percent Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established.		

Other Ingredients: Mixed Natural Berry Flavor, Maltodextrin, Citric Acid, Stevia, Natural Vanilla Flavor.
CONTAINS: Lecithin (from soy).

Formulated for: **INSTITUTE FOR VIBRANT LIVING**
P.O. Box 3840, Camp Verde, AZ 86322
To Reorder Call: 1-800-218-1379 www.IVLProducts.com

