

# L-DRINK ORANGE FLAVOR

## Nutrition Facts

Serving Size: 0.6 fl oz (17mL)  
(Concentrate)  
Servings 4

| Calories 25                  | % Daily Value* |
|------------------------------|----------------|
| <b>Total Fat</b> 0g          | <b>0%</b>      |
| <b>Sodium</b> 0mg            | <b>0%</b>      |
| <b>Total Carbohydrate</b> 5g | <b>2%</b>      |
| <b>Protein</b> 0g            |                |

\*Percentage Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:  
Nutrition based on 180lb person. Formulated to provide 50 calories per 100 lb body weight.

**INGREDIENTS:** Purified water, vegetable glycerin, natural flavors, citric acid, potassium sorbate (to protect freshness).

# L-DRINK TROPICAL BERRY FLAVOR

## Nutrition Facts

Serving Size: 0.6 fl oz (17mL)  
(Concentrate)  
Servings 4

| Calories 25                  | % Daily Value* |
|------------------------------|----------------|
| <b>Total Fat</b> 0g          | <b>0%</b>      |
| <b>Sodium</b> 0mg            | <b>0%</b>      |
| <b>Total Carbohydrate</b> 5g | <b>2%</b>      |
| <b>Protein</b> 0g            |                |

\*Percentage Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:  
Nutrition based on 180lb person. Formulated to provide 50 calories per 100 lb body weight.

**INGREDIENTS:** Purified water, vegetable glycerin, natural flavors, citric acid, potassium sorbate (to protect freshness).

# OLIVES SEA SALT FLAVORED

## Nutrition Facts

Serving Size: 5 Olives (15g)  
Serving Per Container: About 1

| Calories 25            | Cal from Fat 25 | % Daily Value* |
|------------------------|-----------------|----------------|
| <b>Total Fat</b> 2.5g  |                 | <b>4%</b>      |
| Saturated Fat 0.5g     |                 | <b>3%</b>      |
| <i>Trans</i> Fat 0g    |                 |                |
| Polyunsaturated Fat 0g |                 |                |
| Monounsaturated Fat 2g |                 |                |

|                              |           |
|------------------------------|-----------|
| <b>Cholesterol</b> 0mg       | <b>0%</b> |
| <b>Sodium</b> 210mg          | <b>9%</b> |
| <b>Total Carbohydrate</b> 0g | <b>0%</b> |
| <b>Protein</b> 0g            |           |

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.  
\*Percentage Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

**INGREDIENTS:** Olives, olive oil, sea salt, lactic acid.  
May contain pits or pit fragments.

# HIBISCUS TEA

**INGREDIENTS:** Organic hibiscus leaves.

# SPEARMINT TEA

**INGREDIENTS:** Organic spearmint leaves.

# SPEARMINT LEMON TEA

**INGREDIENTS:** Organic spearmint leaves, organic lemon peel, organic lemongrass.

MANUFACTURED FOR L-NUTRA INC.  
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# OLIVES GARLIC FLAVORED

## Nutrition Facts

Serving Size: 5 Olives (15g)  
Serving Per Container: About 1

| Calories 30              | Cal from Fat 30 | % Daily Value* |
|--------------------------|-----------------|----------------|
| <b>Total Fat</b> 3g      |                 | <b>5%</b>      |
| Saturated Fat 0.5g       |                 | <b>3%</b>      |
| <i>Trans</i> Fat 0g      |                 |                |
| Polyunsaturated Fat 0g   |                 |                |
| Monounsaturated Fat 2.5g |                 |                |

|                               |            |
|-------------------------------|------------|
| <b>Cholesterol</b> 0mg        | <b>0%</b>  |
| <b>Sodium</b> 240mg           | <b>10%</b> |
| <b>Total Carbohydrate</b> <1g | <b>0%</b>  |
| <b>Protein</b> 0g             |            |

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.  
\*Percentage Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

**INGREDIENTS:** Olives, olive oil, sea salt, lactic acid, garlic, thyme.  
May contain pits or pit fragments.

# ALGAL OIL OMEGA-3 DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Softgel

|                                 | Amount / Softgel | % DV* |
|---------------------------------|------------------|-------|
| <b>Calories</b>                 | 5                |       |
| <b>Total Fat</b>                | 0.5 g            | <1%*  |
| <b>DHA** Omega-3 fatty acid</b> | 200 mg           | †     |

\*Percentage Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily value not established.

**INGREDIENTS:** Schizochytrium sp. algal oil, gelatin, sunflower oil, glycerin, purified water, less than 2% of: rosemary oil, soy lecithin, turmeric (color), annatto extract (color).

**CONTAINS: SOY**  
\*\**life'sDHA*® is a registered trademark of DSM.

**prolon**  
Promoting health and Longevity.

# L-BAR PROPRIETARY CHOCO CRISP BAR

## Nutrition Facts

Serving Size: 1 Bar (23g)

| Calories 90           | Cal from Fat 40 | % Daily Value* |
|-----------------------|-----------------|----------------|
| <b>Total Fat</b> 4.5g |                 | <b>7%</b>      |
| Saturated Fat 1g      |                 | <b>4%</b>      |
| <i>Trans</i> Fat 0g   |                 | <b>0%</b>      |

|                               |            |
|-------------------------------|------------|
| <b>Cholesterol</b> 0mg        | <b>0%</b>  |
| <b>Sodium</b> 25mg            | <b>2%</b>  |
| <b>Total Carbohydrate</b> 14g | <b>5%</b>  |
| Dietary Fiber 6g              | <b>24%</b> |
| Sugar 4g                      |            |

|                   |              |
|-------------------|--------------|
| <b>Protein</b> 3g |              |
| Vitamin A 0%      | Vitamin C 0% |
| Calcium 6%        | Iron 9%      |

\*Percentage Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

**INGREDIENTS:** Inulin, almond butter, brown rice crispy, cocoa powder (natural), almonds, chocolate chips (cane sugar, unsweetened chocolate, cocoa butter), rolled oats, brown rice syrup, flaxseed oil, rice dextrin, grape juice, salt.

**CONTAINS: ALMOND.**

**Manufactured in a facility that also processes peanuts, milk, soy, wheat, eggs and shellfish.**

# L-BAR PROPRIETARY NUT-BASED BAR

## Nutrition Facts

Serving Size: 1 Bar (46g)

| Calories 260         | Cal from Fat 200 | % Daily Value* |
|----------------------|------------------|----------------|
| <b>Total Fat</b> 22g |                  | <b>34%</b>     |
| Saturated Fat 4g     |                  | <b>25%</b>     |
| <i>Trans</i> Fat 0g  |                  | <b>0%</b>      |

|                               |            |
|-------------------------------|------------|
| <b>Cholesterol</b> 0mg        | <b>0%</b>  |
| <b>Sodium</b> 70mg            | <b>3%</b>  |
| <b>Total Carbohydrate</b> 14g | <b>5%</b>  |
| Dietary Fiber 5g              | <b>20%</b> |
| Sugar 9g                      |            |

|                   |               |
|-------------------|---------------|
| <b>Protein</b> 5g |               |
| Vitamin A 0%      | Vitamin C 30% |
| Calcium 4%        | Iron 6%       |
| Vitamin E 0%      |               |

\*Percentage Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

**INGREDIENTS:** Macadamias, honey, pecans, almonds, almond butter, coconut, inulin, flaxseed, coconut oil, coconut flour, sea salt, natural flavor, mixed tocopherols (vitamin E), citric acid, ascorbic acid.

**CONTAINS: TREE NUTS (ALMOND, COCONUT, MACADAMIA NUT, PECAN).**

**Manufactured on equipment that also processes peanuts, soy, wheat, eggs, and milk.**

## Nutritional Information

# KALE CRACKERS

## Nutrition Facts

Serving Size: 1 Packet (33g)

| Calories 170         | Cal from Fat 120 | % Daily Value* |
|----------------------|------------------|----------------|
| <b>Total Fat</b> 13g |                  | <b>20%</b>     |
| Saturated Fat 1.5g   |                  | <b>8%</b>      |
| <i>Trans</i> Fat 0g  |                  | <b>0%</b>      |

|                               |            |
|-------------------------------|------------|
| <b>Cholesterol</b> 0mg        | <b>0%</b>  |
| <b>Sodium</b> 190mg           | <b>8%</b>  |
| <b>Total Carbohydrate</b> 12g | <b>4%</b>  |
| Dietary Fiber 4g              | <b>16%</b> |
| Sugar 1g                      |            |

|                   |               |
|-------------------|---------------|
| <b>Protein</b> 5g |               |
| Vitamin A 4%      | Vitamin C 10% |
| Calcium 8%        | Iron 8%       |

\*Percentage Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

**INGREDIENTS:** Almonds, sesame seeds, tapioca flour, chia seeds, flax seeds, sunflower oil, kale, sea salt, coconut sugar, coconut vinegar, onion, chili pepper, cumin seed, black pepper, mixed tocopherols (vitamin E), garlic, oregano, citric acid.

**CONTAINS: TREE NUTS (ALMOND, COCONUT).**

# NR-1 VEGETABLE POWDER WITH VITAMINS & MINERAL SUPPLEMENT

## Supplement Facts

Serving Size: 1 Tablet

| Amount Per Serving  | % Daily Value* |
|---|----------------|
| Vitamin A (as Beta Carotene) 1,250 IU                               | 25%            |
| Vitamin C (Ascorbic Acid) 15 mg                                     | 25%            |
| Vitamin D (as Cholecalciferol) 100 IU                               | 25%            |
| Vitamin E (as DL-Alpha Tocopherol Acetate) 7.5 IU                   | 25%            |
| Vitamin K (as Phytonadione) 20mcg                                   | 25%            |
| Thiamin (as Thiamine Mononitrate) 0.38 mcg                          | 25%            |
| Riboflavin 0.43 mg  | 25%            |
| Niacin (as Niacinamide) 5 mg  | 25%            |
| Vitamin B6 (as Pyridoxine HCl) 0.5 mg                               | 25%            |
| Folic Acid 100 mcg  | 25%            |
| Vitamin B12 (as Cyanocobalamin) 1.5 mcg                             | 25%            |
| Biotin 15 mcg   | 5%             |
| Pantothenic Acid (as Calcium-D-Panthenate) 2.5 mg                   | 25%            |
| Calcium (as Calcium Carbonate and Tribasic Calcium Phosphate) 100mg | 10%            |
| Iron (as Ferrous Fumarate) 4.5 mg                                   | 25%            |
| Phosphorous (as Tribasic Calcium Phosphate) 10 mg                   | 1%             |
| Iodine (as Potassium Iodine) 37.5 mcg                               | 25%            |
| Magnesium (as Magnesium Oxide) 26 mg                                | 7%             |
| Zinc (Zinc Oxide) 3.75 mg   | 25%            |
| Selenium (as Sodium Selenate) 7.5 mcg                               | 11%            |
| Copper (as Cupric Sulfate) 0.25 mg                                  | 13%            |
| Manganese (as Manganese Sulfate) 0.5 mg                             | 25%            |
| Chromium (as Chromium Picolinate) 17.4 mcg                          | 15%            |
| Molybdenum (as Sodium Molybdate) 18.8 mcg                           | 25%            |

L-Nutra Powder Blend 600 mg †  
Beet Root, Spinach Leaf, Tomato Fruit, Carrot Root, Collards Leaf, Kale Leaf.

† Daily value not established

**OTHER INGREDIENTS:** Stearic acid, microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, magnesium stearate, silicon dioxide, food-grade shellac.

# TOMATO SOUP BLEND

## Nutrition Facts

Serving Size: 1 packet (33g)

| Amount Per Serving            |                 | % Daily Value*        |
|-------------------------------|-----------------|-----------------------|
| <b>Calories</b> 120           | Cal from Fat 20 |                       |
|                               |                 | <b>% Daily Value*</b> |
| <b>Total Fat</b> 2g           |                 | <b>3%</b>             |
| Saturated Fat 0g              |                 | <b>0%</b>             |
| Trans Fat 0g                  |                 |                       |
| <b>Cholesterol</b> 0mg        |                 | <b>0%</b>             |
| <b>Sodium</b> 750mg           |                 | <b>31%</b>            |
| <b>Total Carbohydrate</b> 23g |                 | <b>8%</b>             |
| Dietary Fiber 7g              |                 | <b>28%</b>            |
| Sugars 4g                     |                 |                       |
| <b>Protein</b> 3g             |                 |                       |
| Vitamin A 20%                 | Vitamin C 15%   |                       |
| Calcium 2%                    | Iron 4%         |                       |

\*Percentage Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

|               | Calories  | 2,000   | 2,500   |
|---------------|-----------|---------|---------|
| Total Fat     | Less Than | 65g     | 80g     |
| Sat Fat       | Less Than | 20g     | 25g     |
| Cholesterol   | Less Than | 300mg   | 300mg   |
| Sodium        | Less Than | 2,400mg | 2,400mg |
| Total Carb    |           | 300g    | 375g    |
| Dietary Fiber |           | 25g     | 30g     |

**INGREDIENTS:** Rice flour, tomato\*, inulin, onion\*, sea salt, olive oil (olive oil, potato starch, rosemary extract), whole grain brown rice, yeast extract, basil\*, parsley\*.

\*dried

# VEGETABLE SOUP BLEND

## Nutrition Facts

Serving Size: 1 packet (33g)

| Amount Per Serving            |                 | % Daily Value*        |
|-------------------------------|-----------------|-----------------------|
| <b>Calories</b> 120           | Cal from Fat 15 |                       |
|                               |                 | <b>% Daily Value*</b> |
| <b>Total Fat</b> 1.5g         |                 | <b>2%</b>             |
| Saturated Fat 0g              |                 | <b>1%</b>             |
| Trans Fat 0g                  |                 |                       |
| <b>Cholesterol</b> 0mg        |                 | <b>0%</b>             |
| <b>Sodium</b> 610mg           |                 | <b>25%</b>            |
| <b>Total Carbohydrate</b> 24g |                 | <b>8%</b>             |
| Dietary Fiber 5g              |                 | <b>22%</b>            |
| Sugars 3g                     |                 |                       |
| <b>Protein</b> 3g             |                 |                       |
| Vitamin A 45%                 | Vitamin C 6%    |                       |
| Calcium 4%                    | Iron 6%         |                       |

\*Percentage Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

|               | Calories  | 2,000   | 2,500   |
|---------------|-----------|---------|---------|
| Total Fat     | Less Than | 65g     | 80g     |
| Sat Fat       | Less Than | 20g     | 25g     |
| Cholesterol   | Less Than | 300mg   | 300mg   |
| Sodium        | Less Than | 2,400mg | 2,400mg |
| Total Carb    |           | 300g    | 375g    |
| Dietary Fiber |           | 25g     | 30g     |

**INGREDIENTS:** Rice flour, inulin, onion\*, tomato\*, carrots\*, whole grain brown rice, sea salt, olive oil (olive oil, potato starch, rosemary extract), sweet red peppers\*, leeks\*, yeast extract, spinach\*, basil\*, parsley\*.

\*dried

# MINESTRONE & QUINOA SOUP BLEND

## Nutrition Facts

Serving Size: 1 packet (35g)

| Amount Per Serving            |                 | % Daily Value*        |
|-------------------------------|-----------------|-----------------------|
| <b>Calories</b> 120           | Cal from Fat 10 |                       |
|                               |                 | <b>% Daily Value*</b> |
| <b>Total Fat</b> 1g           |                 | <b>2%</b>             |
| Saturated Fat 0g              |                 | <b>0%</b>             |
| Trans Fat 0g                  |                 |                       |
| <b>Cholesterol</b> 0mg        |                 | <b>0%</b>             |
| <b>Sodium</b> 420mg           |                 | <b>18%</b>            |
| <b>Total Carbohydrate</b> 24g |                 | <b>8%</b>             |
| Dietary Fiber 4g              |                 | <b>16%</b>            |
| Sugars 4g                     |                 |                       |
| <b>Protein</b> 4g             |                 |                       |
| Vitamin A 40%                 | Vitamin C 20%   |                       |
| Calcium 6%                    | Iron 10%        |                       |

\*Percentage Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

|               | Calories  | 2,000   | 2,500   |
|---------------|-----------|---------|---------|
| Total Fat     | Less Than | 65g     | 80g     |
| Sat Fat       | Less Than | 20g     | 25g     |
| Cholesterol   | Less Than | 300mg   | 300mg   |
| Sodium        | Less Than | 2,400mg | 2,400mg |
| Total Carb    |           | 300g    | 375g    |
| Dietary Fiber |           | 25g     | 30g     |

**INGREDIENTS:** Quinoa, rice flour, potato flakes, peas\*, cabbage\*, carrots, onion\*, zucchini squash\*, tomato\*, inulin, celery\*, sea salt, garlic\*, basil\*, leeks\*, olive oil (olive oil, potato starch, rosemary extract), yeast extract, broccoli\*, spinach\*, celery seeds, turmeric.

\*dried

# MINESTRONE SOUP BLEND

## Nutrition Facts

Serving Size: 1 packet (35g)

| Amount Per Serving            |                 | % Daily Value*        |
|-------------------------------|-----------------|-----------------------|
| <b>Calories</b> 130           | Cal from Fat 20 |                       |
|                               |                 | <b>% Daily Value*</b> |
| <b>Total Fat</b> 2g           |                 | <b>3%</b>             |
| Saturated Fat 0g              |                 | <b>0%</b>             |
| Trans Fat 0g                  |                 |                       |
| <b>Cholesterol</b> 0mg        |                 | <b>0%</b>             |
| <b>Sodium</b> 730mg           |                 | <b>30%</b>            |
| <b>Total Carbohydrate</b> 24g |                 | <b>8%</b>             |
| Dietary Fiber 4g              |                 | <b>16%</b>            |
| Sugars 3g                     |                 |                       |
| <b>Protein</b> 4g             |                 |                       |
| Vitamin A 30%                 | Vitamin C 25%   |                       |
| Calcium 6%                    | Iron 6%         |                       |

\*Percentage Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

|               | Calories  | 2,000   | 2,500   |
|---------------|-----------|---------|---------|
| Total Fat     | Less Than | 65g     | 80g     |
| Sat Fat       | Less Than | 20g     | 25g     |
| Cholesterol   | Less Than | 300mg   | 300mg   |
| Sodium        | Less Than | 2,400mg | 2,400mg |
| Total Carb    |           | 300g    | 375g    |
| Dietary Fiber |           | 25g     | 30g     |

**INGREDIENTS:** Potato flakes, rice flour, white beans, peas\*, carrots\*, inulin, sea salt, onion\*, leeks\*, cabbage\*, olive oil (olive oil, potato starch, rosemary extract), tomato\*, celery, yeast extract, spinach\*, parsley\*, turmeric.

\*dried

# MUSHROOM SOUP BLEND

## Nutrition Facts

Serving Size: 1 packet (33g)

| Amount Per Serving            |                 | % Daily Value*        |
|-------------------------------|-----------------|-----------------------|
| <b>Calories</b> 120           | Cal from Fat 15 |                       |
|                               |                 | <b>% Daily Value*</b> |
| <b>Total Fat</b> 1.5g         |                 | <b>2%</b>             |
| Saturated Fat 0g              |                 | <b>0%</b>             |
| Trans Fat 0g                  |                 |                       |
| <b>Cholesterol</b> 0mg        |                 | <b>0%</b>             |
| <b>Sodium</b> 780mg           |                 | <b>33%</b>            |
| <b>Total Carbohydrate</b> 23g |                 | <b>8%</b>             |
| Dietary Fiber 4g              |                 | <b>16%</b>            |
| Sugars 2g                     |                 |                       |
| <b>Protein</b> 3g             |                 |                       |
| Vitamin A 30%                 | Vitamin C 4%    |                       |
| Calcium 2%                    | Iron 4%         |                       |

\*Percentage Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

|               | Calories  | 2,000   | 2,500   |
|---------------|-----------|---------|---------|
| Total Fat     | Less Than | 65g     | 80g     |
| Sat Fat       | Less Than | 20g     | 25g     |
| Cholesterol   | Less Than | 300mg   | 300mg   |
| Sodium        | Less Than | 2,400mg | 2,400mg |
| Total Carb    |           | 300g    | 375g    |
| Dietary Fiber |           | 25g     | 30g     |

**INGREDIENTS:** Rice flour, whole grain brown rice, champignon mushroom pieces and powder, carrot\*, onion\*, inulin, sea salt, olive oil (olive oil, potato starch, rosemary extract), yeast extract, parsley\*.

\*dried