

Top Four V1 Benefit Statements:

- Sustain Energy Without Hunger*
- Build, Restore, and Maintain Lean Muscle*
- Promote Weight Loss by Igniting Your Metabolism*
- Healthy Meal Replacement Solution*

V1 SKINNY SMOOTHIE INGREDIENT BENEFITS

Quinoa:

- Contains eight essential phytonutrients that helps you stave off aging and boost immunity by protecting your body against free radical damage
- High plant-based protein helps you build, repair, and grow muscle
- Fiber keeps you satisfied longer, balances blood sugar, and boosts energy

Greek Yogurt

- Strengthens bones and teeth
- Improves cardiovascular and neurological function
- Enhances digestive health with probiotics

Vitamin A (Vitamin A Palmitate)

- Improves and maintains night vision
- Provides anti-aging benefits for your skin by increasing collagen levels
- Nourishes tissues and helps boost healthy cellular development

Vitamin B1 (Thiamine)

- Boosts energy by converting sugar into energy
- Improves cardiovascular function
- Reduces stress while improving memory and concentration

Vitamin B2 (Riboflavin)

- Boosts energy by breaking down fats and carbohydrates
- Antioxidant that can help prevent heart disease and cancer
- Improves immune system

Vitamin B3 (Niacin, Niacinamide)

- Boosts energy
- Lowers bad cholesterol levels
- Improves metabolism of glucose, fat and alcohol

Vitamin B5 (Pantothenic Acid as d-calcium pantothenate)

- Helps metabolize proteins, carbohydrates and fats
- Helps reduce cholesterol levels
- Speeds healing processes

Vitamin B6 (Pyridoxine HCl)

- Increases fat and protein metabolism
- Maintains healthy brain function
- Helps form 'feel-good' neurotransmitters such as dopamine and serotonin

Vitamin B12 (Methylcobalamin)

- Increases energy and decreases fatigue by converting carbohydrates into glucose
- Reduces depression and stress
- Protects against heart disease by improving unhealthy cholesterol levels

Vitamin C (Ascorbic Acid)

- Boosts the immune system by strengthening the body's resistance to infection
- Balances blood pressure and cholesterol levels
- Helps form 'feel-good' neurotransmitters like Norepinephrine

Vitamin D (Cholecalciferol)

- Helps you maintain a healthy body weight
- Creates strong bones by assisting with the absorption of calcium and phosphorous
- Boosts the immune system

Vitamin E (D-Alpha Tocopheryl Succinate)

- Provides anti-aging benefits as a powerful antioxidant that protects cells from free-radical damage
- Boosts metabolism to generate energy
- Enhances the immune system

Vitamin K (Phytonadione)

- Strengthens bones and increases bone density in post-menopausal women
- Helps balance blood sugar
- Improves gastrointestinal health

Bamboo Fiber

- Creates feeling of fullness with fiber
- Reduces cravings and fat formation by slowing the rise of blood sugar
- Fiber content speeds intestinal transit time

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Biotin

- Converts carbohydrates, fats, and proteins into energy and aids weight loss efforts
- Balances blood sugar thus reducing cravings
- Gives you healthy hair and skin

Calcium Caseinate

- Slows down digestion which contributes to feeling fuller and satisfied longer
- Protects against the breakdown of muscle proteins and helps preserve lean muscle mass
- Helps build, repair, and grow muscle

Calcium (Calcium Carbonate)

- Helps you develop and maintain healthy bones and muscles
- Improves cardiovascular system by balancing blood pressure
- Helps you regulate body weight by breaking down fats

Chromium Polynicotinate

- Reduces appetite and cravings by balancing blood sugar
- Boosts energy
- Builds lean muscle with exercise

Folic Acid

- Boosts energy by metabolizing fats, carbohydrates, and proteins
- Reduces depression and anxiety by improving brain function
- Creates red blood cells and helps your body regulate iron levels

Guar Gum

- Creates feelings of fullness with soluble fiber
- Reduces cravings and fat formation by slowing blood sugar rise
- Soluble fiber boosts immune system

Iodine (Kelp)

- Improves metabolism and boosts energy levels
- Helps you regulate your thyroid
- Strengthens bones and muscles

Luo Han Guo

- Rich in Vitamin C, protein, and 18 essential amino acids
- Helps reduce calories and sugar intake
- Provides antioxidants and protects against free radical damage

Magnesium (Magnesium Citrate)

- Boosts energy by converting glucose
- Essential mineral that improves over 300 metabolic functions in the body
- Supports the cardiovascular system and contributes to a healthy heart

Manganese (Manganese Gluconate)

- Increases satisfying feeling of fullness
- Strengthens bones and muscles
- Promotes metabolism of carbohydrates and fats to boost energy levels

Molybdenum

- Regulates iron to provide oxygen to the body's organ systems
- Detoxifies the body by metabolizing enzymes
- Increases overall sense of well-being

Non-fat Dry Milk

- Provides essential nutrients such as amino acids, vitamins, and minerals
- Proteins help you build, repair, and grow muscle
- Improves gastrointestinal health with lactic acid bacteria

Sodium (Sodium Selenite)

- Staves off aging as a powerful antioxidant that reduces free radical damage
- Improves appearance of skin, hair, and nails
- Enhances the immune system

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Stevia

- Aids weight loss by curbing hunger and boosting energy
- Reduces cravings and fat formation by balancing blood sugar
- Has multiple anti-bacterial, anti-viral, anti-fungal and anti-oxidant properties

Sugar Cane Fiber

- Reduces fat absorption
- Reduces cravings and fat formation by balancing blood sugar
- Creates feeling of fullness with fiber

Sunflower Lecithin

- Improves brain function with essential fatty acids
- Helps condition muscles
- Maintains the nervous system

Whey Protein

- Helps build, repair, and grow muscles
- Aids in weight loss and balances blood sugar levels
- Inhibits the stress hormone cortisol

Zinc (Zinc Gluconate)

- Promotes healthy skin and hair and aids in healing
- Supports protein synthesis
- Enhances immune function

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