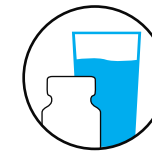


NUTRITIONAL INFORMATION



Use GIA i-H2O

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Drink or mix with Inspired Nutritional

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Experience True Nourishment

i-thrive™

Supplement Facts

Serving Size: 1 oz
Servings per container: 32

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrates	4g	< 2%
Sugars (from Fruit Concentrate)	4g	
Vitamin A (as Beta Carotene and Retinyl Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D-3 (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopherol)	30 IU	100%
Vitamin B-1 (as Thiamine HCL)	1.6 mg	100%
Vitamin B-2 (as Riboflavin)	1.7 mg	100%
Vitamin B-5 (D-Calcium Pantothenate, as Pantothenic Acid)	10 mg	100%
Vitamin B-3 (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine HCL)	2 mg	100%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Lycopene	5 mg	*
Potassium Glycerophosphate	10 mg	<1%

Amino Acid Blend	82 mg	*
L-Arginine, L-Glutamine, DimethylGlycine, Alpha Lipoic Acid		

Enhanced Proprietary Blend	5,715 mg	*
Mangosteen Whole Fruit Concentrate, Pomegranate Concentrate, Blueberry Concentrate, Black Currant Concentrate, Tart Red Sour Cherry Concentrate, Red Grape Concentrate, Apple Juice Concentrate, Pear Concentrate, Acai Extract, Fruit Juice Powder, Green Coffee Extract, Vegetable Juice Powder, Noni Juice, Camu Camu, Capuas Juice Powder, Cili Fruit, Blueberry Extract, Prune Juice Powder, Grape Seed Extract, Cranberry Extract, Raspberry Juice Powder, Tart Cherry Juice Powder, Wild Bilberry Extract, Strawberry Juice Powder, Goji Extract, Green Tea Extract, Olive Leaf Extract, Panax Ginseng Extract, Gotu Kola Powder.		

Percent Daily Values are based on a 2,000 calorie diet
* Daily Value not established

Other Ingredients: Purified Water, Natural Flavors Blend, Trace Minerals, Stevia, Citric Acid, Xanthan Gum, Potassium Sorbate, Sodium Benzoate (to preserve freshness).

i-nourish™ Fruit & Berry

Supplement Facts

Serving Size: 2 capsules
Servings per container: 30

	Amount Per Serving	% Daily Value
Total Carbohydrates	.6 g	
Proprietary Blend of Fruit & Berry Powders	900 mg	<1% †
Cranberry Powder, Plum Powder, Blueberry Powder, Strawberry Powder, Blackberry Powder, Bilberry Powder, Grape Powder, Cherry Powder, Raspberry Powder, Apricot Powder, Papaya Powder, Orange Powder, and Pineapple Powder		
Fructo-oligosaccharides (FOS)	10 mg	†

* Percent Daily Values are based on a 2,000 calorie diet
† Percent Daily Value not established

Other Ingredients: V-Caps,™ Capsules of Plant Origin

i-nourish™ Vegetable

Supplement Facts

Serving Size: 2 capsules
Servings per container: 30

	Amount Per Serving	% Daily Value
Total Carbohydrates	.5 g	
Proprietary Blend of Vegetable Powders	900 mg	<1% †
Parsley Powder, Kale Powder, Spinach Powder, Brussel Sprouts Powder, Broccoli Powder, Cauliflower Powder, Asparagus Powder, Beet Powder, Carrot Powder, Cabbage Powder, Garlic Powder		
Fructo-oligosaccharides (FOS)	10 mg	†

* Percent Daily Values are based on a 2,000 calorie diet
† Percent Daily Value not established

Other Ingredients: V-Caps,™ Capsules of Plant Origin

heart-fit™

Supplement Facts

Serving Size: 1 capsule (480 mg)
Servings Per Container: 60

	Amount Per Capsule	% Daily Value
Gynostemma Pentaphyllum (Aerial Parts) 95% Standardized Gypenosides	80 mg	†
Crataegus pinnatifida (Hawthorn) (Berry) 2% Flavones	400 mg	†

† Daily Value not established

Other Ingredients: Cellulose, Silica, Magnesium Stearate, Vegetarian Capsules (Hydroxypropyl Methyl Cellulose, Purified Water)

i-rest™

Supplement Facts

Serving Size: 1 mL (9 sprays)
Servings Per Container: approximately 30

	Amount Per Serving	% Daily Value
Proprietary Blend	104 mg	†
5-HTP, L-Tryptophan, Skullcap (Scutellaria baicalensis)(root), Valerian (Valeriana officinalis)(root), Passion Flower (Passiflora incarnata)(flower), Hops (Humulus lupulus)(flower), Chamomile (Matricaria recutita)(flower), Melatonin		

Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established

Other Ingredients: Purified Water, Vegetable Glycerin, Natural Flavors, Stevia, Citric Acid, Xanthan Gum

edge™

Supplement Facts

Serving Size: 1 capsule per 130 lbs. of body weight

	Amount Per Serving	% Daily Value
Thiamin (as thiamin hydrochloride)	3 mg	200%
Riboflavin	3.4 mg	200%
Niacin (as inositol hexaniacinate)	40 mg	200%
Vitamin B6 (as pyridoxine hydrochloride)	4 mg	200%
Pantothenic acid (calcium pantothenate)	20 mg	200%
Tex-OE™, a patented, standardized cactus fruit extract (Opuntia ficus indica)	800 IU	†

† Daily Value not established

Other Ingredients: mannitol, gelatin, tricalcium phosphate, silicon dioxide, magnesium stearate, titanium dioxide.

motion+™

Supplement Facts

Serving Size: 1 mL (9 sprays)
Servings Per Container: approximately 30

	Amount Per Serving	% Daily Value
Cetyl Myristoleate Complex	100 mg	†
Regenasure™ Glucosamine (made from corn)	70 mg	†
MSM (Methylsulfonylmethane)	70 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established

Other Ingredients: Glycerin, purified water, stevia, peppermint oil, potassium citrate.

Caution: Women who are pregnant or nursing should consult their health care provider before using this product.

These statements have not been evaluated by any governmental agencies.
These products are not intended to diagnose, treat, mitigate, cure or prevent any disease.

Distributed by GIA Wellness
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