

LOOK GREAT WITH KETOSURGE



Why Should You Drink the TruRise KetoSurge™ Nutrition Shake?

- ▲ Protein Power
- ▲ Hunger Blocker
- ▲ Keto Support
- ▲ Key Amino Acids

(See more information on the other side)



ELEVATE THE WAY YOU LOOK AND FEEL WITH THE VANILLA KETOSURGE™ NUTRITION SHAKE!

KETOSURGE™ NUTRITION SHAKE VANILLA (Single Packs & 30 Serving Canisters)

The TruRise KetoSurge™ Nutrition Shake contains 15 grams of the most effective plant-based (vegan) protein and is formulated with vitamins, minerals, amino acids, enzymes, fatty acids, medium chain triglycerides (MCTs), fruits, vegetables, antioxidants, probiotics and phytonutrients.

This shake is created to help you feel energized, build lean muscle mass, reduce food cravings and support your metabolism so you can lose weight easily. It has only 100 calories with no sugar, no fructose, no dairy, no soy, no GMO and is free of antibiotics and growth hormones. You'll love the taste and appreciate that it is designed to be easily digested without bloating and gas.†

The TruRise KetoSurge™ Nutrition shake supports your body's ability to burn fat from storage as fuel, which enables you to attain the slimmer, leaner body you desire. It also contains approximately 2.5 grams of exogenous Keto Support Blend containing coconut oil powder, avocado powder, MCTs and flaxseeds to help your body produce ketones, a super fuel that can be efficiently used by your muscles and brain – where they generate more energy (ATP) per unit of oxygen consumed than carbohydrates and protein, so you feel more energized. This is the best meal replacement shake for anyone wanting to look and feel great.†

Try it now to RISE TO YOUR TRU POTENTIAL.

Go to: TruRise.com/KetoSurgeNutritionShakeVanilla

†These statements have not been evaluated by the Food and Drug Administration. The TruRise™ product line is not intended to diagnose, treat, cure or prevent any disease.

- ▲ Low-carb
- Only 100 calories
- 100% plant-based
- Helps your body burn fat and retain muscle mass
- Promotes healthy blood sugar levels
- Suppresses your appetite and reduces your cravings for the wrong foods
- Helps you feel energized
- Great tasting
- 15 G vegan protein for lean muscle support
- Zero sugar
- Reduces full bloating and gas
- Helps to keep your metabolism active
- Soy-free
- Gives your body the necessary protein it needs to recover stronger and faster, naturally
- Healthy digestive support
- 18 vitamins
- Provides healthy antioxidant support†
- No fructose

READ UP ON HOW GOOD IT IS FOR YOU!

- 15 G PROTEIN
- KETO SUPPORT
- VEGAN
- SOY-FREE
- DAIRY-FREE
- GLUTEN-FREE
- PROBIOTICS
- NO PRESERVATIVES
- NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
- NON-GMO
- ZERO SUGAR
- NO FRUCTOSE
- ANTIBIOTIC-FREE
- GROWTH HORMONE-FREE

Why Should You Drink the TruRise KetoSurge™ Nutrition Shake?

There are many reasons why you need this shake. Here are four of those reasons:

- Protein Power**
There are many essential amino acids that your body cannot make, but you can get them from a high-protein diet. These essential amino acids are necessary for everything from immune function, metabolism, and weight management to muscle development and overall performance.†
- Hunger Blocker**
The TruRise KetoSurge™ Nutrition Shakes make it easier to help block your hunger and will help you to keep your body in ketosis so that you can use your stored fat as energy. Feeling less hungry helps you make better food choices.†
- Keto Support**
The TruRise KetoSurge™ Nutrition Shake combines quality ingredients in one convenient, delicious nutrition shake to help you reach your weight loss goals faster, while helping you to optimize your keto levels. This is done through replenishing essential vitamins, minerals, micro-nutrients, electrolytes, enzymes, probiotics, amino acids, MCTs and keto-friendly fats needed during a low carb diet.†
- Key Amino Acids**
The TruRise KetoSurge™ Nutrition Shake contains three key amino acids (taurine, L-tyrosine, L-leucine), which are critical in muscle maintenance, tissue repair, immunity and controlling your body's processes.†

When Should You Drink the TruRise KetoSurge™ Nutrition Shake?

Protein is very important in supporting your energy levels and helping you stay fuller longer. Any time is a great time to drink a delicious TruRise KetoSurge™ Nutrition Shake. You can make a shake in the morning for breakfast, replace a meal with it or even have it after a workout to support your muscle recovery.†

REFERENCES:

Kaats GR, Baqchi D, Preuss HG. **Kongac Glucomannan Dietary Supplementation Causes Significant Fat Loss in Compliant Overweight Adults.** PMID:26492494, PubMed.gov, US National Library of Medicine national Institutes of Health, Oct 22:1-7, 2015.

Zalewski BM, Szajewska H. **Effect of Glucomannan Supplementation on Body Weight in Overweight and Obese Children: Protocol of a randomized controlled trial.** PMID:25869689: PubMed.gov. US National Library of Medicine national Institutes of Health, Apr. 13:5, 2015. (4):e007244.2011.10.1136/bmjopen-2014-007244.

Wadden TA, et al. **"A two-year randomized trial of obesity treatment in primary care practice."** New England Journal of Medicine. 2011; 365: 1969-79.

Garcinia cinbiquas [monograph]. Health Canada; August 9, 2013

Ho H, Jovanovski E, Zurba A, Blanco Mejia S, Sievenpiper JL, au Yeng, Jenkin AJ, Duvnjak L, leiter L, Vuksan V. **A systematic review and meta-analysis of randomized controlled trials of the effect of konjac glucomannan, a viscous double fiber, on LDL cholesterol and the new lipid targets non-HDL cholesterol and apolipoprotein B.** Clinicaltrivrs.gov as NCT02068248. American Society of Nutrition mar 29, 2017.

Bartlomiej M. Zalewski M.D., Anna Chmielewska M.D., Hania Scajewska M.D., Ph.D., **The effect of glucomannan on body weight in overweight or obese children and adults: A systematic review of randomized controlled trials.** Elsevier, Inc; Aug 2015.

Heysfield SR. **"Meal replacements and energy balance."** Physiology and Behavior. 2010; 100: 90-94.

Davis LM, et al. **"Efficacy of a meal replacement diet plan compared to a food-based diet plan after a period of weight loss and weight maintenance: a randomized controlled trial"** Nutrition Journal 2010; 9:11. 2010.

Wadden, Thomas, et al. **"One-year Weight Losses in the Look AHEAD Study: Factors Associated With Success."** Obesity. 2009; 17:713-722.

Konig, Daniel, Peter Deibert, Ingrid Frey, Ulrike Landmann, and Aloys Berg. **"Effect of Meal Replacement on Metabolic Risk Factors in Overweight and Obese Subjects."** Annals of Nutrition and Metabolism. 2008; 52:74-78.

Cheskin, Lawrence, Amy Mitchell, Ami Jhaveri, Andrea Mitola, Lisa Davis, Rebecca Lewis, Mary Yep, and Thomas Lycan. **"Efficacy of Meal Replacements Versus a Standard Food-Based Diet for Weight Loss in Type 2 Diabetes: A Controlled Clinical Trial."** The Diabetes Educator. 2008; 34: 118-127.

Tieken, S., H. Leidy, A. Stuff, R. Mattes, R. Schuster, and W. Campbell. **"Effects of Solid versus Liquid Meal replacement Products of Similar Energy Content on Hunger, Satiety, and Appetite-regulating Hormones in Older Adults."** Hormone and Metabolic Research. 2007; 39: 389-394.

Shannon L. Kesl, Angela M. Roff, Nathan P. Ward, Tina N fiorelli, Csilla Ari, Ashley J. Van Putten, Jacob W. Sherwood, Patrick Arnold and Dominic P. D'Agostino. **Effect of exogenous ketone supplementation on blood ketone, glucose, triglyceride, and lipoprotein levels in Sprague-Dawley rats.** Kesl et al. Nutritional & Metabolism (2015) 13:9 DOI 10.1186/s12986-016-0069-y.

Marie Pierre St-Onge, Aubrey Bosarge (2008) **Weight-loss diet that includes consumption of medium-chain triacylglycerol oil leads to a greater rate of weight and fat mass loss than does olive oil.** The American Journal of Clinical Nutrition. Vol 87no.3 621-626

Tsuji H, Kasai M, Takeuchi H, Nakamura M, Okazaki M, Kondo K. **Dietary medium-chain triacylglycerols suppressed accumulation of body fat in a double-blind, controlled trial in health mean and women.** J nutr. Nov 2001; 131(11):28532859.

Nutrition Facts

1 serving per container
Serving size: 1 Packet (30 g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 2.5g	4%
— Saturated Fat 1g	5%
— Trans Fat 0g	—
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 6g	2%
— Dietary Fiber 3g	12%
— Sugars 0g	0%
Protein 15g	30%
Vitamin A	100%
Vitamin C	100%
Vitamin D	100%
Vitamin E	100%
Thiamin	100%
Riboflavin	100%
Niacin	100%
Vitamin B ₆	100%
Folate	100%
Vitamin B ₁₂	100%
Biotin	100%
Calcium	2%
Iron	20%
Potassium	1%
Pantothenic Acid	100%
Phosphorus	20%
Zinc	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: **Protein Blend:** (pea protein, organic rice protein, hemp protein, flaxseed), **Appetite Control Blend:** (glucomannan (from konjac), *Garcinia cambogia* extract), natural flavors, **Keto Support Blend:** coconut oil powder, avocado powder, (Amino Acid Blend (taurine, L-tyrosine, L-leucine), Purcat™ organic caffeine (from green coffee)), natural flavors, guar gum, **Vitamin & Minerals Blend:** (ascorbic acid, dl-alpha-tocopheryl acetate, retinyl palmitate, niacinamide, D-calcium pantothenate, cyanocobalamin, ergocalciferol, folic acid, biotin, pyridoxine HCl, thiamin mononitrate, riboflavin), medium chain triglycerides, salt, Stevia Blend (organic rebaudioside A and organic glycosylated steviol glycosides), silica, **Digestive Enzymes Blend:** (fungal amylase, amyloglucosidase, fungal protease, acid protease, cellulase, lipase), **Organic Red Fruit Blend:** (beet, red raspberry, cranberry, strawberry, carrot, blueberry, pomegranate, acai (*Euterpe oleracea*), blackberry, cherry, black raspberry, acerola, apple, apple pectin, banana, flax, mango, papaya, peach, pear, pineapple, tomato, watermelon), **Organic Greens with Fruit and Vegetable Blend:** (apple, broccoli, kale, spinach, beet, carrot, green cabbage, parsley, blueberry, raspberry, strawberry, tomato). **Probiotic Blend:** (*Bacillus coagulans*, *Lactobacillus rhamnosus*, *Bifidobacterium bifidum*, *Bifidobacterium longum*, *Lactobacillus acidophilus*, *Lactobacillus casei*, *Streptococcus thermophilus*).

IMPORTANT NOTICE: Consult your doctor before starting this diet plan. Do not use if you have any medical condition, are chronically ill or are taking any medical prescriptions or over-the-counter medication.

KEEP OUT OF REACH OF CHILDREN. Protect from heat, light and moisture. Store at 15-30°C (59-86°F). Do not purchase if seal is broken or missing.

DIRECTIONS: Drink daily. Mix 1 packet with 8 to 10 fl. oz. of ice cold water or non-dairy beverage. Best consumed within 30 minutes.

VCW0520117TRKNSV0151P TC#3102490001

Distributed by:
TRU RISE
135-23 79th Street
Queens Park
New York 11417



TRU RISE™
RISE TO YOUR TRU POTENTIAL

Go to: TruRise.com/KetoSurgeNutritionShakeVanilla

†These statements have not been evaluated by the Food and Drug Administration. The TruRise™ product line is not intended to diagnose, treat, cure or prevent any disease.