

## TruPlenish Pumpkin Spice Shake

- ✓ Vegan friendly
- ✓ Low Glycemic
- ✓ Gluten free
- ✓ Free from soy and dairy or dairy-derived ingredients
- ✓ Free from MSG, artificial colors, artificial flavors and artificial sweeteners





## TruPLENISH™ Pumpkin Spice Shake

Feeling full never tasted so good! You'll fall in love with this delicious way to start your day. Limited quantities available, **so order our new Pumpkin Spice Shake now!**

**Also available as a flavor option for both the TruHealth System and Maintenance Bundles.**

**Item #47701**

Not for Resale in Canada.

Contact Vibrant Health Inc to order or for more information.

[Response@VibrantHealthWorld.com](mailto:Response@VibrantHealthWorld.com) \* (337) 993 - 0212



The TruPLENISH Nutritional Shake is one of the core components of the TruHealth Fat-Loss System.

The TruPLENISH Shake†\* :

- ✓ Helps promote your body's composition through the maintenance of lean muscle.
- ✓ Helps reduce feelings of hunger and increases satiety.
- ✓ Promotes healthy weight loss, for a healthier, leaner body.
- ✓ Supports healthy weight management.
- ✓ Promotes healthy digestion.
- ✓ Is new and healthy and habit forming.
- ✓ Helps you feel and look better.



†When taken in conjunction with the TruHealth Fat-Loss System.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



### **Pumpkin Spice TruPLENISH Latte**

- 1 cup freshly brewed black coffee (hot or cold)
- ½ cup almond milk
- 2 scoops TruPLENISH Pumpkin Spice
- **Optional** 1 cup crushed ice (more or less to taste)

Combine all ingredients and blend!

### **TruPLENISH Pumpkin Pie Shake**

- 1 1/2 cups almond milk or water (more or less, depending on how thick you want it)
- 2 scoops TruPLENISH Pumpkin Spice
- ½ cup organic, canned pumpkin
- 1 tsp maple syrup
- 1 tsp vanilla extract
- ½ crushed ice (more or less to taste)

Combine all ingredients in a blender and enjoy!