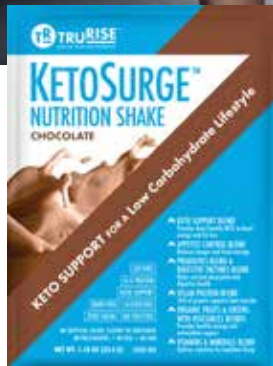


GET
POWERFUL
NUTRITION



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 CHOCOLATE KETOSURGE™ NUTRITION SHAKE!

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

The TruRise KetoSurge™ Nutrition Shake contains 16 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 110 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 3.5 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/KetoSurgeNutritionShakeChocolate

†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 110 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

16 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!

16 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.†

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Go to: TruRise.com/KetoSurgeNutritionShakeChocolate

Nutrition Facts

1 serving per container
Serving size: 1 Packet (33.4 g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	—
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	16%
Sugars 0g	0%
Protein 16g	32%
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	30%
Potassium	6%
Pantothenic Acid	100%
Phosphorus	25%
Magnesium	6%
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), cocoa, **Keto Support Blend:** coconut oil powder, avocado powder, [Amino Acid Blend (taurine, L-tyrosine, L-leucine), Purcaf™ organic caffeine (from green coffee)], natural flavors, guar gum, salt, **Vitamins & 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, Stevia Blend (organic rebaudioside A and organic glucosylated 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 (*Euterpa 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.

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