






# MEET THE PRODUCT

## BRAVENLY FIT FUEL

Meet your new B.F.F. Bravenly Fit Fuel! This product is a 3-in-1 multi-beneficial blend formulated by a Naturopathic Doctor to be the perfect companion for your health & fitness journey. The three blends (Bravenly Protein/Collagen Blend, Bravenly Digestive Blend, and Bravenly Fit Fuel Blend) work together to amplify your results & transform your health.



## BRAVENLY BENEFITS

-  REPAIRS & SUPPORTS MUSCLES, BONES, AND JOINTS\*
-  CONTAINS PRE & PROBIOTICS TO OPTIMIZE GUT HEALTH\*
-  ASSISTS IN NUTRIENT BREAKDOWN & ABSORPTION\*
-  BOOSTS NATURAL ENERGY & ATHLETIC PERFORMANCE\*
-  DAILY RECOMMENDED DOSE OF 12 VITAMINS & MINERALS\*

## THE BRAVENLY DIFFERENCE

### INGREDIENT SPOTLIGHT

#### OHTAKA 50®

A revolutionary organically grown whole food ingredient rich in ceramides including more than 50 fruits, vegetables, legumes, and whole grains. These ingredients are coalesced and fermented to achieve maximum nutritional and prebiotic value.\*

#### COLOSTRUM

Supports healthy immune system and gut health.\*

#### EGG SHELL MEMBRANE

Supports joint, skin, gut health, and recovery.\*

#### DIGESTIVE ENZYMES

Supports healthy digestion and the breakdown of proteins and carbohydrates.\*

#### FENUGREEK

Source of many essential nutrients. Supports digestion and healthy metabolism.\*

#### HYDROLYZED COLLAGEN

Supports healthy skin, bones, joints, and muscle function.\*

## Supplement Facts

Serving Size: 2 Scoops (28 grams)  
Servings Per Container: 25

	Amount Per Serving	%DV
<b>Calories</b>	<b>100</b>	
<b>Total Fat</b>	<b>2 g</b>	<b>3%</b>
Saturated Fat	1 g	5%
<b>Cholesterol</b>	<b>3 mg</b>	<b>1%</b>
<b>Total Carbohydrates</b>	<b>6 g</b>	<b>2%</b>
<b>Total Fiber</b>	<b>2 g</b>	<b>8%</b>
<b>Total Sugars</b>	<b>4 g</b>	<b>8%</b>
Includes 4 grams Added Sugar		
<b>Protein</b>	<b>16 g</b>	<b>32%</b>
<b>Vitamin A</b> (Palmitate)	<b>450 mcg RAE</b>	<b>50%</b>
<b>Vitamin C</b> (Ascorbate)	<b>90 mg</b>	<b>100%</b>
<b>Vitamin D-3</b> (Cholcalciferol)	<b>20 mcg</b>	<b>100%</b>
<b>Vitamin E</b> (Alpha-tocopherol)	<b>15 mg alpha-tocopherol</b>	<b>100%</b>
<b>Vitamin B-1</b> (Thiamine)	<b>1.2 mg</b>	<b>100%</b>
<b>Niacin</b> (Niacinamide)	<b>8 mg NE</b>	<b>50%</b>
<b>Vitamin B-6</b> (Pyridoxine)	<b>1.7 mg</b>	<b>100%</b>
<b>Vitamin B-12</b> (Methylcobalamin)	<b>2.4 mcg</b>	<b>100%</b>
<b>Biotin</b>	<b>30 mcg</b>	<b>100%</b>
<b>Pantothenic Acid</b> (D-Calcium Pantothenate)	<b>5 mg</b>	<b>100%</b>
<b>Calcium</b> (Citrate/Carbonate)	<b>167 mg</b>	<b>13%</b>
<b>Magnesium</b> (Ascorbate/Carbonate)	<b>24 mg</b>	<b>6%</b>
<b>Zinc</b> (Chelate)	<b>3 mg</b>	<b>27%</b>
<b>Selenium</b> (Chelate)	<b>55 mcg</b>	<b>100%</b>
<b>Copper</b> (Chelate)	<b>450 mcg</b>	<b>50%</b>
<b>Manganese</b> (Ascorbate)	<b>2.3 mg</b>	<b>100%</b>
<b>Chromium</b> (Nicotinate)	<b>35 mcg</b>	<b>100%</b>
<b>Molybdenum</b> (Ascorbate)	<b>45 mcg</b>	<b>100%</b>
<b>Potassium</b> (Citrate)	<b>18 mg</b>	<b>&lt;1%</b>
<b>Sodium</b> (Chloride)	<b>100 mg</b>	<b>4%</b>

**Bravenly Protein Blend/Collagen Blend** 17.1 g  
Isolated Milk Protein, Whey Protein Concentrate, Hydrolyzed Collagen (Grass-Fed Beef), Hydrolyzed Collagen (Chicken), Hydrolyzed Collagen (Fish), Colostrum, Egg Shell Membrane, Hyaluronic Acid.

**Bravenly Digestive Blend** 4.5 g  
Fibersol™-2, Ticaloid® Ultrasmooth CL (GUM), Lactobacillus (6 /GM), Inulin, Enzyme Blend (Protease, Amylase, Cellulase).

**Bravenly Fit Fuel Blend** 1.1 g  
MCT (Medium Chain Triglycerides), Coconut Powder, Ohtaka® 50+ Organic Fruits and Vegetables Whole Foods Blend (Grape, Brown Rice, Potato, Apple, Daikon Radish, Cabbage Celery, Cucumber Celery, Cucumber, Banana, Onion, Burdock, Spinach, Pear, Orange Peel, Tomato, Sweet Pepper, Bean Sprout, Eggplant, Lotus Rhizome, Pumpkin, Shitake Mushroom, Ginger, Lettuce, Garlic, Trefoil, Udo, Asparagus, Bamboo Grass, Clover, Kombu, Coltsfoot, Dandelion, Plantain, Pea Sprout, Japanese Cedar, Parsley, Turnip, Pineapple, Strawberry, Knot Weed, Chive, Chinese Cabbage, Enokitake Mushroom, Lettuce, Garland, Crysanthemum, Mugwort, Oriental Celery, Leek, Todor Fir, Green Perilla, and Wakame) Green Coffee Bean, Fenugreek, Caralluma Fimbriata, Hoodia Extract, Holy Basil.

\* Daily Value not established  
% Daily Value are based upon a 2,000 calorie diet  
Other Ingredients: ECJ Sugar, Natural Flavors, Reb AG, Silica.  
Contains Dairy and Coconut (Tree Nut)

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