

Product Summary

This super food meal replacement is both a powerful nutritive energizer and cleanser, which helps support digestion and colon health.* Whole Ningxia wolfberry powder, nutrient-dense brown rice bran, and a wide assortment of super foods deliver 11 grams of V-Fiber™ per serving and a balanced, complete, and nutritionally dynamic meal. Since nutrient deficiency lies at the root of most chronic and degenerative health problems, Balance Complete has been formulated to supply an optimal balance of nutrients in a delicious, complete meal. These ingredients provide generous amounts of fiber and other nutrients that cleanse through improving elimination and digestion, balancing blood sugar, and controlling hunger.*



Primary Benefits

- + Improves toxin and fat elimination*
- + Enhances nutrient absorption*
- + Supports healthy, normal cholesterol levels*
- + Supplies 11 grams of heart-healthy fiber per serving
- + Maintains normal blood sugar levels*
- + Nurtures probiotics and colon health*
- + Helps control hunger*
- + Eases gas and bloating*

Who Should Take Balance Complete?

- + Anyone interested in improving overall health
- + Those interested in an effective approach to cleansing and weight loss
- + Those looking for an all-natural and healthy meal replacement that provides essential nutrients to the body

Suggested Use

- + Add 2 scoops of Balance Complete to 8–10 oz. of cold water or the milk of your choice. Shake, stir, or blend until smooth. For added flavor, add fruit or essential oils.
- + For daily health maintenance, replace your least nutritious meal with Balance Complete.
- + For weight management programs, replace 2 daily meals with Balance Complete.

NUTRITION FACTS

Serving Size: 2 scoops [1.76 oz. (50.4 g)]
Servings Per Container About 15

| Amount Per Serving | | %DV | |
|--|----------|------------------|-----|
| Total Calories | 190 | 9.5% | |
| Calories From Fat | 56 | ** | |
| Total Fat | 6 g | 9%* | |
| Saturated Fat | 2.78 g | 14% | |
| Cholesterol | 26.3 mg | 9%* | |
| Total Carbohydrate | 26 g | 8%* | |
| Dietary Fiber | 11 g | 44% | |
| Soluble Fiber | 8.75 g | ** | |
| Insoluble Fiber | 2.27 g | ** | |
| Sugars | 10.56 g | ** | |
| Sodium | 112.6 mg | 5% | |
| Potassium | 369.3 mg | 11% | |
| Protein | 11.5 g | 23% | |
| Vitamin A | 28% | Calcium | 41% |
| Vitamin C | 28% | Iron | 2% |
| Vitamin D | 28% | Pantothenic Acid | 24% |
| Vitamin E | 26% | Phosphorus | 26% |
| Thiamin | 28% | Iodine | 28% |
| Riboflavin | 28% | Magnesium | 37% |
| Niacin | 30% | Zinc | 28% |
| Vitamin B6 | 28% | Selenium | 31% |
| Folate | 33% | Chromium | 29% |
| Vitamin B12 | 35% | Molybdenum | 18% |
| Biotin | 29% | | |
| Proprietary V-Fiber™ Blend | 18.57 g | ** | |
| Larch polysaccharides, Ningxia wolfberry (<i>Lycium barbarum</i>) fruit, brown rice bran, guar gum, konjac, xanthan gum, chicory root fiber extract (FOS), and sodium alginate | | | |
| Proprietary Enzyme Complex | 522 mg | ** | |
| Lactase, lipase, bromelain, papain, and amylase | | | |

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| Calories: | 2,000 | 2,500 | |
|---------------------|--------------------|-----------------|-----------|
| Total Fat | Less than 65 g | 80 g | |
| Sat. Fat | Less than 20 g | 25 g | |
| Cholesterol | Less than 300 mg | 300 mg | |
| Potassium | Less than 3,500 mg | 3,500 mg | |
| Sodium | Less than 2,400 mg | 2,400 mg | |
| Total Carbohydrates | 300 g | 375 g | |
| Dietary Fiber | 25 g | 30 g | |
| Protein | 50 g | 65 g | |
| Calories per gram: | Fat 9 | Carbohydrates 4 | Protein 4 |

**Daily Value (DV) not established.

Cautions

- + Keep out of reach of children.
- + If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

Did You Know?

- + Whole Ningxia wolfberry powder, the key ingredient in V-Fiber, supplies clinically proven immune-boosting wolfberry protein-polysaccharides, is 16 percent protein by volume, and contains zeaxanthin, an antioxidant critical for eye health.*
- + Konjac root can absorb up to 200 times its weight in water, making it ideal for absorbing toxins, improving elimination, and improving bowel health.*
- + Inulin fiber and larch polysaccharide are prebiotics, meaning they nurture friendly flora in the intestines.*

Complementary Products

- + Slique™ Kit
- + NingXia Red®
- + Omega Blue™
- + Longevity™
- + True Source™
- + Life 5™
- + Digest & Cleanse™

Key Scientific Studies

- + Balasubashini, et al., *Ferulic Acid from Rice-bran Alleviates Lipid Peroxidation in Diabetic Rats*. *Phytother. Res.* 2004 July;18:310–14.
- + Gerhardt, et al., *Full-fat Rice Bran and Oat Bran Similarly Reduce Cholesterol in Humans*. *J. Nutr.* 1998 May;128(5):865–9.
- + Liu, et al., *Barley Leaf Prevents LDL Oxidation in Humans*. *Food Science and Agricultural Chemistry*. 2002; Vol.4(3):110–116.
- + Qureshi, et al., *Effects of Stabilized Rice Bran on Blood Glucose Levels and Serum Lipid in Humans with Diabetes Mellitus Types I and II*. *J. Nutr. Biochem.* 2002 Oct;13:175–87.
- + Yu, et al., *LDL Cholesterol and Oxidation Significantly Reduced in Type 2 Diabetics with Barley Leaf and Olive Oil*. *Food Science and Agricultural Chemistry*. 2003; Vo.5(1);106.

Product Information

Balance Complete—26.4 oz.
Item No. 3292

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.