

TRU PALEO



Distributed by: Adaptogen Research
625 Barksdale Road, Suite 113
Newark, DE 19711

TRU Paleo

Clinical Applications



- Promotes healthy body composition
- Supports healthy blood sugar metabolism
- Helps sustain satiety
- Supports healthy weight management
- Broad nutritional support

Provides optimal intake of protein, fats, carbohydrates, vitamins, and minerals. Protein nitrogen score of 101.5, indicating high protein usability. 3 to 4 grams of net carbs per serving. Nutrients in highly bioavailable and bioactive forms. Grain-free, dairy-free, and soy-free protein source. Low allergenicity and free of hormones and antibiotics. Stevia sweetened and free of sucrose, fructose, and artificial sweeteners

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

Discussion

TRU Paleo is a nutrient-dense meal supplement with complete protein, a very low glycemic impact, and nutrients that are predominantly in their bioidentical forms. **TRU Paleo** is available in delicious chocolate and vanilla flavors and features HydroBEEF™, a highly concentrated beef protein produced through an exclusive hydrolysis and ultra-filtration process that enables the protein to be hydrolyzed or “split” into a high concentration of functional peptides. Delivering protein in the form of peptides allows for faster absorption and assimilation.

HydroBEEF™ protein is a highly concentrated beef protein sourced from animals raised in Sweden without hormones that are fed a diet free of GMO grains, grasses, hay, and ensilage. Beef protein is a complete protein containing all the essential amino acids, including good concentrations of leucine, lysine, methionine, and the collagen precursors, proline and glycine. Adequate protein consumption provides the amino acids (including the essential amino acids) required for protein synthesis in the body. Protein serves as the main structural component of muscles, bones, hair, skin, nails, tendons, ligaments, and blood vessels, and it plays a direct role in building hormones, neurotransmitters, and enzymes. Protein supplementation may support healthy body composition and exercise performance.*

TRU Paleo also contains medium-chain triglycerides (MCTs), glucomannan (a water-soluble fiber), and essential vitamins and minerals in highly bioavailable and bioactive forms. The MCTs in this product are sourced from coconut and palm oils, which are more easily absorbed and metabolized than long-chain fatty acids. These MCTs support sustained satiety and may help support healthy body composition.* Glucomannan has been shown to promote normal blood glucose and lipid metabolism with additional evidence showing that it may support healthy body composition, a normal microbiome, digestive system, and immune health.* With its combination of protein, fats, and array of vitamins, minerals, and other beneficial compounds (such as inositol and choline), **TRU Paleo** may also be utilized as a meal supplement with a wide variety of applications, including the support of healthy body composition.*

Vanilla Flavor: Mix 32 grams (approximately one scoop) in 8 ounces of water or any other beverage per day, or as directed by your health-care practitioner.

Chocolate Flavor: Mix 34 grams (approximately one scoop) in 8 ounces of water or any other beverage per day, or as directed by your health-care practitioner.

***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.**

Supplement Facts

Serving Size 32 grams (approx. one scoop)
Servings Per Container 15

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	110	Calcium	100 mg 10%
Calories from Fat	20	(as DimaCal® Di-Calcium Malate)	
Total Fat	2.5 g 4%*	Magnesium	100 mg 25%
Cholesterol	less than 5 mg <2%	(as Di-Magnesium Malate)	
Total Carbohydrate	10 g 3%*	Zinc	5 mg 33%
Dietary Fiber	6 g 24%*	(TRAACS® Zinc Bisglycinate Chelate)	
Protein (from HydroBEEF™)	17 g 34%*	Selenium	50 mcg 71%
Vitamin A (as Beta-Carotene)	1250 IU 25%	(as Selenium Glycinate Chelate)	
Vitamin C (as Acerola)	125 mg 208%	Manganese	1 mg 50%
Thiamin (Vitamin B-1)	10 mg 667%	(TRAACS® Manganese Bisglycinate Chelate)	
(as Thiamine Pyrophosphate)		Chromium	50 mcg 42%
Riboflavin (Vitamin B-2)	10 mg 588%	(TRAACS® Chromium Nicotinate Glycinate Chelate)	
(as Riboflavin-5-Phosphate)		Molybdenum	50 mcg 67%
Niacin (Vitamin B-3)	25 mg 125%	(TRAACS® Molybdenum Glycinate Chelate)	
(as Niacin and Niacinamide)		Sodium (from natural sources)	115 mg 5%
Vitamin B-6	10 mg 500%		
(as Pyridoxal-5-Phosphate)		Choline Dihydrogen Citrate	50 mg †
Folate	100 mcg 25%	Inositol	50 mg †
(as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 200 mcg)		Tocotrienols (delta, gamma) ††	25 mg †
Vitamin B-12	50 mcg 833%	Boron (as Bororganic Glycine)	1 mg †
(as Adenosylcobalamin and Methylcobalamin)			
Biotin (as d-Biotin)	100 mcg 33%		
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg 1000%		

Other Ingredients: Creafill cellulose, natural flavors, medium chain triglycerides, glucomannan, stevia leaf extract.



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Report any adverse reactions to
302.213.0030

Recommended Use: As a dietary supplement, mix 32 grams (approx. one scoop) in eight ounces of water or any other beverage per day, or as directed by your health care practitioner.

Tru Paleo contains HydroBEEF™, a highly concentrated, pure bone broth protein isolate, produced through an exclusive hydrolysis and ultra filtration process. HydroBEEF™ contains both complete and collagen proteins that are naturally found in beef. Delivering these proteins as peptides allows for better absorption and assimilation.

HydroBEEF™ is a trademark of Essentia Metabolic Proteins.



Quatrefolic® is covered by U.S. Patent No. 7,947,662 and is a registered trademark of Gnosis S.p.A.



TRAACS® and DimaCal® are registered trademarks of Albion Laboratories, Inc.

DeltaGold®, naturally extracted from annatto bean, under US patent (6,350,453) to American River Nutrition, Inc.

STORE AT ROOM TEMPERATURE.

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