

Boosted Weight Loss Recipe E-Book

*Losing weight shouldn't
be complicated!*

After all, you have Grow Young Fitness Weight Loss Supplements to help you BOOST your results!



Table of Contents

Get to Know Your Supplements 2

A Note From Deron 3-5

**Meal Replacement
Lunch or Dinner 6-19**

**Snack Replacement
Recipes 20-24**

**Coffee + Collagen
Recipes 25-28**

**Breakfast
Replacement 29-32**

Daily Vitamins 33

Where to Get More 34



Get to Know Your Supplements



Meal Replacement

Use as a meal replacement for lunch or dinner. Also, great for post workout recovery.

For best results use 1-2 times daily.

When used regularly, you can expect to lose 2-5 pounds per month.



Snack Replacement

Use as a snack replacement at any time of the day to crush your cravings. Also, great for a pre-workout boost of energy.

For best results use 1-2 times daily.

When used regularly, you can expect to lose 2-5 pounds per month.



Coffee + Collagen

Use as your daily cup of coffee! Boost your energy levels and focus to conquer the day.

For best results use 1-2 times daily.

When used regularly, you can expect improved joint health, stonger bones and healthier hair, skin, and nails.



Breakfast Replacement

Use as a breakfast or snack replacement. Also, great for post workout recovery.

For best results use 1-2 times daily.

When used regularly, you can expect to lose 2-5 pounds per month.

Results may vary

A Note From Deron

First off, thank you for downloading this EBook. Most of you probably have your Grow Young Fitness supplements being shipped to you now. That's exciting! You are one step closer to losing weight & feeling great! If you can't tell by now, your health is my #1 priority & I have a passion for keeping people moving!

Whether you're testing out the supplements for the first time or just looking for a tasty new recipe...Please read through this entire EBook for all the important information you need to make your Grow Young Fitness supplement experience a pleasant and successful one!

My goal in creating this EBook is to make losing weight simple, fun and most importantly, tasty! I also wanted to provide you with the information & nutrients your mind & body needs to be successful on your weight loss journey!

We all know that eating the healthiest foods can be difficult, time consuming, expensive and sometimes not taste so great. These are the main problems I wanted to solve. So, I created a solution that is easy, quick, effective and affordable.

The last problem that I needed to solve was taste. Which brings me to why this EBook was created. Healthy foods & supplements don't always taste the best and if they do, you can bet they are filled with sugar or other bad stuff. Plus, everyone's taste preferences are so different, making it very challenging to create a supplement that everyone enjoys. That is why this Recipe EBook was born. So everyone can enjoy "the taste" of weight loss with Grow Young Fitness supplements and recipes!

I've been formulating & testing Grow Young Fitness supplements for the past 5 years. Within the last year, I have brought them to life for YOU to enjoy! I've tested them on myself, my mother, my grandma and hundreds of our members. Simply put, these supplements work!

Let me tell you what these supplements are NOT! These supplements are not "miracle pills" like you see on all of the infomercials nowadays. These are supplements with real ingredients that give you real results. Don't expect to lose weight overnight...The body just doesn't work that way!

A Note From Deron

Use Grow Young Fitness supplements regularly for at least a month to allow your body to go through the natural fat burning process and ultimately, get the results you have been looking for. If these are working for my mother, my grandma, and myself...They will work for you, as long as you stick to it! The longer you use them, the better you will feel and the more weight you can lose!

Since I've personally started using Grow Young Fitness supplements my energy levels have been through the roof! I'm recovering from workouts faster, falling asleep quicker and staying asleep longer! I wake up every morning fully rejuvenated and focused. I'm easily building lean muscle, burning more fat, and best of all, feeling better than I ever have!

I hope you enjoy the results & recipes as much as I do! My favorite recipe is the "Blueberry Young" Meal Replacement Shake! Feel free to customize any recipe to fit your own needs and taste preferences. Get creative, have fun, and let me know which is your favorite!

Enough talk..It's time for you to experience all the benefits & tastes for yourself! You won't regret it...I promise! :)

As always, Keep it moving!

~ Deron Buboltz

(P.S. As with any dietary regimen, please consult your nutritionist or doctor with questions or advice on your specific dietary needs or restrictions)

These statements have not been evaluated by the Food and Drug Administration

A Note From Deron

One last reminder...

DERON'S SUPPLEMENT TIPS:

1. For the best experience make sure to mix the powder thoroughly using a spoon, blender, frother or shaker bottle.
2. Find a temperature that works for you. If you enjoy chilled beverages, try adding ice cubes.
3. If the taste is too strong, too sweet, or grainy...Simply add more liquid to your mixture.
4. Drink your supplement within 5-10 minutes. Stir as needed to avoid any settling of powder.
5. Use daily for at least 1 month to experience results. For more results, continue using daily.
6. Yes! I use all of these supplements at least once per day and am feeling great!

Meal Replacement Lunch or Dinner

Chocolate



Vanilla



Real Food Is Inside

We use REAL food ingredients to bring you the most wholesome and nutritious meal replacement shake on the market. This is the most pure plant-based protein supplement you will ever find.

- **Made in the USA.**
- **Reduces Bloating.**
- **28 servings per container.**
- **96 calories per serving.**
- **NO added sugar.**
- **NO Soy, Dairy, Caffeine, or Whey.**
- **Only 4g of carbs.**
- **Vegan & Plant-Based**
- **Boost Metabolism.**

Vanilla Meal Replacement

Original



Benefits

- Weight loss.
- Boost metabolism.
- Reduces inflammation.
- Muscle growth.
- Improved digestion.
- Heart health.
- Relieves muscle pain & fatigue.
- Helps with bloating.

Ingredients

- 1 scoop Vanilla or Chocolate Meal Replacement
- 8-16 oz of cold water

Directions

1. Combine in a glass and stir.
2. Personally my favorite is to mix it with water. Water and 1 scoop is always best and lowest in calories!

*Water can be substituted with fat free milk, unsweetened coconut milk, or unsweetened almond milk.

Meal Replacement

Peanut Butter Cup



Benefits

- Weight loss.
- Boost metabolism.
- Reduces inflammation.
- Muscle growth.
- Boost memory.
- Reduces risk of stroke.
- Reduces cravings.

Ingredients

- 1 scoop Vanilla or Chocolate Meal Replacement
- 1 teaspoon of natural peanut butter (made 100% from peanuts)
- 8 - 12 oz water (can substitute fat free milk, unsweetened coconut or unsweetened almond milk)

Directions

1. Combine the ingredients in a blender and blend until all ingredients are mixed.

Nutrition Facts

Calories	161	Fiber.....	1g
Fat.....	5g	Sugar.....	3g
Carbs.....	7g	Protein.....	23g

Meal Replacement

Coffee Bean



Benefits

- Weight loss.
- Boost metabolism.
- Reduces inflammation.
- Muscle growth.
- Makes you feel good.
- Get extra protein with your coffee.
- Boost energy.

Ingredients

- 1 scoop Vanilla or Chocolate Meal Replacement
- 2-4 ice cubes
- 8 - 12 oz of your favorite brewed GYF Coffee + Collagen (or your favorite brewed coffee)

Directions

1. Brew your selected coffee.
2. Combine the ingredients in a blender and blend until all ingredients are mixed.

Nutrition Facts

Calories	116	Fiber.....	0g
Fat.....	0g	Sugar.....	3g
Carbs.....	4g	Protein.....	25g

Meal Replacement

Energetic Ginger Banana



Benefits

- Weight loss.
- Boost metabolism.
- Reduces inflammation.
- Muscle growth.
- Soothe digestion.
- Relieves heartburn.
- Relieves muscle soreness & fatigue.

Ingredients

- 1 scoop Vanilla or Chocolate Meal Replacement
- 1 teaspoon finely grated ginger (Add more or less for taste preference)
- ½ Banana
- 8 - 16 water (can substitute fat free milk, unsweetened coconut or unsweetened almond milk)

Directions

1. Combine the ingredients in a blender and blend until all ingredients are mixed.

Nutrition Facts

Calories	163	Fiber	2g
Fat.....	0g	Sugar.....	9g
Carbs.....	21g	Protein.....	21g

Meal Replacement

Powerful Strawberry Banana



Benefits

- Weight loss.
- Boost metabolism.
- Reduces inflammation.
- Muscle growth.
- Lowers risk of stroke.
- Improves immune function.
- Great for hair, skin, and nails.

Ingredients

- 1 scoop Vanilla or Chocolate Meal Replacement
- ¼ cup Strawberries
- ½ Banana
- 4 TBS Oikos Triple Zero Greek Vanilla Yogurt (Optional)
- 8 - 16 water (can substitute fat free milk, unsweetened coconut or unsweetened almond milk)

Directions

1. Combine the ingredients in a blender and blend until all ingredients are mixed.

Nutrition Facts

Calories	211	Fiber	5g
Fat.....	0g	Sugar.....	12g
Carbs.....	27g	Protein.....	27g

Meal Replacement

Blueberry Young



Benefits

- Weight loss.
- Boost metabolism.
- Reduces inflammation.
- Muscle growth.
- Anti-aging.
- Lowers cholesterol.
- Helps blood pressue.

Ingredients

- 1 scoop Vanilla or Chocolate Meal Replacement
- ¼ cup blueberries (add more or less for taste preference
- 1 TBS freshly squeezed lemon juice
- 4 TBS Oikos Triple Zero Greek Vanilla Yogurt (Optional)
- 8 - 16 water (can substitute fat free milk, unsweetened coconut or unsweetened almond milk)

Directions

1. Combine the ingredients in a blender and blend until all ingredients are mixed.

Nutrition Facts

Calories	164	Fiber	3g
Fat.....	0g	Sugar.....	6g
Carbs.....	15g	Protein.....	26g

Meal Replacement

Chocolate Dream



Benefits

- Weight loss.
- Boost metabolism.
- Reduces inflammation.
- Muscle growth.
- Helps blood pressure.
- Fights cravings.
- Improves mood.

Ingredients

- 1 scoop Vanilla or Chocolate Meal Replacement
- 1 TBS organic Cacao Powder
- 8 - 12 oz water (can substitute fat free milk, unsweetened coconut or unsweetened almond milk)

Directions

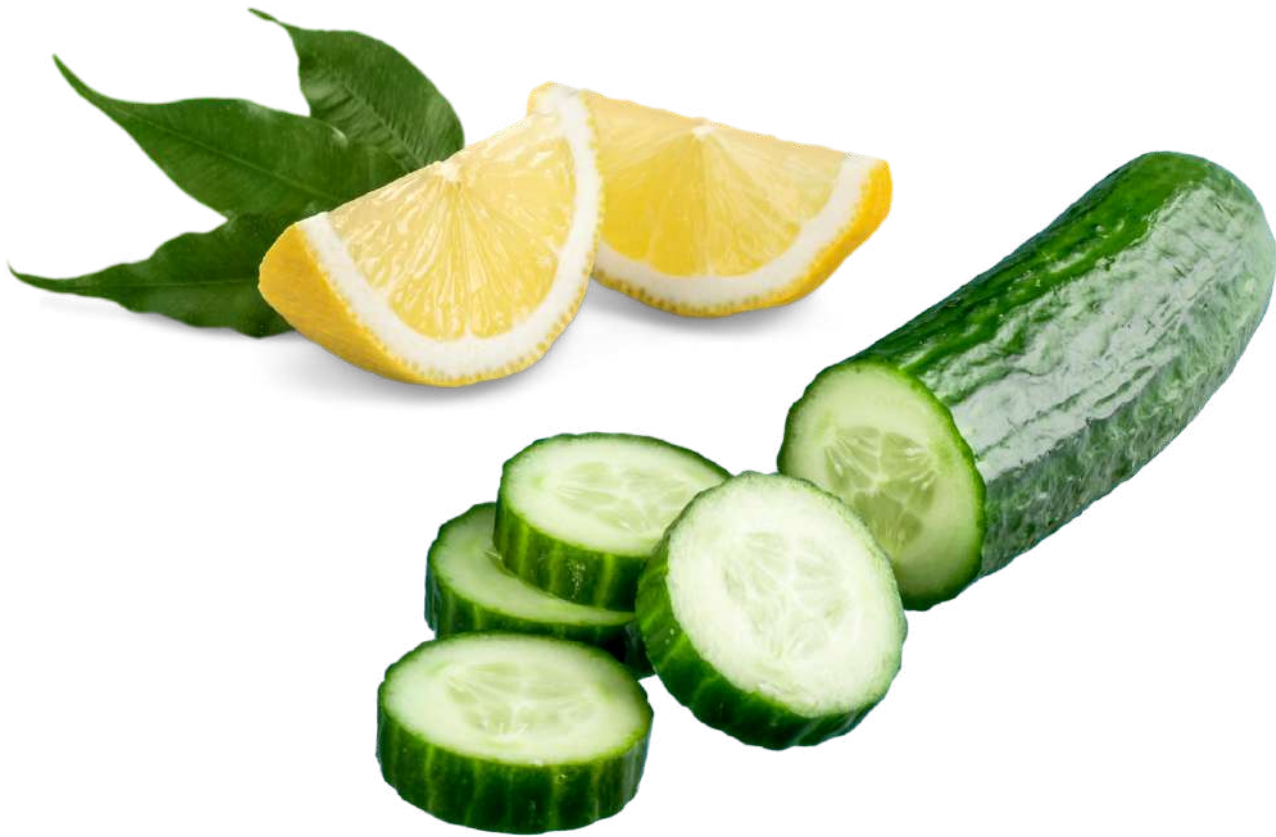
1. Combine the ingredients in a blender and blend until all ingredients are mixed.

Nutrition Facts

Calories	111	Fiber	2g
Fat.....	1g	Sugar.....	3g
Carbs.....	7g	Protein.....	21g

Meal Replacement

Refreshing Lemon Cucumber



Benefits

- Weight loss.
- Boost metabolism.
- Reduces inflammation.
- Muscle growth.
- Improves skin quality.
- May lower blood sugar.
- High in nutrients.

Ingredients

- 1 scoop Vanilla Meal Replacement
- 1 TBS freshly squeezed lemon juice
- ½ cucumber (add more or less for taste preference)
- 8 - 12 oz water (can substitute fat free milk, unsweetened coconut or unsweetened almond milk)

Directions

1. Combine the ingredients in a blender and blend until all ingredients are mixed.

Nutrition Facts

Calories	114	Fiber	0g
Fat.....	0g	Sugar.....	5g
Carbs.....	8g	Protein.....	21g

Meal Replacement

Soothing Raspberry Ginger



Benefits

- Weight loss.
- Boost metabolism.
- Reduces inflammation.
- Muscle growth.
- Soothe digestion.
- Anti-aging.
- Anti-inflammatory.

Ingredients

- 1 scoop Vanilla Meal Replacement
- ¼ cup raspberries (add more or less for taste preference)
- 1 TBS freshly squeezed lemon juice
- 1 teaspoon finely grated ginger (add more or less for taste preference)
- 4 TBS Oikos Triple Zero Greek Vanilla Yogurt (Optional)
- 8 - 16 water (can substitute fat free milk, unsweetened coconut or unsweetened almond milk)

Directions

1. Combine the ingredients in a blender and blend until all ingredients are mixed.

Nutrition Facts

Calories	159	Fiber	4g
Fat.....	0g	Sugar.....	7g
Carbs.....	13g	Protein.....	26g

Meal Replacement

Raspberry Cream



Benefits

- Weight loss.
- Boost metabolism.
- Reduces inflammation.
- Muscle growth.
- Heart health.
- Anti-aging.
- Anti-inflammatory.

Ingredients

- 1 scoop Vanilla Meal Replacement
- ¼ cup raspberries (add more or less for taste preference)
- 4 TBS Oikos Triple Zero Greek Vanilla Yogurt (Optional)
- 8 - 16 water (can substitute fat free milk, unsweetened coconut or unsweetened almond milk)

Directions

1. Combine the ingredients in a blender and blend until all ingredients are mixed.

Nutrition Facts

Calories	154	Fiber	4g
Fat.....	0g	Sugar.....	6g
Carbs.....	13g	Protein.....	26g

Meal Replacement

Ice Cream Alternative



Ingredients

- 1 scoop Vanilla or Chocolate Meal Replacement
- 5 - 6 ice cubes
- ½ frozen banana
- 1 TBS almond butter
- 1 TBS organic cacao powder
- 1 cup unsweetened almond milk

Directions

1. Combine the ingredients in a blender and blend until all ingredients are mixed.

Nutrition Facts

Calories	297	Fiber	6g
Fat.....	12g	Sugar.....	12g
Carbs.....	26g	Protein.....	26g

Meal Replacement

Banana Cookies



Ingredients

- 1 scoop Vanilla or Chocolate Meal Replacement.
- 1 large banana.
- 1 teaspoon of coconut oil.

Directions

1. Preheat oven to 350 degrees
2. Blend or Mix the banana and the coconut oil
3. Once it is mixed properly add the scoop of Chocolate Easy Protein Meal Replacement and blend again until fully mixed
4. Place parchment paper on a cookie sheet
5. Spoon the mix into 12 cookies
6. Bake for 20 minutes or until golden brown

Nutrition Facts (whole recipe)

Calories	257	Fiber	5g
Fat.....	5g	Sugar.....	17g
Carbs.....	35g	Protein.....	21g

Nutrition Facts (1 cookie)

Calories	21	Fiber	<1g
Fat.....	<1g	Sugar.....	1g
Carbs.....	3g	Protein.....	2g

Meal Replacement

Banana Bread



Ingredients

- 2 scoops Vanilla or Chocolate Meal Replacement.
- 2 large bananas.
- 1 Egg.
- 1 TBS of coconut oil.
- ⅓ cup of old fashioned rolled oats.

Directions

1. Preheat oven to 350 degrees
2. Blend or Mix the bananas, coconut oil and egg
3. Once it is mixed properly add the scoops of Chocolate Easy Protein Meal Replacement and the oats and blend again until fully mixed
4. Place parchment paper in a loaf pan
5. Spoon the mix into the pan
6. Bake for 30-35 minutes or until a toothpick inserted in the center comes out clean

*Refrigerate the leftovers.

Nutrition Facts (whole recipe)

Calories	727	Fiber	10g
Fat.....	.21g	Sugar.....	34g
Carbs.....	88g	Protein.....	53g

Nutrition Facts (1/10 of loaf)

Calories	73	Fiber	1g
Fat.....	2g	Sugar.....	3g
Carbs.....	9g	Protein.....	5g

Snack Replacement

Green Apple



Strawberry Banana



25+ Real Super Foods Inside To Detox Your Body.

Organic Ingredients used! We use real food ingredients to bring you the most nutritious Snack Replacement drink on the market. This is the healthiest drink you will ever find, and it tastes great!

- **Made in the USA!**
- **Reduces Bloating!**
- **30 servings per container.**
- **Only 45 calories per serving.**
- **Average Weight Loss = 8.7 lbs per month.**
- **Reduces Inflammation & Pain.**
- **NO added sugar.**
- **Gluten & caffeine free.**
- **Dairy & soy free.**
- **Only 5g of carbs.**
- **Diabetic friendly.**

Snack Replacement

Original



Ingredients

- 1 scoop of Apple or Strawberry Banana Snack Replacement
- 8-16 oz of cold water. (If 8oz is too "gritty" increase the amount of water to 16+ oz.)

Directions

1. Combine in a glass and stir.

Snack Replacement

Taste of The Tropics



Ingredients

- 1 scoop Apple or Strawberry Banana Snack Replacement
- 8 oz of coconut milk
- 8 oz of water
- 2-3 ice cubes

Directions

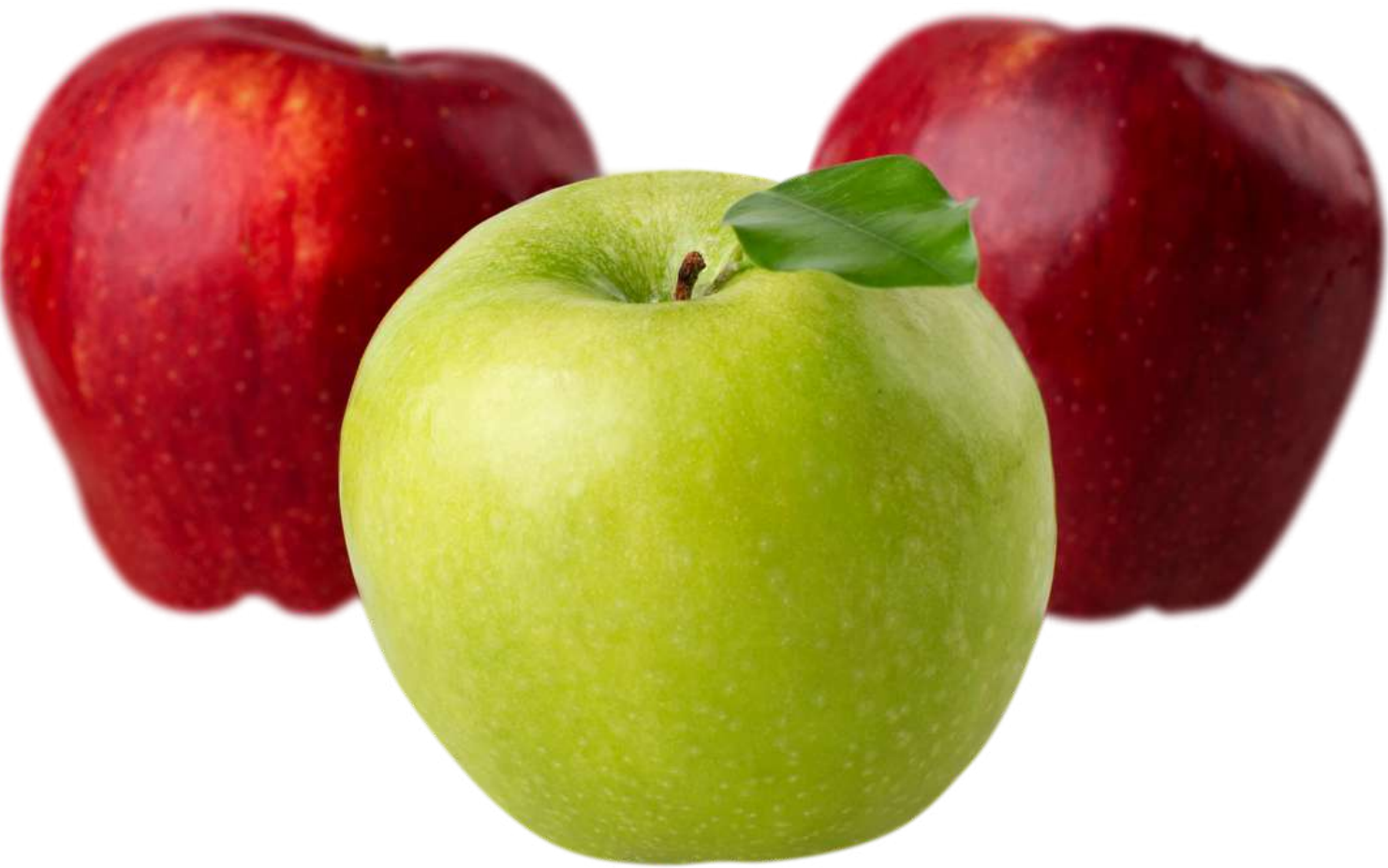
1. Blend until mixed.

Nutrition Facts

Calories	90	Fiber	1g
Fat.....	6g	Sugar.....	0g
Carbs.....	7g	Protein.....	2g

Snack Replacement

Apple Cream



Ingredients

- 1 scoop Snack Replacement - Apple
- 10-16 oz unsweetened Almond Milk
- 1 tablespoon plain greek yogurt (optional)

Directions

1. Blend or stir until mixed.

Nutrition Facts

Calories	106	Fiber	1g
Fat.....	5g	Sugar.....	0g
Carbs.....	7g	Protein.....	5g

Snack Replacement

Banana Dream



Ingredients

- 1 scoop Apple or Strawberry Banana Snack Replacement
- 10-16 oz of Water (can substitute fat free milk, unsweetened coconut or unsweetened almond milk)
- ½ Banana

Directions

1. Blend or stir until mixed.

Nutrition Facts

Calories	106	Fiber	2g
Fat.....	1g	Sugar.....	9g
Carbs.....	22g	Protein.....	3g

Coffee + Collagen

French Vanilla



This Aint Your Average Cup of Joe.

This is Coffee + Collagen with real super foods inside to kick start your morning.

- Only 20 Calories.
- 0g of Sugar.
- 5g of Collagen Protein.
- Gluten & Dairy Free.
- Improves Skin Elasticity.
- Builds Stronger Bones.
- Reduces Joint Pain.
- Supports Weight Loss.

Coffee + Collagen

Original



Ingredients

- 1 scoop of Coffee + Collagen
- 8-12 oz of hot water or add directly into a cup of coffee

Directions

1. Combine in a glass and stir.

Coffee + Collagen

Super Summer Coffee



Ingredients

- 1 scoop of Coffee + Collagen
- 1 cup ice
- 8 - 12 oz of hot water
- 2 TBS unsweetened almond milk (optional)

Directions

1. Mix Coffee + Collagen with hot water.
2. Fill a glass with ice.
3. Pour in coffee and stir in almond milk.

Nutrition Facts

Calories	32	Fiber	0g
Fat.....	1g	Sugar.....	0g
Carbs.....	1g	Protein.....	5g

Coffee + Collagen

Morning Dream



Ingredients

- 1 scoop Vanilla or Chocolate Easy Protein Meal Replacement
- 5-6 ice cubes
- 8 - 12 oz of GYF Coffee + Collagen
- ½ frozen banana

Directions

1. Brew your selected coffee.
2. Combine the ingredients in a blender and blend until all ingredients are mixed.

Nutrition Facts

Calories	170	Fiber	2g
Fat.....	1g	Sugar.....	8g
Carbs.....	20g	Protein.....	26g

Breakfast Replacement

Chocolate



Vanilla



This Weight Loss Shake tastes just like a Milkshake!

- 15 Servings Per Container
- 19g of Protein Per Serving
- 0g of Sugar
- Feel Full Longer
- Boost Metabolism
- Maximize Results
- Low Calories
- Includes Vitamin D3, Calcium, Iron & Potassium!

How to Use

- Take one (1) scoop with 12-16 oz of water or milk.
- Take in the morning or replace any snack throughout the day.

Breakfast Replacement

Blueberry Muffin Breakfast



Ingredients

- 1 scoop Vanilla Breakfast Protein.
- 8 oz unsweetened almond milk.
- ¼ cup fresh or frozen blueberries.
- 1 tbsp almond butter (optional).
- ½ frozen banana (optional for thicker texture).
- 4-6 ice cubes.

Directions

1. Combine the ingredients in a blender and blend until all ingredients are mixed.

Nutrition Facts

Calories	312	Fiber	5g
Fat.....	12g	Sugar.....	4g
Carbs.....	28g	Protein.....	20g

Breakfast Replacement

Oatmeal Cookie Breakfast



Ingredients

- 1 scoop Chocolate or Vanilla Breakfast Protein.
- 8 oz unsweetened almond milk.
- ½ cup rolled oat.
- 1 ½ teaspoon cinnamon.
- 1 teaspoon vanilla extract.
- 4-6 ice cubes.

Directions

1. Combine the ingredients in a blender and blend until all ingredients are mixed.

Nutrition Facts

Calories	242	Fiber	21g
Fat.....	7g	Sugar.....	2g
Carbs.....	21g	Protein.....	22g

Breakfast Replacement

Pumpkin Spice Breakfast



Ingredients

- 1 scoop Chocolate or Vanilla Breakfast Protein.
- 8 oz unsweetened almond milk.
- ½ teaspoon pumpkin spice.
- ¼ teaspoon vanilla or vanilla extract.
- 1 sprinkle of cinnamon.
- 4-6 ice cubes.

Directions

1. Combine the ingredients in a blender and blend until all ingredients are mixed.

Nutrition Facts

Calories	151	Fiber	1g
Fat.....	6g	Sugar.....	0g
Carbs.....	6g	Protein.....	20g

Daily Vitamins



SUPPLEMENT FACTS		
Serving Size: 3 Capsules Servings Per Container: 30		
Amount Per Serving		% DV*
Vitamin A (as Beta Carotene)	900mcg	100%*
Vitamin B1 (as Thiamin)	1.2mg	100%*
Vitamin B2 (as Riboflavin)	1.3mg	100%*
Vitamin B3 (as Nicotinamide)	16mg	100%*
Vitamin B5 (as Pantothenic Acid)	5mg	100%*
Vitamin B6 (as Pyridoxine HCl)	1.7mg	100%*
Vitamin B7 (as Biotin)	300mcg	100%*
Vitamin B9 (as Folate)	400mcg	100%*
Vitamin B12 (as Methylcobalamin)	2.4mcg	100%*
Vitamin C (as Ascorbic Acid)	90mg	100%*
Vitamin D3 (as Cholecalciferol)	20mcg	100%*
Calcium (as Calcium Citrate)	112.5mg	9%*
Choline (as Choline Bitartrate)	14.7mg	3%*
Chromium (as Chromium Nicotinate Glycinate Chelate)	35mcg	100%*
Magnesium (as Magnesium Oxide)	210mg	50%*
Manganese (as Manganese Bisglycinate Chelate)	1.1mg	48%*
Potassium (as Potassium Citrate)	32mg	<1%*
Selenium (as Selenium Citrate)	75mcg	137%*
Zinc (as Zinc Bisglycinate Chelate)	5mg	48%*
Spectra™ Iodine	100mcg	**
	37mcg	**
*(DV) Daily Value Based on a 2000 calorie diet. **Daily Value (DV) not established		
OTHER INGREDIENTS: Gelatin (capsules), Magnesium Stearate, Silicon Dioxide.		
is a trademark of VDF FutureCeuticals, Inc. used under license.		

Multi Vitamin

- 90 Capsules.
- Promotes Energy.
- Promotes Immunity.
- Promotes Metabolism.
- Promotes Muscle Function.
- 30 Day Supply.

Suggested Use: As a dietary supplement, take three (3) capsules with 8-12 fl. oz of water.

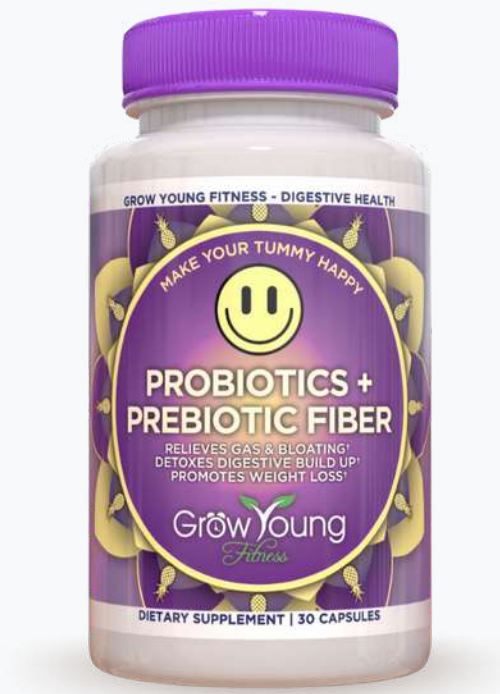


SUPPLEMENT FACTS		
Serving Size: 1 Softgel Servings Per Container: 60		
Amount Per Serving		% DV*
Natural Marine Complex	1000mg	**
EPA (Epicapentaenoic Acid)	360mg	**
DHA (Docosahexaenoic Acid)	240mg	**
*(DV) Daily Value Based on a 2000 calorie diet. **Daily Value (DV) not established		
OTHER INGREDIENTS: Gelatin, Glycerin, Water.		

Omega 3 Fish Oil

- 60 Softgels.
- Promotes Heart Health.
- Promotes Joint Health.
- Promotes Brain Health.
- 30 day supply.

Suggested Use: As a dietary supplement, take one (1) capsule two times daily with 8 oz of water, preferably after a meal.



SUPPLEMENT FACTS		
Serving Size 1 Capsule Servings Per Container 30		
	Amount Per Serving	%DV
Prebiotic Blend	625mg	**
Garlic Extract (Allium sativum) (bulb), Burdock Powder (Arctium Lappa) (root), Glucomannan (from Konjac Root) (Amorphophallus Konjac)		
Vegan Probiotic Blend (50 billion CFU)	125mg	**
Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus gasseri, Lactobacillus paracasei, Lactobacillus fermentum, Lactobacillus casei, Lactobacillus rhamnosus, Lactobacillus salivarius, Streptococcus thermophilus, Bifidobacterium breve, Bifidobacterium infatis, Bifidobacterium longum, Bifidobacterium lactis, Bifidobacterium bifidum.		
** Daily Value (DV) not established		
Other Ingredients: Gelatin (capsules), Titanium Dioxide, FD&C Red #3, FD&C Blue #1, Silicon Dioxide, Magnesium Stearate.		

Daily Probiotic + Prebiotic Fiber

- 30 Softgels.
- 50 Billion CFU.
- Helps Digestive System Work Better.
- Keeps Digestive System in Balance.
- 30 Day Supply.

Suggested Use: As a dietary supplement, take one (1) capsule with 8-12 fl. oz of water. One may take with or without food.



SUPPLEMENT FACTS		
Serving Size: 1 Softgel Servings Per Container: 60		
Amount Per Serving		% DV*
Vitamin D3 (as Cholecalciferol)	5,000IU	1250%*
*(DV) Daily Value Based on a 2000 calorie diet. **Daily Value (DV) not established		
OTHER INGREDIENTS: Gelatin, Glycerin, Water.		

Vitamin D3

- 60 Softgels.
- Improves Calcium Absorption.
- Helps Maintain Strong Bones.
- Supports Immune System.
- 60 Day Supply.

Suggested Use: As a dietary supplement, take one (1) capsule with 8-12 fl. oz of water.

GO GET ALL YOUR
SUPPLEMENTS AT
www.GrowYoungShop.com



All of our supplements are proudly
made in the USA

