

# 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!





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# 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.



## Super Food Boost

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.



## Super Coffee

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.



## Infused Zen

Use as your nightly tea to relax and recover. Get the best night's sleep you've ever had!

For best results use 30-60 minutes before bed.

When used regularly, you can expect higher quality sleep and to wake up rejuvenated.

\*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 Super Coffee (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.

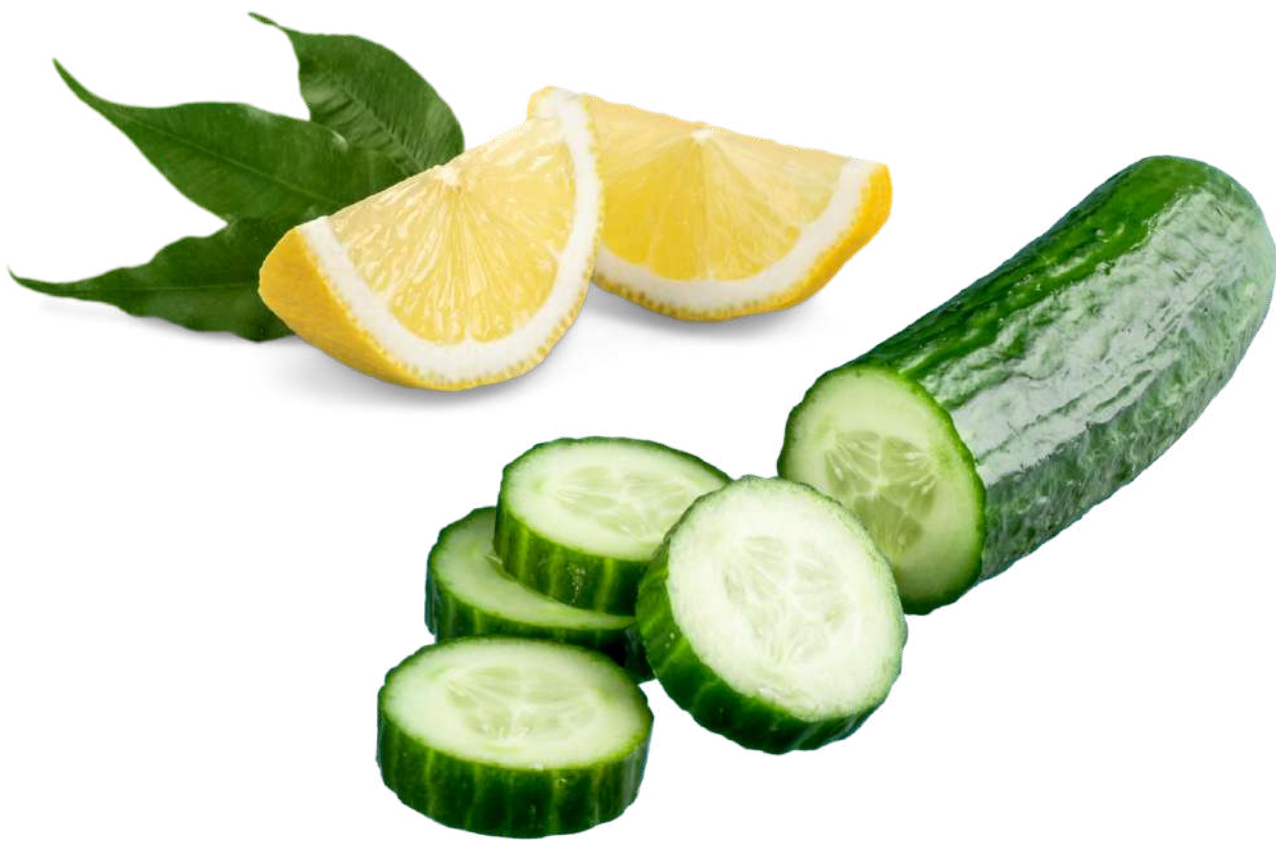
## Nutrition Facts

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



# Super Food Boost

## 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 Super Food 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.**

## Super Food Boost

# Original



## Ingredients

- 1 scoop of Apple or Strawberry Banana Super Food Boost
- 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.



Super Food Boost

# Taste of The Tropics



## Ingredients

- 1 scoop Apple or Strawberry Banana Super Food Boost
- 8 oz of coconut milk
- 8 oz of water
- 2-3 ice cubes

## Directions

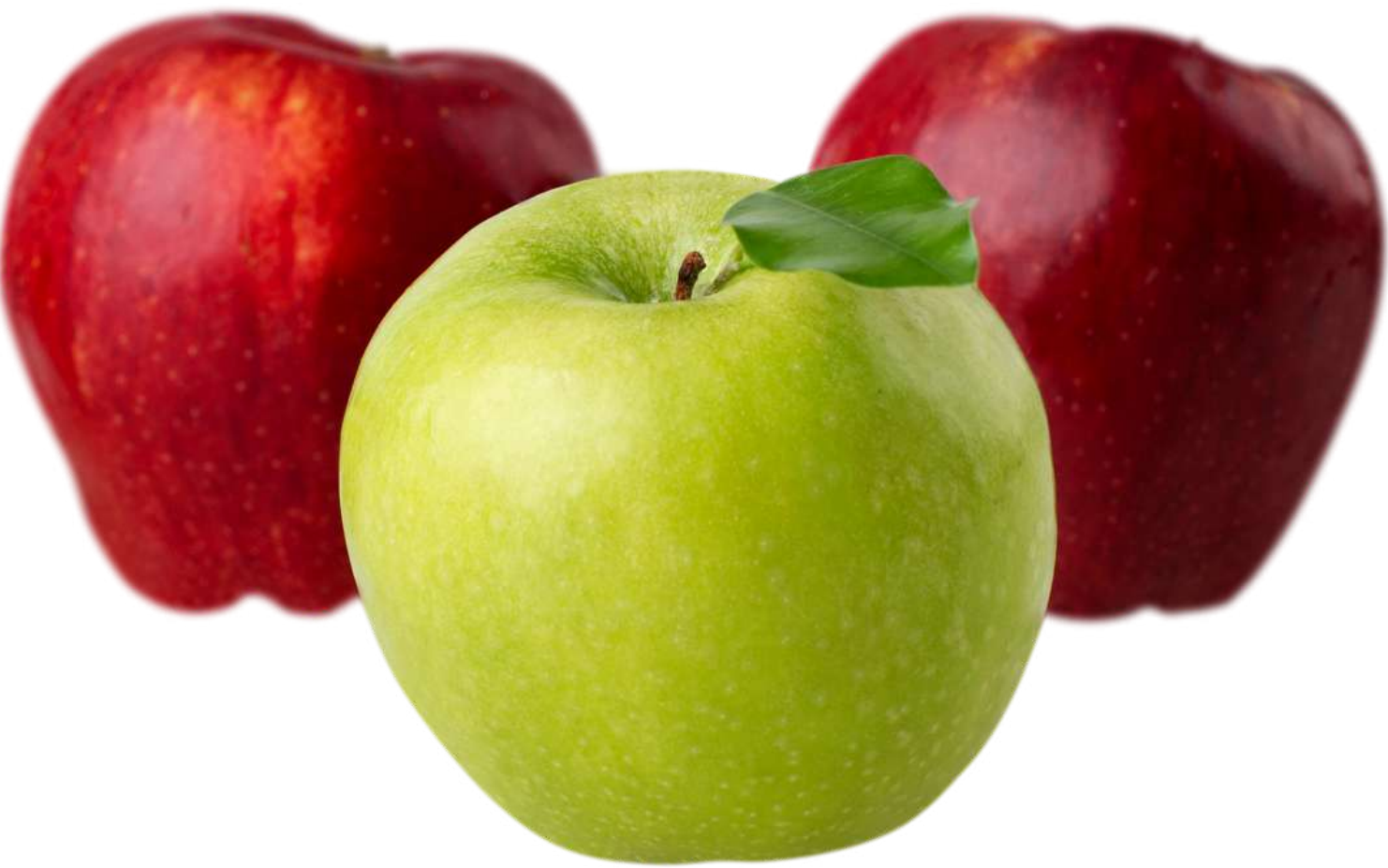
1. Blend until mixed.

## Nutrition Facts

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

Super Food Boost

# Apple Cream



## Ingredients

- 1 scoop Super Food Boost - 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



Super Food Boost

# Banana Dream



## Ingredients

- 1 scoop Apple or Strawberry Banana Super Food Boost
- 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

# Super Coffee

## French Vanilla



### **This Aint Your Average Cup of Joe.**

This is Super Coffee 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.



## Super Coffee

# Original



## Ingredients

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

## Directions

1. Combine in a glass and stir.

Super Coffee

# Super Summer Coffee



## Ingredients

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

## Directions

1. Mix Super Coffee 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



Super Coffee

# Morning Dream



## Ingredients

- 1 scoop Vanilla or Chocolate Easy Protein Meal Replacement
- 5-6 ice cubes
- 8 - 12 oz of GYF Super Coffee
- 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

# Infused Zen

## Lemon Lavender Ginger



## Real Super Foods Inside To Help You Rest & Recover

Organic Ingredients used! We use real food ingredients to bring you the healthiest drink you will ever find, and it tastes great!

- Promotes Restful Sleep.
- Soothes Muscles.
- Rejuvenates Mind.
- Relieves Stress.
- Reduces Stiffness.



Infused zen

# Original



## Ingredients

- 1 scoop of Infused Zen
- 8-12 oz of hot water

## Directions

1. Combine in a glass and stir.

Infused Zen

# Throat Soother



## Ingredients

- 1 scoop Infused Zen
- 8 - 12 oz hot water
- ½ teaspoon of raw organic honey

## Directions

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

## Nutrition Facts

Calories .....	10	Fiber .....	0g
Fat.....	0g	Sugar.....	3g
Carbs.....	4g	Protein.....	0g



# 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 Niacinamide)	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	46%*
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*
Probiotic Complex	625mg	**
Garlic Extract, Burdock Root Powder, Konjac Root.		
Probiotic Blend (from non-dairy mediums)(Vegan)	125mg (50 Billion CFU)	**
Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus gasseri, Lactobacillus paracasei, Lactobacillus fermentum, Lactobacillus casei, Lactobacillus rhamnosus, Lactobacillus salivarius, Streptococcus thermophilus, Bifidobacterium breve, Bifidobacterium infantis, Bifidobacterium longum, Bifidobacterium lactis, Bifidobacterium bifidum.		
* (DV) Daily Value Based on a 2000 calorie diet.      ** Daily Value (DV) not established		
OTHER INGREDIENTS: Gelatin (capsules), Microcrystalline Cellulose, Silicon Dioxide.		
No Artificial Color, Flavor, Sweetener, No Preservatives, No Sugar, No Starch, No Soy, No Wheat, No Gluten, No Fish. Sodium Free.		

## Daily Probiotic

- 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](http://www.GrowYoungShop.com)



All of our supplements are proudly  
made in the USA

