



# THE FOUNDATION OF GOOD HEALTH STARTS WITH A BALANCED BODY

BODY BALANCED. LIFE CHANGED.™

## LIVEDEN ONE SUPERFOOD

Over 60 precisely curated ingredients to perfectly balance you.

Supplement Facts			
Serving Size: 1 LIVEDEN Scoop, or 2 Rounded Tablespoons (20g)			
Servings Per Container: 30			
	Amount per Serving	% Daily Value	
Calories	70		
Total Fat	1.5 g	2%**	Magnesium (as magnesium gluconate)
Saturated Fat	0 g	2%**	Zinc (as zinc citrate)
Trans Fat	0 g	***	Selenium (as selenomethionine)
Cholesterol	0 mg	0%	Copper (as copper gluconate)
Total Carbohydrate	5 g	2%**	Manganese (as manganese gluconate)
Dietary Fiber	1 g	3%	Chromium (as chromium polynicotinate)
Total Sugars	1 g	***	Chloride (as sodium chloride)
Includes 0 g added Sugars		0%	Sodium (as sodium chloride)
Protein	10 g		Potassium (as potassium citrate)
Vitamin A (as beta-carotene)	480 mcg	53%	Pea Protein, Natural Extracts, Herbs & Antioxidants
Vitamin C (as ascorbic acid)	200 mg	222%	Pea Protein, Citric Acid, Artichoke Leaf Powder, Stevia Extract, Dandelion Root.
Vitamin D (as cholecalciferol)	10 mcg (400 IU)	50%	Alkaline Superfood Antioxidant Proprietary Blend
Vitamin E (as d-alpha tocopheryl succinate)	30 mg	200%	Organic Spirulina, Sunflower Lecithin, Inulin, Wheatgrass Juice Powder (Leaf), Barley Grass, Chlorrella, Papaya Fruit, Beet Root, Rose Hips, Organic Broccoli, Organic Broccoli Sprout, Organic Tomato, Organic Carrot, Silberry Fruit, Blueberry, Organic Spinach, Organic Kale, Ginger Root, Slippery Elm, Kelp.
Vitamin K (as phyloquinone)	15 mcg	13%	Super Mushroom & Digestive Enzyme Proprietary Blend
Vitamin B1 (as thiamine hydrochloride)	3 mg	233%	Pineapple Juice Powder, Astragalus Root, Reishi Mushroom, Shiitake Mushroom, Burdock Root.
Vitamin B2 (as riboflavin)	2 mg	154%	Dairy Free Probiotics (7.2 Billion CFU)
Vitamin B3 (as niacinamide)	20 mg	125%	Bifidobacterium bifidum, L. acidophilus 200 B CFU/g
Vitamin B6 (as pyridoxine hydrochloride)	3 mg	188%	
Vitamin B12 (as methylcobalamin)	28 mcg	1167%	
Folate	343 mcg DFE	86%	
Biotin	200 mcg	667%	
Pantothenic Acid (as d-calcium pantothenate)	4 mg	70%	
Calcium (as calcium citrate)	118 mg	9%	
Iron	3 mg	18%	
Phosphorus	12 mg	1%	

\*\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*\*Daily Value not established.

Other Ingredients: Natural Flavors.

## 14 SUPPLEMENTS IN ONE

### EVERY SERVING PROVIDES YOUR:

- Multivitamin + Multimineral
- 10 grams of Plant Based Protein
- Green Superfood Blend
- Antioxidant Blend
- Natural Energy
- Immune Support
- Prebiotics + Probiotics
- Supports Healthy Blood Sugar Levels
- Digestive Enzyme Blend
- Detoxification and Liver Support
- Neural Support



NON  
GMO



GLUTEN  
FREE



DAIRY  
FREE



SOY  
FREE



NUT  
FREE



NO  
ADDITIVES

FOR MORE INFORMATION OR TO ORDER SCAN THIS QR CODE

### HAPPINESS GUARANTEE

Your purchase is backed by our incredible 60-Day money back guarantee. If you're not satisfied with your LIVEDEN ONE Superfood for any reason, we'll give you a full refund.

DrTalks Summit  
drtalks.liveden.com



Every LIVEDEN ONE Superfood purchased provides 10 meals to children in need.

# 6 AREAS OF CORE HEALTH

## Antioxidant and Superfoods to Support a Healthy Body

Antioxidants provide cell protection and counteract the impact of free radicals (which are unstable molecules that can cause damage to your cells, disease, and to speed up the aging process). LIVEDEN ONE provides the antioxidant equivalent of 12-14 servings of fruits and vegetables.

### Ingredients

+

Pea Protein, Organic Spirulina, Pineapple Juice Powder, Wheat Grass Juice Powder, Chlorella, Barley Grass, Organic Broccoli, Organic Broccoli Sprout, Organic Tomato, Organic Carrot, Organic Spinach, Organic Kale, Papaya, Beet Root, Rose Hips, Bilberry Fruit, Blueberry, Dandelion Root, Stevia, Kelp whole plant powder, Burdock Root.

## Blood Sugar Stabilization and Energy Production

The body requires the right amount of nutrients and protein to stabilize the blood sugar and properly use stored energy for fuel. A body that is deficient in certain nutrients will crave in an attempt to have an increase in the area of deficiency or to try and stabilize the blood sugar. Our blend was designed to improve insulin secretion from the pancreas while also improving the absorption of glucose in the muscle tissue.

LIVEDEN ONE provides support in blood sugar stabilization and energy production. It was designed to stabilize and balance the blood sugar, while providing your body the right combination of vitamins and essential minerals to function optimally.

### Ingredients

+

Pea Protein, Organic Spirulina, Sunflower Lecithin, Chromium Polynicotinate, Dandelion Root.

## Muscle Preservation

Your lean muscle is precious as it is your primary metabolic engine and provides the tone for your body. Adequate protein and nutrients daily are vital to maintain this lean mass. To fuel your lean tissues we've chosen plant-based Pea Protein and Spirulina for their low-allergen, high-absorption and amazing nutrient content.

### Ingredients

+

Pea Protein, Organic Spirulina

## Immune and Nervous System Support

There are several essential nutrient components that are vital for a strong immune system + a well-functioning nervous system. LIVEDEN ONE contains them all:

1. A complex of all Essential Vitamins + Minerals.
2. Pre + Probiotics and Digestive Enzymes.
3. Superfoods.
4. Super Mushrooms.

### View Ingredients

+

Organic Spirulina, Wheatgrass Juice Powder (Leaf), Barley Grass, Chlorella, Artichoke Leaf, Organic Broccoli, Organic Broccoli Sprout, Organic Tomato, Organic Carrot, Bilberry Fruit, Organic Spinach, Organic Kale, Rose Hips, Papaya Fruit, Beet Root, Reishi Mushroom, Shiitake Mushroom, Burdock Root, Blueberry, Pineapple Juice Powder, Astragalus Root, Dandelion Root, Ginger Root, Slippery Elm, Kelp, Beta-Carotene (Vitamin A), Vitamin C, Vitamin D, Vitamin E, Vitamin K, Thiamine (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Vitamin B6, Folate, Vitamin B12, Biotin, Pantothenic Acid, Calcium, Iron, Phosphorus, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium Picolinate, Sodium Chloride, Potassium Citrate, Bifidobacterium, L. Acidophilus.

## Gut Health, Liver Detox, and Digestion

The gut is known as the second brain of the body, & is absolutely vital for nutrient absorption. LIVEDEN ONE contains naturally occurring enzymes that help the digestive process & also to increase nutrient absorption. A healthy liver is vital to remove toxins from the body. Probiotics are vital for gut flora health and for immune system support.

### Ingredients

+

Organic Spirulina, Inulin, Sunflower Lecithin, Pineapple Juice Powder, Slippery Elm, Ginger, Astragalus, Reishi Mushroom, Shiitake Mushroom, Burdock Root, Artichoke Leaf Powder, Dandelion, Bifidobacterium Bifidum, L-Acidophilus.

## Adaptogen & Hormone, Neural, & Cognitive Support

Adaptogens help the body resist stressors of all kinds. They can also help with physical and mental fatigue and to normalize sleep patterns. Also vital to hormone support is a healthy gut for the proper uptake and absorption of essential vitamins and minerals. Pre and Probiotics can influence our hormones in a variety of important ways including metabolizing and recycling hormones in the body and have a positive and balancing effect on Estrogen, Insulin, Leptin, Melatonin, Oxytocin, and Testosterone (among others). LIVEDEN ONE supports memory, cognition and the nervous system to support healthy hormone production.\*

### Ingredients

+

Lecithin, Astragalus, Bifidobacterium Bifidum, L-Acidophilus

**DR TALKS™**

FOR MORE INFORMATION OR TO ORDER SCAN THIS QR CODE

OR CLICK HERE

