

Your local Independent  
Reliv Distributor is:



reliv.com/provantage

For more information or to order:  
800 RELIV US (735.4887)  
reliv.com



## Supplement Facts

Serving Size: 1 Scoop (26 g)  
Servings Per Container 15

	Amount per Serving	% Daily Value
Calories	90	
Calories from Fat	10	
Total Fat	1 g	2%†
Total Carbohydrate	7 g	2%†
Sugars	5 g	
Protein	14 g	28%†
Calcium	100 mg	10%
Iron	1.8 mg	10%
Phosphorus	150 mg	15%
Magnesium	23 mg	6%
Sodium	75 mg	3%
Potassium	160 mg	5%
<b>ProVantage Proprietary Amino Acid Blend</b>	694 mg	**
L-Leucine		**
L-Glutamine		**
L-Arginine Base		**
L-Lysine HCl		**
L-Alanine		**
Glycine		**
L-Ornithine Alpha Ketoglutarate		**
<b>ProVantage Performance Proprietary Blend</b>	1.22 g	**
Creatine Monohydrate		**
Medium Chain Triglycerides		**
Phosphatidylserine (soy)		**
Phosphatidylcholine		**
L-Carnitine		**
Grape (seed) Extract		**
Conjugated Linoleic Acid (Tonalin® CLA)		**
Coenzyme Q 10		**
Black Pepper (fruit) Extract (Bioperine®)		**
Alpha-Lipoic Acid		**

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

**Other Ingredients:** Non-GMO Soy Blend with LunaRich® Soy Powder, Fructose, Natural and Artificial Flavors, Non-GMO Soy Lecithin, Rebiana (stevia leaf extract) and LunaRich X™ Proprietary Non-GMO Soy Blend.

## TEAM RELIV

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gluten free



ProVantage is vegetarian, gluten-free, certified Kosher and Halal, ideal for those with lactose intolerance, and contains no animal compounds, artificial preservatives or trans fat.

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# PRO VANTAGE

with luna rich®

US patent  
8,168,241

get a stronger edge  
performance nutrition for endurance, recovery and repair

# performance nutrition

for endurance, recovery and repair



## Peak Performance

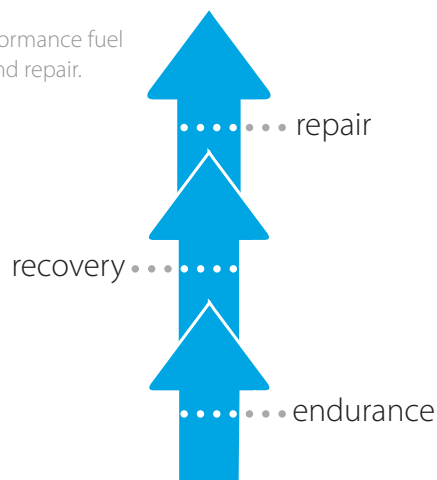
Whether you train in the gym, on the track or in your backyard, you need the right fuel. But most of us don't even come close to consuming the nutrients we need to operate at our peak. Fortunately, ProVantage® meets your nutritional needs for both immediate and long-term athletic performance. It's the edge you've been looking for.

**Work harder.** From adding extra reps at the gym to hiking further up that hill — discover the stamina to power through fatigue.

**Recover faster.** Don't settle for sore muscles. A precise balance of nutrients can shorten recovery time.

**Get stronger.** The right protein helps you build higher-quality muscle than you ever thought possible.

ProVantage provides performance fuel for endurance, recovery and repair.



## LunaRich® Soy Powder: Powerful Protein

For decades, fitness buffs have turned to protein powders to increase muscle mass and improve post-workout muscle recovery. Soy is a complete protein containing all nine amino acids in sufficient quantities to meet the body's needs. Soy also contains healthy isoflavones — antioxidants that combat cell damage.

Another key cell-protecting component of soy is lunasin — a naturally-occurring peptide. Lunasin combats the oxidative stress and inflammation caused by strenuous exercise. The **LunaRich®** soy powder in ProVantage is a breakthrough nutritional ingredient with five to 10 times as much lunasin as ordinary soy powders.

For powerful performance, ProVantage with LunaRich gives you the edge.



## Optimal Ingredients

When it comes to protein powders, athletes have an array of options. But ProVantage is more than just protein — it's the only high-performance formula to unite such a potent combination of powerful antioxidants and supercharged amino acids.

**Medium Chain Triglycerides (MCTs):** help reduce body fat and increase muscle mass, improve muscle repair and muscle quickness and provide more energy than carbohydrates.

**Tonalin® (conjugated linoleic acid-CLA):** reduces fat and increases muscle tone by helping the body extract more energy from food.

**Creatine:** sustains peak performance for longer periods of exercise and reduces muscle recovery time.

**CoQ10 & Grape Seed Extract:** promote energy production, combat free radicals and support the immune system.

**L-Carnitine, L-Glutamine & Ornithine Alpha Ketoglutarate (OKG):** combine to optimize muscle function, reduce fatigue, enhance energy production, shorten recovery time and convert fat to energy.

*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.*