



Manufactured by Life Force®
Poway, CA 92064, USA
(800) 531-4877 • www.lifeforce.net

BEfull Chocolate

Product Name: BEfull Chocolate, 966 g. (34.07 oz.)

Item No: 61045, single pouch. Available in other quantities.

Characteristics: BEfull healthy meal substitute will propel you toward your goal to slim down or lean up by providing:

- 17 grams of protein per serving from high quality whey and pea protein isolate.
- A full spectrum of vitamins, minerals and essential fatty acids.
- A proprietary enzyme blend called Enzyboost™.
- High quality fiber.

Benefits: BEfull supports your weight and fitness goals by:

- Providing a simple, easy to consume, and delicious meal replacement once a day.
- Helping you feel great without leaving you hungry.
- Providing your body with the protein, fiber, and minerals it needs to achieve the healthy, fit body you desire.

Color: Light brown

Flavor/Taste: Chocolate

Texture: Powder

Servings per container: 30

Storage/Shelf Life:

- Unopened – Shelf stable for 18 months when stored at room temperature, sheltered from light and moisture, and product is kept in its original packaging.
- Opened – For the best benefits, shake gently before use. Store in a cool, dry place. To preserve freshness, consume within 4 to 5 weeks of opening.

Recommended Daily Intake: Thoroughly mix or blend two heaping scoops (29 g) in 355 mL of 1% milk or milk substitute (unsweetened almond milk or rice milk) or in 296 mL of water. Best when consumed within 30 minutes after mixing.

Contains: Whey (derived from milk)

General: All of Life Force International products are manufactured following cGMPs in compliance with the US Food and Drug Administration's cGMPs Regulations (21 CFR 110).

Although highly nutritious, BEfull does not meet all of your daily needs and should not be the only meal you consume throughout any given day. Keep out of reach of children. Pregnant or lactating women should consult their healthcare professional prior to using any new product. Satisfaction guaranteed.



*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.





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Supplement Facts

Serving Size

Servings Per Container

2 Heaping Scoops (32.2 g)

30

Amount Per Serving (10 oz Water)	% DV*	Amount Per Serving (12 oz 1% Lowfat Milk)	% DV*
Calories 145		Calories 310	
Calories From Fat 22		Calories From Fat 52	
Total Fat 2.5 g	4%	Total Fat 6.25 g	10%
Saturated Fat < 1 g	0%	Saturated Fat 2.35 g	11.75%
Trans Fat 0 g		Trans Fat 0 g	
Cholesterol 10 mg	3%	Cholesterol 25 mg	9%
Sodium 135 mg	6%	Sodium 330 mg	13.75%
Total Carbohydrate 13 g	4%	Total Carbohydrate 31 g	10%
Dietary Fiber 3.5 g	14%	Dietary Fiber 3.5 g	14%
Sugars 9.5 g		Sugars 27.5 g	
Protein 17 g	34%	Protein 29 g	58%
Vitamin A (as Beta Carotene) 1670 IU	30%		
Vitamin D3 (as Cholecalciferol) 65 IU	15%		
Vitamin E (as d-Alpha Tocopheryl Succinate) 5 IU	15%		
Biotin 30 mcg	10%		
Folic Acid 70 mcg	15%		
Niacin (as Niacinamide) 1.65 mg	7.50%		
Vitamin B1 (as Thiamin HCl) 0.5 mg	30%		
Vitamin B12 (as Cyanocobalamin) 2 mcg	30%		
Vitamin B2 (as Riboflavin) 0.4 mg	25%		
Vitamin B6 (as Pyridoxine HCl) 0.65 mg	30%		
Vitamin C (as Ascorbic Acid) 60 mg	100%		
Vitamin K1 (as Phytanadione) 13 mcg	15%		
Chromium (as Chromium Chloride) 30 mcg	25%		
Copper (as Copper Gluconate) 0.15 mg	7.50%		
Iodine (as Potassium Iodide) 20 mcg	15%		
Iron (as Ferrous Gluconate) 0.77 mg	4%		
Manganese (as Manganese Gluconate) 0.77 mg	35%		
Molybdenum (as Sodium Molybdate) 7.5 mcg	10%		
Selenium (as Sodium Selenite) 30 mcg	40%		
Zinc (as Zinc Gluconate) 0.77 mg	5%		
Calcium (as Calcium Carbonate and Coral Calcium) 100 mg	10%		
Boron (as Boron Citrate) 7.7 mcg	†		
Vanadium (as Vanadyl Sulfate) 0.1 mg	†		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

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