

**soTru**<sup>®</sup>  
FERMENTED  
WHOLE FOOD  
NUTRITION

# ORGANIC FERMENTED PROTEIN

## PLANT BASED PROTEIN SHAKE

**NEW!**

**18 grams** of  
Pure Organic Plant  
Protein Per Serving



Whole Food, Organic Plant Protein

A TRU'ly fantastic-tasting, whole food, **ORGANIC** and **vegan plant protein source** with the benefit of fermented fruits and veggies, probiotics and enzymes to assist in ultimate digestion and assimilation.



- 🌱 **Great-Tasting** chocolate and vanilla flavors, or unsweetened/unflavored version.
- 🌱 **Proprietary SoTru Vegan** plant protein blend
- 🌱 **Well-balanced** amino acid profile
- 🌱 **Fermented** for maximum nutrient absorption
- 🌱 **Supports athletic recovery** and muscular development
- 🌱 **Supports ideal body composition and healthy weight management**
- 🌱 **Dairy-Free, Soy-Free, Gluten-Free**
- 🌱 **Under 110 calories** per serving

**So Simple. So Good. SoTru.**



18g of Plant Protein Per Serving



Medicinal Mushroom Protein Blend



Fermented Fruit & Veggie Blend



Digestive Enzymes & Probiotics



# ORGANIC FERMENTED PROTEIN

# SOTRU®

At SoTru, we source the finest whole superfoods on the planet, then unlock the plants' full nutritional potency using the ancient art of fermentation, creating the most easily digestible and bioavailable products possible for your optimal health and vitality.

## ORGANIC SOTRU PLANT PROTEIN BLEND

Unique and synergistic blend of whole food, organic plant proteins from whole-grain brown rice, quinoa, amaranth and a blend of six species of medicinal mushrooms. SoTru's proprietary blend provides a well-balanced profile of plant-based amino acids to support your healthy, active lifestyle. A clean, green and hypoallergenic source of protein ideal for vegans, vegetarians and omnivores alike.

## ORGANIC FERMENTED FRUIT AND VEGGIE BLEND

Eight powerhouse fruits and vegetables, fermented to improve nutrient absorbability.

## DIGESTIVE BLEND

Digestive Enzymes – aid in chemical breakdown of foods into smaller building blocks for better absorption.

Probiotics – friendly bacteria for optimal microflora balance.

**Suggested Use:** Add one scoop to 8 - 16 ounces of water, almond milk, a smoothie, or your favorite beverage.

**Available Sizes:** **Chocolate:** 20.7 oz (1.29 lb) 588g  
**Vanilla:** 18.5 oz (1.16 lb) 525g  
**Unflavored:** 17.4 oz (1.08 lb) 493.5g  
**Box of 12-single serving packets**

Chocolate

### Supplement Facts

Serving Size 1 Scoop (28g)  
Servings Per Container 21

	Amount Per Serving	% Daily Value
Calories	110	
Total Fat	2g	3%*
Total Carbohydrate	4g	1%*
Dietary Fiber	3g	11%*
Total Sugars	1g	**
Protein	18g	36%*
Iron	4mg	20%
Sodium	140mg	6%
Potassium	24mg	1%

**Organic Fermented Plant Protein Complex** 22.326g \*\*  
Rice Protein, Amaranth, Chlorella, Mushroom Blend<sup>††</sup> [Reishi, King Trumpet (*Pleurotus eryngii*), Lion's Mane (*Hericium erinaceus*), Cordyceps, Himematsutake (*Agaricus blazei*), Turkey Tails, Shiitake, Maitake], Quinoa, Spirulina

**Organic Fermented Fruit & Veggie Blend** 500mg \*\*  
Apple, Blueberry, Carrot, Cranberry, Broccoli, Kale, Parsley, Spinach

**Digestive Blend** 25mg \*\*  
Probiotics (*Bacillus coagulans*), Enzyme Blend (Protease, Amylase, Glucoamylase, Invertase, Diastase, Lipase)

\*Percent Daily Values based on a 2000 calorie diet. \*\*Daily Value not established.

OTHER INGREDIENTS: Organic Cocoa, Organic Flavors, Glycosylsteviosides (from Organic *Stevia rebaudiana* leaf), Xanthan Gum. <sup>††</sup>Mycelia Fermented on Organic Oats.

Vanilla

### Supplement Facts

Serving Size 1 Scoop (25g)  
Servings Per Container 21

	Amount Per Serving	% Daily Value
Calories	100	
Total Fat	1.5g	2%*
Total Carbohydrate	3g	1%*
Dietary Fiber	1g	4%*
Total Sugars	1g	**
Protein	18g	36%*
Iron	4mg	20%
Sodium	140mg	6%
Potassium	6mg	<1%

**Organic Fermented Plant Protein Complex** 22.626g \*\*  
Brown Rice Protein, Amaranth, Chlorella, Mushroom Blend<sup>††</sup> [Reishi, King Trumpet (*Pleurotus eryngii*), Lion's Mane (*Hericium erinaceus*), Cordyceps, Himematsutake (*Agaricus blazei*), Turkey Tails, Shiitake, Maitake], Quinoa, Spirulina

**Organic Fermented Fruit & Veggie Blend** 500mg \*\*  
Apple, Blueberry, Carrot, Cranberry, Broccoli, Kale, Parsley, Spinach

**Digestive Blend** 25mg \*\*  
Probiotics (*Bacillus coagulans*), Enzyme Blend (Protease, Amylase, Glucoamylase, Invertase, Diastase, Lipase)

\*Percent Daily Values based on a 2000 calorie diet. \*\*Daily Value not established.

OTHER INGREDIENTS: Organic Flavors, Xanthan Gum, Rebaudioside A (from Organic *Stevia rebaudiana* Leaf). <sup>††</sup>Mycelia Fermented on Organic Oats.

Unflavored

### Supplement Facts

Serving Size 1 Scoop (23.5g)  
Servings Per Container 21

	Amount Per Serving	% Daily Value
Calories	90	
Total Fat	2g	3%*
Total Carbohydrate	1g	<1%*
Dietary Fiber	1g	4%*
Protein	18g	36%*
Calcium	68mg	5%
Iron	6mg	35%
Sodium	240mg	10%
Potassium	29mg	1%

**Organic Fermented Plant Protein Complex** 22.965g \*\*  
Pea Protein, Quinoa, Amaranth, Mushroom Blend<sup>††</sup> [Reishi, King Trumpet (*Pleurotus eryngii*), Lion's Mane (*Hericium erinaceus*), Cordyceps, Himematsutake (*Agaricus blazei*), Turkey Tails, Shiitake, Maitake], Chlorella, Spirulina

**Organic Fermented Fruit & Veggie Blend** 509.761mg \*\*  
Apple, Blueberry, Carrot, Cranberry, Broccoli, Kale, Parsley, Spinach

**Digestive Blend** 25.488mg \*\*  
Probiotics (*Bacillus coagulans*), Enzyme Blend (Protease, Amylase, Glucoamylase, Invertase, Diastase, Lipase)

\*Percent Daily Values based on a 2000 calorie diet. \*\*Daily Value not established.

<sup>††</sup>Mycelia Fermented on Organic Oats

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.