



ALL NEW!
PLANT-BASED ESSENTIALS

KETO
FRIENDLY

**NORTH
COAST
NATURALS™**

BOOSTED VEGAN ALL-IN-ONE™

- ▲ 5 sprouted & fermented non-GMO vegan proteins
- ▲ 21 g of complete protein per serving
- ▲ Probiotic & digestive enzyme fortified
- ▲ Moringa & Aquamin Seaweed Derived Minerals
- ▲ 39 greens, veggies, fruits & antioxidants
- ▲ Provides Omega-3 essential fats
- ▲ Highly digestible & bioavailable
- ▲ 0 g of sugar
- ▲ Available flavors:  Chocolate  Vanilla



Specially formulated with sprouted and fermented non-GMO plant-based proteins and enzyme fortified for easier digestion. This whole-food all-in-one shake provides fermented pea protein isolate, organic sprouted pumpkin seed protein, organic sprouted and fermented brown rice protein, organic sprouted quinoa, and sprouted water lentil protein. This super-food blend also provides 39 greens, veggies, fruits and antioxidants, with an added nutritional boost from Moringa and Aquamin seaweed derived minerals! The addition of prebiotic fibers, probiotics, omega-3 EFAs (essential fatty acids) further balances out this formula. BOOSTED VEGAN ALL-IN-ONE™ is the next evolution in 'all in one' food-based shakes. Drink one and TASTE the difference. Have a BOOSTED day!



NON-GMO¹



NATURAL²



VEGAN³

¹Contains no genetically engineered plant ingredients. (Non-plant ingredients used are not able to be genetically engineered). ²Contains no synthetic colors, flavors or sweeteners. ³Contains no animal or animal-derived ingredients.

191230-0845



1.888.337.0127 | fitfoods.ca

#FOODFIRSTLIVING
THE WAY IT SHOULD BE

northcoastnaturals.com
@NORTHCOASTNATURALS    



*PER SERVING

NORTH COAST NATURALS™

More Plant-Based Protein

A recent study stated "...increasing dietary protein intake, which appears to be safe, can elicit several favorable metabolic adaptations, including improved weight management (such as fat loss, lean body mass retention, and body weight sustainment), glycemic regulation, calcium retention, and long-term bone health." Although increasing protein intake in general is beneficial research is showing that eating more plant-based protein can benefit one's health in generalⁱ while "improving recovery from training"ⁱⁱ in specific.

Boosted Vegan All-In-One is one of the best and most convenient options for individuals looking to incorporate more plant-based proteins into their diet without having to compromise on quality and digestibility. It provides five non-GMO sprouted and fermented proteins: fermented pea protein isolate, organic sprouted pumpkin seed protein, organic sprouted and fermented brown rice protein, organic sprouted quinoa, and sprouted water lentil protein.

More Fruits & Veggies

Studies have shown that we're not eating enough nutrient rich plant-based foods and we're eating too many calorie-rich but nutrient poor processed foods. Based on the latest evidence, teens and adults should consume 7-10 servings of vegetables & fruits daily.ⁱⁱⁱ According to a 2017 study published in the "International Journal of Epidemiology" vegetable & fruit consumption was "associated with reduced risk of cardiovascular disease, cancer and all-cause mortality."^{iv} The study found that having 10 servings lowered the risk of chronic diseases significantly.^v

Boosted Vegan All-In-One provides 39 nutrient rich superfoods: greens, veggies, fruits and antioxidants. We've BOOSTED this all-in-one with the amazing benefits offered by Moringa and Aquamin seaweed derived minerals!

We've also added the beneficial and therapeutically active probiotics (*Bacillus subtilis* DE111® + *Lactobacillus fermentum*) and digestive enzymes (protease I, protease II, cellulase, phytase, amylase, pineapple, papaya). Alongside the benefits that sprouting and fermenting have to offer, the use of these probiotics and enzymes ensures optimal nutrient digestion and assimilation. It mixes easily, tastes great in just water or your favorite smoothie, and is suitable for those with food sensitivities. 5 plant-based proteins, 1 billion probiotics, 39 veggies, fruits, & antioxidants, great taste, mixes readily with just water in a shaker cup, super-convenient—what more could you ask for?

ⁱAMA Intern Med. 2016;176(10):1453-1463. doi:10.1001/jamainternmed.2016.4182

ⁱⁱJ Int Soc Sports Nutr. 2017 Sep 13;14:36.

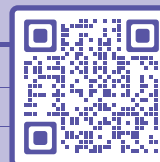
ⁱⁱⁱhttps://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/choosing-foods/vegetables-fruit/many-food-guide-servings-fruits-vegetables-need-canada-food-guide.html

^{iv}Int J Epidemiol. 2017 Jun 1;46(3):1029-1056.

^vIbid.

BOOSTED PLANT PROTEIN SMOOTHIE

- 1 c. unsweetened almond or coconut milk or water.
 - 1 c. of nuts (cashews, almonds or blend)
 - 1/2 frozen banana
 - 3 pitted dates, or 1 teaspoon honey, or sweetener of choice
 - 1 scoop North Coast Naturals Boosted Vegan All-In-One chocolate
 - 1 tbsp North Coast Naturals MCT Cooking Oil
 - 5 ice cubes
- Blend all ingredients on high until smooth. Enjoy!



VANILLA

Nutrition Facts

20 servings per container	
Serving size	1 scoop (42 g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 5 g	6%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Polyunsaturated Fat 3 g	
Omega-6 0 g	
Omega-3 1.5 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0%
Sodium 240 mg	10%
Total Carbohydrate 8 g	3%
Dietary Fiber 5 g	18%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 21 g	42%
Vitamin D 0 mcg	0%
Calcium 300 mg	25%
Iron 3 mg	16%
Potassium 140 mg	3%
Vitamin A 180 mcg	20%
Vitamin C 65 mg	72%
Phosphorus 45 mg	4%
Magnesium 25 mg	6%
Zinc 0.3 mg	2%
Manganese 0.2 mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Protein blend (fermented pea protein, sprouted pumpkin seed protein, organic sprouted brown rice protein, organic sprouted quinoa, sprouted water lentil protein), fat blend (flax seed, coconut oil, avocado powder, chia seed), inulin, acacia gum, sea greens (spirulina, chlorella, blue-green algae), Aquamin® seaweed derived minerals, moringa leaf powder, organic fruit blend (apple, maqui berry, blueberry, mango, pomegranate, black currant, grape, strawberry, acai berry, cranberry, raspberry, goji berry, camu camu fruit), ascorbic acid, enzyme blend (phytase, protease I and II, pineapple, papaya, cellulase, amylase), organic vegetable blend (broccoli, cabbage, kale leaf, carrot, spinach leaf, parsley leaf), maca root, red beet, acerola berry, tart cherry, matcha green tea leaf, lemon, grape seed, amla berry, artichoke, eleuthero root extract (*Eleutherococcus senticosus*), turmeric root, dandelion root, cinnamon, black pepper fruit extract, probiotics (*Bacillus subtilis* DE111®, *Lactobacillus fermentum* [1 billion CFU/serving]), natural vanilla flavor, sea salt, debittered stevia leaf extract.

Contains: Tree nut (coconut).

- 17x** Calcium of Milk
- 9x** Protein of Yogurt
- 14x** the Iron of Beef
- 3.5x** Folate of Spinach
- 15x** Potassium of Bananas
- 10x** Vitamin A of Carrots
- 4x** Fiber of Oats
- 3x** Magnesium of Brown Rice
- 50x** Vitamin E of Almonds
- 7x** Vitamin C of Orange



191230-0845



1.888.337.0127 | fitfoods.ca

#FOODFIRSTLIVING
THE WAY IT SHOULD BE

northcoastnaturals.com
@NORTHCOASTNATURALS