



THE HEALTHY OPTIONS OF CRUIZIES

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

THE HEALTHY OPTIONS OF CRUIZIES

Espress Lanes

418 W Main Street

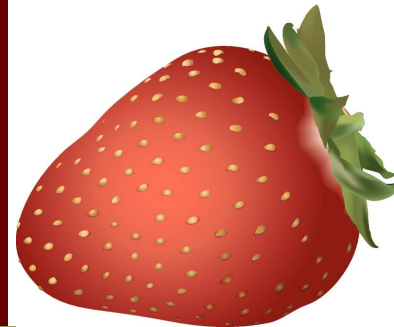
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Nutritional Supplements



Benefits of Espress Lanes® Cruizies

- 100% Fruit
- NO High Fructose Corn Syrup
- Add any Supplement to any flavor Cruizie
- Meal Replacement Alternatives
- Healthy on-the-go Nutrition

Amino Recovery™

YOU CHOOSE THE CARB LEVEL—

Different types of workouts or athletic events require varied amounts of carbs and protein to maximize the effectiveness of the recovery shakes. No carbs, low carbs, high carbs??? It depends on the event you are recovering from.

Amino Recovery™ is formulated with no carbohydrates so you can design your own recovery beverage. Add Amino Recovery™ to your favorite fruit Cruizie, juice or other carbohydrate liquid to achieve your own custom carb/protein/recovery beverage.

Supplement Facts		
Serving Size: 1 Scoop (7.4 g) Makes 12 fl. oz.		
Servings Per Container: 61		
Amount Per Serving		%DV
Calories 25		
Total Fat	0 g	0%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Protein	6 g	12%
Calcium	40 g	4%
Magnesium	80 mg	20%
Sodium	85 mg	4%
Potassium	40 mg	1%
Alanine	210 mg	†
Arginine	270 mg	†
Aspartic Acid	470 mg	†
Cystine	50 mg	†
Glutamic Acid	870 mg	†
Glutamine	710 mg	†
Glycine	160 mg	†
Histidine	230 mg	†
Isoleucine	370 mg	†
Leucine	690 mg	†
Lysine	590 mg	†
Methionine	240 mg	†
Phenylalanine	380 mg	†
Proline	730 mg	†
Serine	410 mg	†
Threonine	310 mg	†
Tryptophan	100 mg	†
Tyrosine	420 mg	†
Valine	480 mg	†

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
†Daily Value is not established.

Other Ingredients: (PeptoPro®) Casein Hydrolysate, Calcium Citrate, Magnesium Oxide, L-Carnitine Tartrate, Monopotassium Phosphate.

Made on equipment that also processes milk, peanuts, tree nuts and soybean ingredients.

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Container—
1 lb. container—61 servings per container
Item No. 43852—Container UPC: 647854438520



Case—
6 containers per case
Item No. 93852—Case UPC: 647854938525



Cruizie Supplement Price: 1.00
Canister Price: 75.00

Amino Recovery™

Your body needs critical recovery and rebuilding nutrients immediately after your workout or sports event. The faster your body can assimilate these nutrients; the more positive effect for your body. Don't let your hard work and sweat go to waste, use Amino Recovery™ to revitalize and re-energize your body.

Amino Recovery™ contains essential electrolytes and PeptoPro®, a patented and clinically proven protein source containing small, stable and fast absorbable peptides. PeptoPro® is a hydrolyzed casein protein that is immediately absorbed and assimilated by the body. This protein starts absorption in your stomach, not the intestines, thus saving valuable time in your recovery process.

The benefits of Pepto Pro—

- PeptoPro® is high in di & tri-peptides for faster absorption by the digestive tract
- PeptoPro® increases physical performance in subsequent exercise
- PeptoPro® is a lactose free, fat free, very hypoallergenic milk protein
- PeptoPro®'s amino profile is the same as its native milk protein
- PeptoPro® was exclusively developed and tested in well trained top athletes

Other benefits of Amino Recovery™—

- Complete electrolyte-protein recovery beverage
- Lets YOU chose the amount of carbs for your specific need
- Carb/protein blend beverages increase post recovery endurance performance 21% to 55%
- Reduces the after-effects resulting from overuse of muscles

Other INGREDIENTS —

L-Carnitine Tartrate-This important amino acid decreases tissue damage, assists in decreasing muscle soreness and helps muscles recover quicker.

Electrolyte Blend-Potassium, Phosphate, Magnesium, Calcium, Sodium – Electrolyte replenishment for maintaining body fluid levels, and regulating body functions such as the muscle and nervous system. The balance of electrolytes is essential for normal cell function. Proper muscle contraction is dependant upon the presence of these essential elements.

*The Healthy Options of Cruizies***Welcome to the Healthy Road of
Espress Lanes!**

We are so thrilled to be able to offer you these spectacular drinks. You call them smoothies, we call them Cruizies. They are amazing! With so many varieties of fruit there is surely something for everyone.

Here is how it works. Each Cruizie is filled with your favorite fruit or any mixture of fruits you create for yourself. You can purchase just the Cruizie and simply enjoy a cool refreshing treat OR you can add a nutritional supplement to your drink! This is a fantastic way to be healthy, have a great tasting drink, and not taste the difference.

Look through the catalog and find the supplements that are right for you. Then the next time you visit Espress Lanes we can personalize a healthy drink just for you! It can be different every time you stop by. These items can also be purchased for you to use at home.

Enjoy your *Cruise* through the catalog!

Kurt & Heidi Gazay

Strawberry 100% Crushed Fruit

We're giving you the strawberry, the whole strawberry, and nothing but the strawberry! Please the palate with a Strawberry Cruizie. Made from crushed California grown Strawberries for perfect rich, ripe strawberry flavor.

Strawberry (100%)

Nutrition Facts	
Serving Size: 2.5 Fl. oz. (8 oz. reconst.)	
Servings Per Container: 18	
Amount Per Serving	
Calories 130	Calories From Fat 0
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Potassium 150 mg	4%
Total Carbohydrate 32 g	11%
Dietary Fiber <1 g	4%
Sugars 29 g	
Protein 0 g	
Vitamin A 25%	• Vitamin C 80%
Calcium 6%	• Iron 2%
Vitamin E 25%	• Niacin B3 20%
Vitamin B6 30%	• Folic Acid 40%
Selenium 10%	• Chromium 10%
Molybdenum 6%	•

* Percent daily values are based on a 2,000 calorie diet.

Four Berry Blend (100%)

Nutrition Facts	
Serving Size: 2.5 Fl. oz. (8 oz. reconst.)	
Servings Per Container: 18	
Amount Per Serving	
Calories 130	Calories From Fat 0
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Potassium 45 mg	1%
Total Carbohydrate 32 g	11%
Dietary Fiber 1 g	5%
Sugars 28 g	
Protein <1 g	
Vitamin A 25%	• Vitamin C 70%
Calcium 6%	• Iron 2%
Vitamin E 25%	• Niacin B3 25%
Vitamin B6 35%	• Folic Acid 15%
Selenium 10%	• Chromium 10%
Molybdenum 6%	•

* Percent daily values are based on a 2,000 calorie diet.

Four Berry 100% Crushed Fruit

The perfect blend of **raspberry, strawberry, blackberry** and **blueberry** creates a lasting flavor experience you will come back for! The brighter raspberry blends well with the darker berries for that multi-berry experience you are looking for. It's all about berries with this flavor.

Cruizie Price: 3.75
Canister Price: 25.00

The Healthy Options of Cruizies**Amino Hydrate™****Hydrolyzed Collagen—**

Used to promote joint health, nourish ligaments, tendons, cartilage and surrounding connective tissue. Collagen helps athletes recover from exercise and sports related injuries. This specially manufactured hydrolyzed collagen has been broken down into smaller particles by enzymes, making it easier for our body to absorb and digest the protein. Collagen itself is a hydrator, but when combined with the essential electrolytes and aminos in Amino Hydrate™, the result is a fast, safe solution to cell re-hydration.

Other INGREDIENTS —

Electrolytes-Potassium, Phosphate, Magnesium, Sodium – Electrolyte replenishment for maintaining body fluid levels, and regulating body functions such as the muscle and nervous system. The balance of electrolytes is essential for normal cell function. Proper muscle contraction is dependant upon the presence of these essential elements.

Betaine-Increases the body's production of it's own Creatine to enhance muscle production.

L-Glutamine-Helps to replenish the body's amino acids and glycogen stores that have been depleted during exercise or everyday activities.

Glycine-Used by the body to rebuild damaged collagen and increase protein synthesis.

Taurine-Works with glutamine and other aminos to improve recovery time while enhancing the utilization of all aminos associated with it.

L-Carnitine-Increases fatty acid metabolism and enhances endurance and performance.

Enjoy Amino Hydrate™ before, during or after any exercise or sporting event, or to just plain quench your thirst.

Cruizie Supplement Price: 1.00
Canister Price: 27.00

Amino Hydrate™

Scientifically formulated to reach well beyond the hydration sports drinks commonly found on the market today. We use a more natural approach with no bright artificial colors, no preservatives and no artificial flavorings.

Amino Hydrate™ contains less sodium, less total carbs & sugars than most plus protein (Hydrolyzed Collagen) for a complete hydration & repair package.

Amino Hydrate™'s combination of essential electrolytes, Hydrolyzed Collagen protein, targeted amino acids and carbs hydrates and energizes the body's cells faster than any single ingredient.

Our formula works beyond hydrating your cells, also helping rebuild damaged connective tissue & assisting glycogen transport to maintain your energy level during your workout or event.

- Electrolyte replenishment
- Hydrates connective tissue
- Increases glycogen synthesis
- Increases energy and endurance
- Protein consumption during exercise reduces muscle damage
- Helps lessen inflammation

Supplement Facts		
Serving Size: 1 Rounded Scoop (19 g) Makes 12 fl. oz.		
Servings Per Container: 48		
Amount Per Serving	%DV	
Calories 70		
Total Fat	0 g	0%
Total Carbohydrate	14 g	5%
Dietary Fiber	0 g	0%
Sugars	13 g	
Protein	3 g	5%
Magnesium	80 mg	20%
Sodium	50 mg	2%
Potassium	30 mg	1%
Hydrolyzed Collagen	2800 mg	†
Betaine	290 mg	†
L-Carnitine Tartrate	110 mg	†
L-Glutamine	290 mg	†
Glycine	290 mg	†
Taurine	140 mg	†
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		
†Daily Value is not established.		

Other Ingredients: Fructose, Sucrose, Natural Flavor, Citric Acid, Silicon Dioxide, Magnesium Oxide, Sodium Citrate, Sea Salt, Guar Gum, Natural Color, Monopotassium Phosphate.

Made on equipment that also processes milk, peanuts, tree nuts and soybean ingredients.

The FDA considers collagen hydrolysate products to be GRAS (Generally Regarded As Safe).

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Container—

2 lb. container—48 servings per container
Item No. 43850—Container UPC: 647854438506



Case—

6 containers per case
Item No. 93850—Case UPC: 647854938501



Mango Tropics 100% Crushed Fruit

Sun and sea drenched flavor, blended to perfection! Mango Tropics combines mango, banana and pineapple into a summer-holiday experience any time of year. This multi-national combination uses four varieties of mango from around the world that just plain knocks your socks off!

Mango Tropics (100%)

Nutrition Facts		
Serving Size: 2.5 Fl. oz. (8 oz. reconst.)		
Servings Per Container: 18		
Amount Per Serving	% Daily Value*	
Calories 130	Calories From Fat 0	
Total Fat 0 g	0%	
Saturated Fat 0 g	0%	
Trans Fat 0 g		
Cholesterol 0 mg	0%	
Sodium 10 mg	0%	
Potassium 170 mg	5%	
Total Carbohydrate 32 g	11%	
Dietary Fiber <1 g	2%	
Sugars 27 g		
Protein <1 g		
Vitamin A 60%	•	Vitamin C 80%
Calcium 6%	•	Iron 2%
Vitamin E 25%	•	Niacin B3 15%
Vitamin B6 20%	•	Folic Acid 15%
Selenium 10%	•	Chromium 10%
Molybdenum 6%	•	
* Percent daily values are based on a 2,000 calorie diet.		

Peach Pear Apricot (100%)

Nutrition Facts		
Serving Size: 2.5 Fl. oz. (8 oz. reconst.)		
Servings Per Container: 18		
Amount Per Serving	% Daily Value*	
Calories 130	Calories From Fat 0	
Total Fat 0 g	0%	
Saturated Fat 0 g	0%	
Trans Fat 0 g		
Cholesterol 0 mg	0%	
Sodium 5 mg	0%	
Potassium 135 mg	4%	
Total Carbohydrate 32 g	11%	
Dietary Fiber 2 g	7%	
Sugars 29 g		
Protein <1 g		
Vitamin A 30%	•	Vitamin C 140%
Calcium 6%	•	Iron 2%
Vitamin E 25%	•	Niacin B3 20%
Vitamin B6 25%	•	Folic Acid 15%
Selenium 10%	•	Chromium 10%
Molybdenum 6%	•	
* Percent daily values are based on a 2,000 calorie diet.		

Peach Pear Apricot 100% Fruit

We've captured the bouquet and taste sensation of a fresh peach. This wonderful blend begins with a splash of peach, then hints of apricot ... and finishes with a light & clean pear taste. A perfect taste balance. Unusually awesome!

Cruzie Price: 3.75
Canister Price: 25.00

**Wild Cherry Cranberry
100% Crushed Fruit**

Take a walk on the wild side with Wild Cherry Cranberry! Red sour cherry, pineapple, dark sweet cherry, and cranberry blend to create a flavor sensation

Wild Cherry Cranberry (100%)

Nutrition Facts	
Serving Size: 2.5 Fl. oz. (8 oz. reconst.)	
Servings Per Container: 18	
Amount Per Serving	
Calories 130	Calories From Fat 0
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Potassium 120 mg	3%
Total Carbohydrate 33 g	11%
Dietary Fiber 0 g	0%
Sugars 29 g	
Protein <1 g	
Vitamin A 30%	• Vitamin C 100%
Calcium 8%	• Iron 2%
Vitamin E 35%	• Niacin B3 25%
Vitamin B6 30%	• Folic Acid 40%
Selenium 20%	• Chromium 15%
Molybdenum 8%	

* Percent daily values are based on a 2,000 calorie diet.

Pineapple Paradise (100%)

Nutrition Facts	
Serving Size: 2.5 Fl. oz. (8 oz. reconst.)	
Servings Per Container: 18	
Amount Per Serving	
Calories 130	Calories From Fat 0
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Potassium 110 mg	3%
Total Carbohydrate 31 g	10%
Dietary Fiber <1 g	3%
Sugars 28 g	
Protein <1 g	
Vitamin A 25%	• Vitamin C 100%
Calcium 4%	• Iron 2%
Vitamin E 25%	• Niacin B3 20%
Vitamin B6 25%	• Folic Acid 15%
Selenium 10%	• Chromium 10%
Molybdenum 6%	

* Percent daily values are based on a 2,000 calorie diet.

**Pineapple Paradise
100% Crushed Fruit**

The dynamic balance of pineapple, creamy coconut and a hint of banana are perfectly blended to make this tropical taste sensation. The coconut is not overpowering as with some drinks. This outstanding blend is super creamy and a sure-fire winner for any Cruizie!

**Cruizie Price: 3.75
Canister Price: 25.00**

The Healthy Options of Cruizies

Amino Repair™

Hydrolyzed Collagen— Collagen Hydrolysate has been found to change the amino acid profile in blood plasma resulting in increased glycine, proline and hydroxyproline, all necessary aminos in the repair and growth of connective tissue and cartilage. Its amino acid composition corresponds to that of the cartilage matrix as opposed to other proteins, thereby acting as a “customized” building block for the synthesis activity of the chondrocytes. Collagen Hydrolysate has been confirmed as having a positive effect on chondrocyte metabolism (cartilage growth) and the stability of the cartilage matrix. This specially manufactured hydrolyzed collagen has been broken down into smaller particles by enzymes, making it easier for our body to absorb and digest the protein.

Other ingredients—

Hyaluronic Acid - Acts to increase the effectiveness of collagen. It plays a vital role in tissue hydration and a fundamental role in tissue repair. Hyaluronic acid assists in cartilage rebuilding, and reducing pain and stiffness. It also provides the benefit of moisturizing skin. Combined with collagen, hyaluronic acid gives skin strength and texture as well as an inherent ability to retain moisture.

L-Glutamine - Promotes protein synthesis, maintains hydration, boosts the immune system and accelerates the benefits of collagen. L-Glutamine is key in the digestive process as it serves as a source of fuel for cells lining the intestines and balances the acid/alkaline level in the body. L-Glutamine is the basis for building blocks of RNA & DNA.

Lysine - Plays an important role in the formation of collagen. Lysine is a necessary building block for all protein in the body, and plays a major role in building muscle protein and recovering from sports injuries.

Grape Seed Extract - A high powered antioxidant, containing high levels of polyphenols. Grape seed extract helps reduce inflammation.

Ascorbic Acid (Vitamin C) - Essential for the formation of collagen; important for repair of body tissue and maintenance of healthy skin.

How to use - With water, an Espresso Lanes Cruizie, juice or warm tea. A once a day regimen encourages a high compliance factor.

**Cruizie Supplement Price: 1.00
Canister Price: 50.00**

Amino Repair™

Amino Repair™ is a scientific formulation, containing Hydrolyzed Collagen, hyaluronic acid, a synergistic blend of targeted aminos and other supplements that promote connective tissue, joint and skin repair.

With 70% of connective tissue comprised of collagen, our body demands the proper protein/amino profile that only Amino Repair™ can deliver. Amino Repair™ helps reduce inflammation, while it hydrates and repairs micro and macro tears in connective tissue and joints, and assists in recovery from injuries.

As a result of continued strenuous exercise, training, physical activity and age, the levels of important amino acids needed to manufacture collagen can become depleted.

- Changes blood plasma amino profile for optimum cartilage growth.
- Used to promote joint health, nourish ligaments, tendons, cartilage, surrounding connective tissue and skin. Helps athletes recover from exercise and sports related injuries.
- Skin tone – Amino Repair™ helps support skin strength, texture, as well as thickness. Healthy skin retains moisture better and is more elastic and less prone to develop fine lines and wrinkles.
- Rapid absorption due to low molecular weight.
- High compliance due to ease of use, neutral taste and once a day

Supplement Facts		
Serving Size: 1 Scoop (11.6 g)		
Servings Per Container: 39		
Amount Per Serving		%DV
Calories 40		
Total Fat	0 g	0%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Protein	9 g	15%
Vitamin C	200 mg	330%
Sodium	0 mg	0%
Hydrolyzed Collagen	10000 mg	†
L-Glutamine	1000 mg	†
L-Lysine	300 mg	†
Hyaluronic Acid	75 mg	†
Grape Seed Extract	50 mg	†
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		
†Daily Value is not established.		

Other Ingredients: Ascorbic Acid

Made on equipment that also processes milk, peanuts, tree nuts and soybean ingredients.

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Container—

1 lb. container—39 servings per container
Item No. 43851—Container UPC: 647854438513



Case—

6 containers per case
Item No. 93851—Case UPC: 647854938518



The Healthy Options of Cruizies

Northwest Berry 100% Crushed Fruit

Experience the rich fruit flavor of the Pacific Northwest with our Northwest Berry. Made from rich, dark and flavorful boysenberries and blackberries, this very serious dark berry blend has an extremely unique and satisfying flavor you will not forget

Northwest Berry (100%)

Nutrition Facts

Serving Size: 2.5 Fl. oz. (8 oz. reconst.)
Servings Per Container: 18

Amount Per Serving		
Calories	120	Calories From Fat 0
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	10 mg	0%
Potassium	125 mg	4%
Total Carbohydrate	31 g	10%
Dietary Fiber	2 g	7%
Sugars	28 g	
Protein	<1 g	
Vitamin A	25%	Vitamin C 60%
Calcium	6%	Iron 2%
Vitamin E	25%	Niacin B3 20%
Vitamin B6	30%	Folic Acid 20%
Selenium	10%	Chromium 10%
Molybdenum	8%	

* Percent daily values are based on a 2,000 calorie diet.

Acai Plus (100%)

Nutrition Facts

Serving Size: 2.5 Fl. oz. (8 oz. reconst.)
Servings Per Container: 18

Amount Per Serving		
Calories	160	Calories From Fat 15
		% Daily Value*
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	25 mg	1%
Potassium	105 mg	3%
Total Carbohydrate	28 g	3%
Dietary Fiber	2 g	8%
Sugars	25 g	
Protein	1 g	
Vitamin A	30%	Vitamin C 110%
Calcium	8%	Iron 10%
Vitamin E	25%	Niacin B3 20%
Vitamin B6	25%	Folic Acid 15%
Selenium	10%	Chromium 10%
Molybdenum	6%	

* Percent daily values are based on a 2,000 calorie diet.

Acai 100% Fruit

Acai (ah-sigh-EE) - Acai Plus is 100% pure fruit and juice and contains a combination of Acai, Blackberry, Pomegranate and Blueberry. Acai Plus is a super-antioxidant cocktail that is high in protein, fiber, and Omegas 6 & 9.

Cruizie Price: 3.75
Canister Price: 25.00

Vitamin C

Found in fresh fruits (especially citrus fruits) and vegetables; prevents scurvy. A fantastic anti-oxidant. This dosage will give you 1,650% of the USRDA.

Cruzie Supplement Price: .50
Canister Price: 45.00

Antioxidant Blend

Rose Hips Vitamin C- This supplement helps block oxidation by preventing damage caused by free radicals. It offers protection against airborne pollutants. It suppresses the formation of nitrosoamines and quinones, known to cause cancer (carcinogens). While the human body produces antioxidants to fight against free radicals, the supply produced dwindles with age and must be replenished with supplements. This complex blend of "C" ascorbates and Citrus Factors include: Rose Hips, Citrus Bioflavonoids, Herperidine, Complex, Rutin, Quercetin, Lemon & Orange Peel powders. The "C" used is provided by the following: Ascorbic Acid, Calcium Ascorbate (the non-acidic mineral complex) & Ascorbyl Palmitate (the highly potent, lipid soluble form of "C" that penetrates those Lipid membranes to provide anti-oxidant activity to cellular constituents that can't be reached by ordinary Ascorbic Acid. (8 cal., 0 fat)

Cruzie Supplement Price: .50
Canister Price: 70.00

Bee Pollen

Bee Pollen contains all the ingredients necessary for life, and is often referred to as nature's only "perfect" food. Twenty-two nutrients required by the human body are found in Bee Pollen, and it has five to seven times more protein than beef. It contains 18 amino acids, several essential minerals and trace minerals, natural enzymes and B-complex vitamins. Doctors in Europe often recommend Bee Pollen to convalescents. Athletes who use Bee Pollen report an increase in energy levels and strength. Many allergists use it in the treatment of hay fever. Bee Pollen, coupled with a sensible diet, can be considered a valuable weight loss food. Bee pollen should be used with caution by anyone who suffers from allergies. (10 cal. 0 fat)

Cruzie Supplement Price: .50
Canister Price: 40.00

The Healthy Options of Cruizies

Bio Bars

- 100% plant based nutrition from natural sources
- Cold processed to retain maximum essential enzymes and nutrients
- Low glycemic load – delayed glycemic response
- Ten + grams of fiber in every bar
- Ten + grams of vegetable protein for sustained energy release
- Phytosterols for cardio protection and immune system support
- Eighteen amino acids and over 70 antioxidants – the essential building blocks of good nutrition
- Essential Fatty Acids contribute to a healthy heart
- Essential vitamins and minerals in a ready to eat, vegan food bar

For the athlete:

- Provides energy for two to four hours without a blood sugar crash. Be at the top of your game, not on a glycemic roller coaster ride!
- Provides essential building blocks for good nutrition
- Low glycemic foods can prolong physical endurance
- Essential fatty acids contribute to a healthy heart

For people on a "Glycemic Index Diet":

- Low glycemic load
- High in fiber with 10+ grams of fiber in each bar!
- Worry free, convenient *and* delicious!

As a healthy snack:

- Contains organic brown rice bran, organic agave, organic peanut butter or pure cocoa
- 10 grams of vegetable protein in each bar
- Key vitamins and minerals in a ready to eat, vegan food bar

Single Bar: 2.50
Box of 15: 35.00

Bio Bars

Whole food nutrition bars with "DGR"— Delayed Glycemic Response

All-natural whole food nutrition bar. Bio Bars are cold processed to maintain enzyme activity of the components for high bioavailability. The true value of Bio Bars is in the ingredients. This is a vegan nutrition bar and should not be confused with protein or energy bars. Bio Bars are available in Peanut Butter Crunch and Chocolate Almond.

Chocolate Almond BioBar™ Nutrition Facts

Nutrition Facts	Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size: 1 Bar (56g)	Total Fat	9g 15%	Potassium	110mg 3%
Servings Per Container: 1	Saturated Fat	1.5g 7%	Total Carbohydrate	29g 9%
Calories 220	Trans Fat	0g	Dietary Fiber	10g 46%
Fat Calories 80	Cholesterol	0mg 0%	Sugars	9g
	Sodium	35mg 2%	Protein	9g
	Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 8% • Thiamin 6% • Niacin 8% • Vitamin B6 6% • Zinc 2% • Manganese 50%			

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

Ingredients: Almond Nut Complex, Organic Agave Syrup, Organic Rice Protein Concentrate, Brown Rice Syrup, Organic Brown Rice Crisp (Organic Brown Rice, Sea Salt, Organic Brown Rice Syrup), Maltodextrin (Dietary Soluble Fiber), Rice Bran, Ghirardelli® Cocoa, Gum Arabic, Almonds, Organic Brown Rice Flour, Water, Natural Vanilla Flavor, Sea Salt, Natural Caramel Flavor.

Peanut Butter Crunch BioBar™ Nutrition Facts

Nutrition Facts	Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size: 1 Bar (56g)	Total Fat	8g 13%	Potassium	105mg 3%
Servings Per Container: 1	Saturated Fat	1.5g 7%	Total Carbohydrate	28g 9%
Calories 220	Trans Fat	0g	Dietary Fiber	12g 46%
Fat Calories 70	Cholesterol	0mg 0%	Sugars	9g
	Sodium	25mg 1%	Protein	10g
	Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 4% • Vitamin E 2% • Thiamin 4% • Niacin 6% • Vitamin B6 2% • Folate 2% • Magnesium 4% • Zinc 2% • Copper 2% • Manganese 20%			

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

Ingredients: Organic Peanut Butter, Maltodextrin (Dietary Soluble Fiber), Organic Rice Protein Concentrate, Organic Agave Syrup, Brown Rice Syrup, Peanuts, Arabic Gum, Water, Organic Brown Rice Crisp (Organic Brown Rice, Sea Salt, Organic Brown Rice Syrup), Rice Bran, Organic Brown Rice Flour, Natural Vanilla and Peanut Flavors, Sea Salt

Calcium Complex Powder

The Hi-Potency Calcium Complex Formula is a superior quality source of supplemental bone building Calcium and related minerals and nutrients. Calcium is without doubt the most plentiful and important mineral in the body. In addition to its well known structural function in bones, calcium is also essential for the proper function of the nervous system, muscle contraction (heart and all other muscles), blood coagulation & the critical acid alkaline balance throughout the body. Each highly soluble and neutral tasting serving (1/2 teaspoon) provides 500 mg (50% of the USRDA) of calcium. To help insure optimal results, the calcium is supplied as a special balanced combination of high nutrient value forms of this critical mineral. Because of the importance of nutrient synergy and balance, the formula also contains Magnesium, Vitamin D, (which is critical to calcium absorption and utilization), and Zinc. (0 cal. 0 fat)

Cruizie Supplement Price: .50
Canister Price: 45.00

Chromium Picolinate

An essential mineral in the process of regulating insulin, which regulates blood sugar levels. Chromium may also play a role in increasing HDL (the good cholesterol), yet lowering overall cholesterol levels. Preliminary research suggests that chromium picolinate (a more absorbable form of chromium) increases fat loss and lean muscle tissue gain.

Cruizie Supplement Price: .50
Canister Price: 35.00

Creatine Monohydrate

Assists in the production of energy and muscle building process. Most of the creatine in the body is stored in the muscles as creatine or in a form called phosphocreatine. Creatine is a quickly available energy source for muscle contraction. It also increases the synthesis of muscle protein and the formation of polyamines, which are powerful growth promoters. Most used to enhance athletic performance and post-surgery recovery.

Cruizie Supplement Price: .50
Canister Price: 40.00

Creatine Magnesium Complex Powder

ATP (Adenosine Triphosphate) is the natural high energy fuel molecule that provides energy for muscle contraction. Unfortunately, we are able to store only limited amounts of this critical high energy compound in our muscle tissue and peak muscle contraction rapidly depletes our reserves resulting in a loss of muscle strength. Creatine Magnesium Complex Powder contains Creatine Monohydrate, a highly bioavailable precursor to the natural high energy molecule Creatine Phosphate. The human body readily transforms Creatine Monohydrate into Creatine Phosphate and then uses this high energy compound to rapidly recycle energy depleted ADP (Adenosine Diphosphate) in muscle tissue into high energy ATP (Adenosine Triphosphate). The supplemental use of Creatine Monohydrate accelerates the rate of this recycling process and provides the muscle tissue with a significantly greater supply of ATP. More ATP results in greater and more sustained peak muscle strength and power. The Creatine Magnesium Complex also contains Magnesium, an essential mineral that functions as a cofactor in many vital energy reactions. Magnesium also helps prevent muscle cramping that is often associated with aggressive training. The regular use of supplemental Creatine Magnesium Complex with help increase ATP levels and accelerate recovery, and help prevent muscle cramps, allowing for more aggressive training and greater more explosive peak muscle strength and performance. (16 cal. 0 fat)

Cruizie Supplement Price: .50
Canister Price: 25.00

Soy Protein Isolate

The importance of protein supplementation is critical to any individual looking to build and maintain muscle mass. Protein has been called the "building blocks of life" and without proper protein supplementation the task of building and maintaining muscle mass is next to impossible. A diet rich in Soy Protein has been shown to help reduce cardiovascular disease and can often help women to overcome the discomfort associated with PMS. Soy Protein is an excellent choice for anyone who wants to increase the protein & fiber content of their daily diet while avoiding fats and animal products. (1 tablespoon, 5.5g, delivers 21 cal, 0 fat) (a 28 gram serving is 110 cal., 6/10ths gram unsaturated fat (the good fat!!), only 2/10ths gram saturated fat and delivering 25.5 grams of protein) (bland flavor, adds thickness). This is the highest quality soy protein in the market.

Cruizie Supplement Price: .50
Canister Price: 40.00

Doctor's Garden: Espresso Lane's Ultimate Nutrient Blend

Our Ultimate Nutrient Blend contains raw, natural complex multiple vitamins, minerals and amino acids for a new superior lifestyle. It is high in fiber, contains no cholesterol, and is low in sodium. It keeps up your energy and endurance level throughout the day with natural built-in sustained energy release. Research done at leading universities indicate that complex vitamins and minerals in natural foods are more potent, due to greater absorption into the bloodstream, which is up to 7 times greater than regular vitamins and minerals and is also retained up to 14 times longer. (70 cal., 3.3g fat)

Cruizie Supplement Price: 1.00
Canister Price: 40.00

Supplement Facts			
Serving Size: 1oz (28 grams)			
Servings Per Container: 40			
Amount Per Serving %DV*		Amount Per Serving %DV*	
Calories	110	Manganese	0.04mg 2%
Calories from Fat	36	Chromium	6mcg 5%
Total Fat	4g 6%	Molybdenum	28mcg 35%
Sat. Fat	0g 0%	Sodium	25mg 1%
Trans Fat	0g	Potassium	320mg 10%
Polysat. Fat	2g †	Choline	30mg 9%
Monounsat. Fat	2g †	Alanine	100mg †
Total Carb.	14g 5%	Arginine	140mg †
Dietary Fiber	4g 16%	Aspartic Acid	120mg †
Sugars	3g	Cystine	40mg †
Protein	5g	Glutamic Acid	260mg †
Vitamin A	1350 IU 25%	Glycine	60mg †
Vitamin C	275mg 460%	Histidine	60mg †
Vitamin E	36 IU 120%	Hydroxyproline	50mg †
Thiamin	1.75mg 120%	Isoleucine	210mg †
Riboflavin	1.6mg 100%	Leucine	300mg †
Niacin	16mg 80%	Lysine	220mg †
Vitamin B6	1.2mg 60%	Methionine	70mg †
Folic Acid	400mcg 100%	Phenylalanine	190mg †
Vitamin B12	2mcg 35%	Proline	50mg †
Biotin	150mcg 50%	Serine	50mg †
Pantothenic Acid	5mg 50%	Threonine	180mg †
Calcium	1300mg 130%	Tryptophan	70mg †
Iron	2mg 15%	Tyrosine	70mg †
Phosphorus	175mg 20%	Valine	250mg †
Iodine	0.4mcg 170%		
Magnesium	525mg 130%		
Zinc	25mg 170%		
Selenium	22mg 30%		
Copper	0.25mg 15%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
 † Daily Value not established.

Ingredients:

Oat Bran, Rice Bran, Flax Seed, Sunflower Seeds, Dates, Raisins, Almonds, Cashews, Bee Pollen, Apple Fiber, Pumpkin Seeds, Calcium Gluconate, Carrot Powder, Nutritional Yeast, Wheat Bran, Wheat Germ, Carob Powder, Pacific Kelp, Rose Hips, Soy Lecithin, Magnesium Oxide, Ascorbic Acid, Zinc Oxide and Vitamin E.

Multi-Vitamin and Mineral Supplement

Provides 100% of the RDA for those vitamins and minerals essential to maintain health. Vitamins and minerals are needed in small amounts for proper functioning of the body, hence they must be regularly supplied by the diet or through supplementation. In addition, the formula supplies a full complement of the most sought after antioxidants, trace minerals and several other important nutritional factors. The formula is blended into a superior quality base of soy protein. (8 cal., 0 fat)

Cruizie Supplement Price: .50
Canister Price: 65.00

The Complete Meal-Meal Replacement

Designed to increase endurance, oxygen transport capacity and probiotic activity. This nutrient dense food was originally designed for the medical field with an emphasis on the elderly and recovering patients; it may also be used in a weight management and weight loss program. The activated barley maintains a sense of fullness. Enjoy your health!

Cruizie Supplement Price: 1.50
Canister Price: 30.00

Supplement Facts		Ingredients:	
Serving Size: 1 Rounded 90cc Scoop (38 grams)		Whey Protein Isolate, Activated Barley, Fruit Blend (apple, orange, pineapple), Stabilized Rice Bran Complex, Almond Meal, Natural Flavors, Whole Carrot Powder, Calcium Complex (calcium carbonate, calcium gluconate, calcium lactate, calcium citrate, calcium ascorbate), Vitamins and Minerals (vitamin A acetate, dicalcium phosphate, cholecalciferol, magnesium oxide, ascorbic acid, vitamin E acetate, niacinamide, reduced iron, zinc oxide, d-calcium pantothenate, pyridoxine HCL, copper gluconate, riboflavin, thiamin mononitrate, folic acid, biotin, potassium iodide, cyanocobalamin), Guar Gum, Ground Flax Seed, Green Tea Extract, Whole Beet Powder, Reishi Extract, Shiitake Extract.	
Servings Per Container: 12			
Amount Per Serving %DV*	Amount Per Serving %DV*		
Calories 180	Copper 0.5mg 25%	Alanine 570mg †	
Calories from Fat 25	Sodium 30mg 1%	Arginine 340mg †	
Total Fat 3g 5%	Potassium 270mg 8%	Aspartic Acid 1180mg †	
Sat. Fat 0g 0%	Choline 6mg 1%	Cystine 250mg †	
Trans Fat 0g		Glutamic Acid 2100mg †	
Polyunsat.Fat 0.5g †	Omega 3 Fatty Acids 180mg †	Glycine 260mg †	
Monounsat. Fat 0.5g †	Omega 6 Fatty Acids 360mg †	Histidine 210mg †	
Cholesterol 0mg 0%		Isoleucine 700mg †	
Total Carb. 15g 5%		Leucine 1090mg †	
Dietary Fiber 4g 16%		Lysine 950mg †	
Sugars 4g		Methionine 220mg †	
Protein 12g 23%		Phenylalanine 380mg †	
Vitamin A 1292 IU 25%		Proline 760mg †	
Vitamin C 19mg 30%		Serine 520mg †	
Vitamin D 128 IU 30%		Threonine 720mg †	
Vitamin E 9 IU 30%		Tryptophan 180mg †	
Thiamin 0.6mg 40%		Tyrosine 320mg †	
Riboflavin 0.4mg 25%		Valine 650mg †	
Niacin 9mg 45%		Beta Sitosterol 10mg †	
Vitamin B6 0.8mg 40%		Brassicasterol 0.5mg †	
Folate 1191mcg 300%		Campesterol 4.5mg †	
Vitamin B12 1mcg 20%		Stigmasterol 2.5mg †	
Biotin 100mcg 35%			
Pantothenic Acid 3mg 25%			
Calcium 523mg 50%			
Iron 5mg 25%			
Phosphorus 333mg 30%			
Iodine 32mcg 20%			
Magnesium 207mg 50%			
Zinc 6mg 40%			

Ginkgo Biloba

Increases and normalizes blood flow by relaxing blood flow to the brain, thereby improving brain function. May have antioxidant properties in the brain, retina of the eye, and the cardiovascular system which may help prevent age-related declines in brain function. The Ginkgo is the world's oldest living tree species, and it can be traced back more than 200 million years. Almost destroyed during the last ice age, the species survived in China where it was cultivated and protected as a sacred tree. Traditional Chinese physicians have used ginkgo leaves for thousands of years to treat a wide variety of conditions and today the ginkgo is considered to be one of the most valuable of all Asian herbs. Ginkgo has recently been the focus of intense scientific research and these sophisticated studies are now beginning to reveal the secrets behind ginkgo's amazing effects. Ginkgo leaf contains dozens of biologically active natural substances including powerful free radical scavengers (antioxidants) called flavonoids and platlet inhibitors known as terpene ginkgolides. These important substances can help improve cerebral and peripheral blood flow and provide powerful neuroprotective effects. Ginkgo has traditionally been used as a natural treatment for cerebral insufficiency (poor blood flow to the brain), dementia's, Alzheimer's disease, peripheral circulatory disorders (frequently associated with diabetes), anxiety / stress and bronchoconstriction (asthma). Ginkgo is currently being investigated as a memory enhancer function in a wide variety of reliable scientific studies. Ginkgo biloba leaf extract is now recognized as a legitimate herbal medicinal by many European countries. (0 cal. 0 fat)

Cruizie Supplement Price: .50
Canister Price: 35.00

Ginseng

The "King of Herbs" has been regarded as the elixir vitae and the most precious nutritional supplement in China for thousands of years. Ginseng has truly stood the test of time and retains its good reputation and wide use in Asia and throughout the world to this day. The principle active ingredients in natural ginseng are a unique class of bioactive natural compounds known as Ginsenosides. These extremely interesting substances identified as (Rh, Rg, Rg1, Rg2, Ra,Rd, Rc, Rb1 & Ro) are attracting increasing attention and respect from the scientific community. This is pure Panax Ginseng and will deliver more "punch" than straight Siberian Ginseng. (0 cal., 0 fat)

Cruizie Supplement Price: .50
Canister Price: 60.00

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
 † Daily Value not established.

- Item #43805
- Net Wt. 1.0 lb.
- UPC # 647854438056

Immune Blend

Zinc Echinacea Vitamin C- Excellent supplement for the immune system. Zinc supports normal cell division and growth, the function of cell membranes, the immune system, helps regulate white blood cell & T-Lymphocyte cells, increases antibody response to vaccines & serves as a mineral co-factor in the powerful superoxide dismutase (SOD) antioxidant system and in over 100 other natural enzyme systems. **Echinacea** is a perennial herb that stimulates the body's immune system. It has a long history of use among the native American Indian tribes. Early American settlers soon discovered the value of Echinacea and began using the herb for snake bites, infections and as a general blood purifier. Contemporary Scientists have now validated Echinacea's status as a wound healing agent & immunostimulant. It is included in the European Commission E Monographs as a legitimate herbal drug. **Vitamin C** serves as a powerful antioxidant and helps to prevent oxidative damage in the body. It can block many types of highly reactive chemical species called free radicals, including superoxide and hydroxyl radicals in blood and body fluids, as well as regenerating vitamin E, the free radical scavenger of cell membranes and lipids. Stimulates wound healing, proper adrenal function, helps the body to metabolize cholesterol, activates neutrophils (white blood cells) and increases the production of lymphocytes. Vitamin C may be the single most critical micronutrient with regard to the support of a healthy immune response. (4 cal., 0 fat)

Cruzie Supplement Price: .50
Canister Price: 45.00

Wheat Grass Juice Powder

A rich source of vitamin A, B, C, E and all of the known mineral elements. It purifies and detoxifies the body and aids in metabolizing nutrients. Wheatgrass is made of almost 70% chlorophyll which is considered the life giving source of plants. 1/2 oz of wheatgrass is comparable in nutrients to over 1 pound of vegetables. Green juices are a quieting drink. It helps clean the blood and acts as a nerve tonic. It is widely used as a powerful therapy for many degenerative diseases. 0 fat 0 cal (grassy taste) Can be used in your Cruzie or in 2 oz of water as a shooter.

Cruzie Supplement Price: .50
Canister Price: 45.00

The Healthy Options of Cruizies**Feminine Formula**

A comprehensive whole food herbal formula created especially for women to maintain balanced and healthy lifestyles. It may be used for hormone level balance, as well as for alleviating discomfort associated with menstruation and menopause. Check our ingredients and you will see our strong, well-rounded blend of extracts and herbs. Designed to assist in anti-cramping, calming, bone growth, pre and post menopausal effects and support of reproductive health. We've covered all the bases with our Complete Botanical Blend featuring Choline, Whole Wild Yam, Calcium Citrate, Cramp Bark, Broccoli Powder, Green Tea Extract, Grape Seed Extract, Chasteberry Extract and Bitter Orange Extract all in our Whole Foods Base.

Cruzie Supplement Price: .50
Canister Price: 35.00

Spirulina Pure

Spirulina is the second most nutritious food for humans after mothers milk!! Spirulina has more digestible protein than any natural food. Rich in beta carotene, iron, magnesium, vitamin E, and B complex. The high B-12 content makes it an excellent food for vegetarians. This potent product contains highly bioavailable, natural source vitamins, RNA, DNA, minerals, antioxidants, amino acids and many other essential nutritional factors. (2 cal. 0 fat)

Cruzie Supplement Price: .50
Canister Price: 50.00

Performance Boost

In Chinese medicine, it was used to prevent respiratory tract infections as well as colds and flu. Was also believed to provide energy and vitality. In Russian medicine, it was used to increase performance and quality of life and to decrease infections. In more modern times, Siberian Ginseng's ability to increase stamina and endurance led Soviet Olympic athletes to use it to enhance their training. Explorers, divers, sailors, and miners used it to prevent stress-related illness. (2 cal., 0 fat)

Cruzie Supplement Price: .50
Canister Price: 30.00