

Matrix

PLANT-BASED MEAL REPLACEMENT

STORE IN A COOL, DRY PLACE.

MAKE IT

Mix one sachet with 10 ounces of water or unsweetened almond milk in a shaker bottle or blender.

TAKE IT

Drink 30 minutes prior to eating.

DOSE

One sachet daily or as directed by your healthcare professional.



Get More with Matrix

Matrix is a 100% organic plant-based nutrition shake with a complete balance of protein, complex carbohydrates, omega-3 fatty acids, branched-chain amino acids, adaptogens, digestive enzymes, pre & probiotics, and high-quality fiber.

All Day Energy

All-day energy requires natural carbohydrates that come from complex, plant-based foods that you can find in Matrix. With only 140 calories and 21 grams of protein, Matrix is perfect for both weight management and muscle recovery. Ideal for athletes, on-the-go moms, busy professionals, and every health-conscious adult.

Vegan Meal Replacement

Matrix is truly a complete, 100% plant-based whole food meal replacement that supplies the nutrition of a meal without the extra calories. Just put Matrix in water or unsweetened almond milk and mix for a delicious, natural vanilla taste. Or make a Matrix shake with banana or berries, coconut or almond milk for a satisfying and nutritious meal.

Superfood Benefits:

Powerful superfood ingredients such as Ashwagandha and Maca add amazing benefits to Matrix. Ashwagandha is an ancient herb from India that is commonly used to increase vitality, decrease sugar cravings, strengthen the immune system, improve physical energy and athletic ability, and reduce the negative effects of stress. The main action of Maca is to strengthen endurance, which gives the athlete a natural advantage. This root creates a stimulating response in both men and women and helps balance the body's natural hormones. Due to Maca's high nutritional content of protein, natural sugars, calcium, iodine, magnesium, potassium, and fiber, it is often referred to as a "superfood" as well as an adaptogen.

Organic Vegan Protein Matrix

Organic Pea Protein Concentrate, Organic chia seeds, Organic Brown Rice Protein, Organic Millet, Organic Quinoa

Organic Adaptogen Matrix

Organic Ashwagandha Root, Organic Maca Root, Organic Ganoderma Lucidum

Prebiotic Fiber Matrix

Jerusalem Artichoke Inulin, FOS, Apple Pectin, Organic Psyllium Husk

Enzyme & Probiotic Matrix

Digestive Enzyme Blend (Amylase, Protease SP, Protease 2, Acid Stable Protease, Bromelain, Papain, Invertase, Maltase, Cellulase,

Beta Glucanase, Captalase, Alpha Galacto, Hemicellulase, Xylanase, Pectinase, Phytase, Lipase, Lactase), 1 Billion CFU Probiotic Blend (Bacillus Subtilis HU58, Bacillus Coagulans HC, Lactobacillus Acidophilus, Lactobacillus Bulgaricus, Bifidobacterium Bifidum)

Best Used With:

SlimAM improves performance during exercise by increasing your physical energy*.

NRG dietary supplement provides focus, sustained energy, and fat-burning capabilities*.

Phyte is packed with plant-based whole foods and certified organic ingredients*.

Supplement Facts

Serving size 1 Sachet (approximately 32.5g)
Servings per container 15

	Amount Per Serving	% Daily Value
Calories	140	
Total Fat	4g	6%
Saturated Fat	<1g	3%
Trans Fat	0g	**
Cholesterol	0mg	**
Sodium	290mg	12%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	8%
Trans Fat	<1g	**
Includes 0g Added Sugars	0g	**
Protein	21g	42%
Calcium	70mg	7%
Iron	5mg	3%
Potassium	30mg	1%
Organic Vegan Protein Matrix	31.750mg	**
Organic Pea Protein Concentrate, Organic chia seeds, Organic Brown Rice Protein, Organic Millet, Organic Quinoa		
Organic Adaptogen Matrix	2,000mg	**
Organic Ashwagandha Root, Organic Maca Root, Organic Ganoderma Lucidum		
Prebiotic Fiber Matrix	1,625mg	**
Jerusalem Artichoke Inulin, FOS, Apple Pectin, Organic Psyllium Husk		
Enzyme & Probiotic Matrix	125mg	**
Digestive Enzyme Blend (Amylase, Protease SP, Protease 2, Acid Stable Protease, Bromelain, Papain, Invertase, Maltase, Cellulase, Beta Glucanase, Captalase, Alpha Galacto, Hemicellulase, Xylanase, Pectinase, Phytase, Lipase, Lactase), 1 Billion CFU Probiotic Blend (Bacillus Subtilis HU58, Bacillus Coagulans HC, Lactobacillus Acidophilus, Lactobacillus Bulgaricus, Bifidobacterium Bifidum)		

*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.

**Daily Value Not Established

Other Ingredients: Malic acid, Natural flavor, Stevia



Total Life Changes®, LLC
Fair Haven, MI 48023
1-810-471-3812
www.TotalLifeChanges.com

*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. Keep out of reach of children. If you are pregnant or breastfeeding consult a doctor before using this product. If you are taking any medication, or have any type of medical issue, consult a healthcare professional before using this product. The Federal Food, Drug and Cosmetic Act requires this notice.