WWW.EVOLVHEALTH.COM/LIFEBAR


# LOSE FAT FOR GOOD

Recent studies have revealed that a hormone called leptin tells the brain how much fat we have stored, so the body knows how much to burn as fuel. Inflammation can disable the brain's ability to sense leptin, however, sending the body into sugar-burning mode, conserving fat, and sending our cravings through the roof.

While fad diets and weight loss supplements can actually contribute to metabolic dysfunction, the Evolv LifeBar — available in Dark Chocolate or Blueberry Pomegranate — was developed to target the problem of leptin insensitivity in a way you can enjoy and sustain.

By combining an ideal mix of healthy fats, proteins, prebiotic fiber, advanced immune support, and whole food vitamins and minerals, the Evolv LifeBar helps the body shift to an efficient fat-burning state, and reducing or eliminating sugar crashes and cravings in the process.

## REAL PEOPLE, REAL RESULTS

"When my body turned into fat-burning mode, I lost 120 lbs doing back-to-back Reboots. This bar changed my life."

Xavier McCleary
Oviedo, FL

## WHAT IS INTEGRATIVE HEALTH?

"Integrative health" combines conventional medical practices with nutritional support to achieve best patient outcomes. Supporting the body with good nutrition during any type of medical treatment provides an ideal environment for success, and the best health possible.

ēvolv2lifebar™

Evolv LifeBar can support our Customers & Members during a Reboot for goals involving weight loss, improved nutrition, and healthier living. Every serving of Evolv LifeBar purchased also helps to nourish a child in need through our Buy 1, Nourish 2™ giving initiative. For details, visit **www.evolvhealth.com/hopemovement.**

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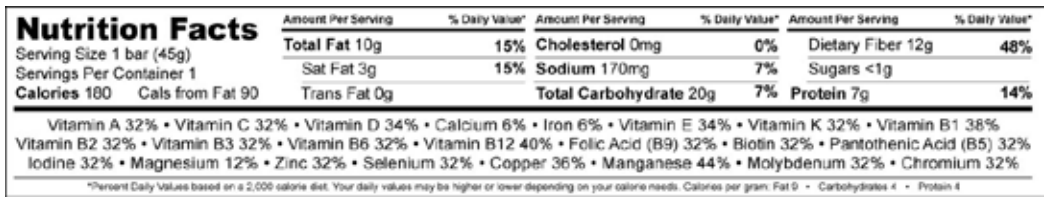
NUTRITION & DIGESTIVE SUPPORT TO PROMOTE A FAT-BURNING METABOLISM

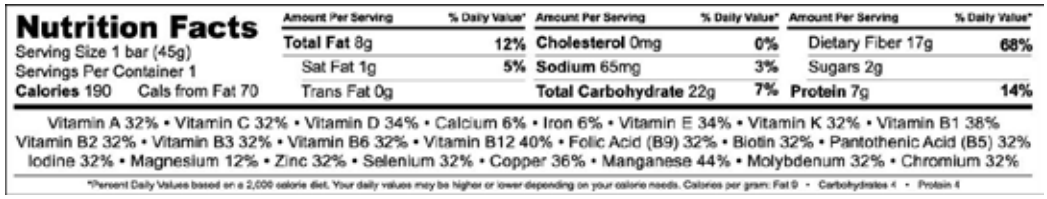


| Nutrition Facts | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Serving Size 1 bar (45g) | Amount Per Serving | % Daily Value* | Amount Per Serving | % Daily Value* | Amount Per Serving | % Daily Value* |
| Servings Per Container 1 | **Total Fat** 10g | 15% | **Cholesterol** 0mg | 0% | Dietary Fiber 12g | 48% |
| **Calories** 180 Cals from Fat 90 | Sat Fat 3g | 15% | **Sodium** 170mg | 7% | Sugars <1g | |
| | Trans Fat 0g | | **Total Carbohydrate** 20g | 7% | **Protein** 7g | 14% |

Vitamin A 32% • Vitamin C 32% • Vitamin D 34% • Calcium 6% • Iron 6% • Vitamin E 34% • Vitamin K 32% • Vitamin B1 38% Vitamin B2 32% • Vitamin B3 32% • Vitamin B6 32% • Vitamin B12 40% • Folic Acid (B9) 32% • Biotin 32% • Pantothenic Acid (B5) 32% Iodine 32% • Magnesium 12% • Zinc 32% • Selenium 32% • Copper 36% • Manganese 44% • Molybdenum 32% • Chromium 32%

*Percent Daily Values based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4

**DARK CHOCOLATE**
(Gluten-free)
PlantSWEET® (Soluble prebiotic fiber, Organic flavors, Organic stevia), Dark chocolate (Maltitol, Unsweetened chocolate, Cocoa butter, Milk fat, Soy lecithin, Pure vanilla, Vanillin), Organic sunflower butter, Flax meal and seed, Quinoa crisps, Pea protein, Cashews, Almonds, Organic coconut oil, Chia seeds, Organic coconut, Natural coconut flavor, Natural vanilla flavor, Evolv Blend (Fermented vitamin & mineral blend, Evolv Immūn Acemannan compound, Aloe vera gel powder), Organic cocoa powder.



| Nutrition Facts | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Serving Size 1 bar (45g) | Amount Per Serving | % Daily Value* | Amount Per Serving | % Daily Value* | Amount Per Serving | % Daily Value* |
| Servings Per Container 1 | **Total Fat** 8g | 12% | **Cholesterol** 0mg | 0% | Dietary Fiber 17g | 68% |
| **Calories** 190 Cals from Fat 70 | Sat Fat 1g | 5% | **Sodium** 65mg | 3% | Sugars 2g | |
| | Trans Fat 0g | | **Total Carbohydrate** 22g | 7% | **Protein** 7g | 14% |

Vitamin A 32% • Vitamin C 32% • Vitamin D 34% • Calcium 6% • Iron 6% • Vitamin E 34% • Vitamin K 32% • Vitamin B1 38% Vitamin B2 32% • Vitamin B3 32% • Vitamin B6 32% • Vitamin B12 40% • Folic Acid (B9) 32% • Biotin 32% • Pantothenic Acid (B5) 32% Iodine 32% • Magnesium 12% • Zinc 32% • Selenium 32% • Copper 36% • Manganese 44% • Molybdenum 32% • Chromium 32%

*Percent Daily Values based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4

**BLUEBERRY POMEGRANATE**
(Vegan, Gluten-free)
PlantSWEET® (Soluble prebiotic fiber, Organic flavors, Organic Reb-A stevia), Flax meal and seed, Quinoa crisps, Cashews, Pea protein, Organic sunflower butter, Almonds, Blueberries (dried), Pomegranate juice powder, Organic coconut oil, Evolv HOPE Blend (Fermented vitamin & mineral blend, Evolv Immūn Acemannan compound, Aloe vera gel powder), Organic natural flavors, Chia seeds, Organic vanilla, Organic Reb-A stevia.

## SUGGESTED USE

Eat 1 or more Dark Chocolate or Blueberry Pomegranate bars daily as desired. Drink 16 oz of water with each.

## ADDITIONAL INFORMATION

- Reboot your fat-burning metabolism
- Curb hunger and increase your fiber intake to support digestive health
- Support your body's immune system with the power of Evolv Immūn proprietary Acemannan compound
- Replenish essential nutrients with our high quality HOPE Blend

### ABOUT EVOLV IMMŪN

Evolv Immūn is an advanced, stabilized Aloe vera extract with a proprietary high concentration of the most immune-modulating fractions of Acemannan, making it a powerful immune support supplement. It's also incorporated our HOPE Blend and HOPE Puffs donation products.

### ABOUT "BIO-TRANSFORMED" NUTRIENTS

The fermentation of friendly micro-organisms transforms vitamins and minerals into a highly complex source of nutrients. These nutrients—found in Evolv LifeBar just as they are in all fermented foods—are bound in a matrix containing lipids, proteins, beta glucans, and a wide variety of phytonutrients.

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