



# COMPLETE

## Plant Proteins + Superfoods & Medicinal Mushrooms

*Complete is a vegan superfood meal replacement bursting with delicious vanilla flavor. Containing plant-based proteins, healthy fats, and powerful superfoods, Complete provides more nutrition than you can get from most meals.*

*Feel full longer and nourish your body with Complete's healthy combination of pumpkin, brown rice, and pea proteins, medicinal mushrooms, coconut milk, kale, chlorella, acai berry, ashwagandha, and more.\**

## Benefits

- Immune system support\*
  - Healthy weight\*
  - Healthy blood pressure levels\*
  - Deeper, more restful sleep\*
  - Memory & mental clarity support\*
  - Muscle recovery after exercise\*
  - Happier, more balanced mood\*
- PLANT PROTEIN BLEND  
As much protein as 2.5 eggs\*
  - OMEGA FATS (3 + 6 & 9)  
As much as 4 servings wild salmon\*
  - SUPERFOOD ANTIOXIDANTS  
Berries, super greens, fruits, roots & mushrooms

### Suggested Use

Mix 2 scoops with 8 to 12 ounces of water or milk.  
Refrigerate after opening.\*

### Ingredients

Pumpkin (*Cucurbita moschata*) Protein, Silk Brown Rice (*Oryza sativa* L.) Protein, Pea (*Pisum sativum*) Protein, Coconut (*Cocos nucifera*) Milk, Madagascar Vanilla (*Vanilla planifolia*) Flavor, Cashew Nut (*Anacardium occidentale*) Milk, Lion's Mane Mushroom (*Hericium erinaceus*) Extract, Stevia (*Stevia rebaudiana*) Extract (Debittered), Freeze-Dried Acai (*Euterpe oleracea*), Alfalfa Grass (*Medicago sativa*) Juice, Amla (*Phyllanthus emblica*), Baobab (*Adansonia*), Chlorella (*Chlorella*), Kale (*Brassica oleracea* var. *sabellica*), Moringa (*Moringa oleifera*) Leaf, Shiitake Mushroom (*Lentinula edodes*), Apple (*Malus*) Juice, Goji Berry (*Lycium barbarum*) Juice, Papaya (*Carica papaya*) Juice, Pomegranate (*Punica granatum*) Juice, Sea Buckthorn (*Hippophae*) Juice, Cordyceps Mushroom (*Ophiocordyceps sinensis*) Extract, Ashwagandha (*Withania somnifera*) Root, Maca (*Lepidium meyenii*) Root (Gelatinized), Spirulina (*Arthrospira platensis*), Noni (*Morinda citrifolia*) Fruit, Acerola Cherry (*Malpighia emarginata*), Beet (*Beta vulgaris*) Root Juice, Ginger (*Zingiber officinale*) Root, Turmeric (*Curcuma longa*) Root, Kelp (*Laminariales*), Cinnamon (*Cinnamomum zeylanicum*), Acacia (*Acacia*) Fiber

This product is 100% natural and minimally processed. Taste, smell, texture, and color may vary from batch to batch.

**HBN**Naturals  
*healthy begins now*

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*