



# Q COMPLETE

## THE FEEL-GOOD WEIGHT LOSS SHAKE

Chase away weight loss blues with these delicious and nutritious meal shakes.\*



**Nature:** With fiber, digestive enzymes, and pre & probiotics, these shakes will keep things running smoother than ever.\*

**Science:** Wholesome and delicious nutritional support for a more complete and enriched diet.\*



### FEATURES

- Vegan Pea Protein
- 9 Essential Amino Acids
- All this goodness in less than 175 calories!

### BENEFITS

- Helps control hunger and cravings for hours\*
- Supports optimal digestion\*
- Nutritionally complete including mood boosting vitamins\*
- Feel fuller with healthy vegan protein\*

**OTHER INGREDIENTS:** Pea Protein Isolate, Sunflower Oil Creamer, Natural Vanilla Flavor, Natural IMO-oligosaccharides, Coconut Oil Creamer, Xanthan Gum, White Kidney Bean Extract, Digestive Enzyme Blend, Stevia Extract, L-Carnitine L-Tartrate, Lactobacillus Sporogenes, Magnesium Stearate, Silicon Dioxide, Xanthone Powder, Monk Fruit, Digestion Resistant Maltodextrin.

**Q COMPLETE Chocolate:** Contains Natural Cocoa Powder

Keep out of reach of children. If you are pregnant, nursing, or taking prescription medications, consult your physician prior to use.

### CHOCOLATE

## Supplement Facts

Serving Size: 42 grams (1 Packet)  
Servings Per Container: 15

Amount Per Serving	% Daily Value
Total Calories	175
Calories from Fat	70
Total Fat	8 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	260 mg 10%
Amount Per Serving	% Daily Value
Total Carbohydrate	8 g 3%
Dietary Fiber	2 g 8%
Soluble Fiber	2 g
Added Sugars	0 g
Protein	20 g 40%
Vitamin A (as Palmitate)	2500 IU 50%
Vitamin C (Ascorbic Acid, Camu Camu)	30 mg 50%
Vitamin D (Cholecalciferol)	500 mcg 125%
Vitamin E (d-Alpha Tocopherol Acetate)	15 IU 50%
Thiamin (HCL)	0.75 mg 63%
Riboflavin	4 mg 308%
Amount Per Serving	% Daily Value
Niacinamide	14.6 mg 91%
Vitamin B6 (Pyridoxine)	10.4 mg 612%
Folate (L-5-Methylfolate)	230 mcg 58%
Vitamin B12 (Methylcobalamin)	4 mcg 67%
Biotin	167 mcg 557%
Pantothenic Acid	6.2 mg 124%
Calcium (Carbonate)	208 mg 16%
Iodine (Potassium Iodide)	150 mcg 100%
Magnesium (Oxide)	170 mg 40%
Manganese (Citrate)	1 mg 43%
Potassium (Citrate)	150 mg 3%

Manufactured exclusively for Q Sciences  
365 Garden Grove Lane, Suite 200 Pleasant Grove, UT 84062

\* 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. Individual results may vary.

Additional product information on page 2

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### Suggested Use:

Mix one serving (1 packet) with 8 to 10 ounces of water or your choice of nonfat milk (almond, soy, coconut, cashew, or cow milk).



Join the MyQFIT community and find a life changing fitness program for you!  
[myqfit.com](http://myqfit.com)



## VANILLA

### Supplement Facts

Serving Size: 39 grams (1 Packet)  
Servings Per Container: 15

Amount Per Serving	% Daily Value	
Total Calories	170	
Calories from Fat	65	
Total Fat	7 g	
Saturated Fat	2 g	
Trans Fat	0 g	
Cholesterol	0 mg	
Sodium	260 mg	10%
Amount Per Serving	% Daily Value	
Total Carbohydrate	8 g	2%
Dietary Fiber	2 g	8%
Soluble Fiber	2 g	
Added Sugars	0 g	
Protein	20 g	40%
Vitamin A (as Palmitate)	2500 IU	50%
Vitamin C (Ascorbic Acid, Camu Camu)	30 mg	50%
Vitamin D (Cholecalciferol)	500 mcg	125%
Vitamin E (d-Alpha Tocopherol Acetate)	15 IU	50%
Thiamin (HCL)	0.75 mg	63%
Riboflavin	4 mg	308%
Amount Per Serving	% Daily Value	
Niacinamide	14.6 mg	91%
Vitamin B6 (Pyridoxine)	10.4 mg	612%
Folate (L-5-Methylfolate)	230 mcg	58%
Vitamin B12 (Methylcobalamin)	4 mcg	67%
Biotin	167 mcg	557%
Pantothenic Acid	6.2 mg	124%
Calcium (Carbonate)	208 mg	16%
Iodine (Potassium Iodide)	150 mcg	100%
Magnesium (Oxide)	170 mg	40%
Manganese (Citrate)	1 mg	43%
Potassium (Citrate)	150 mg	3%

**OTHER INGREDIENTS:** Pea Protein Isolate, Sunflower Oil Creamer, Natural Vanilla Flavor, Natural IMO-oligosaccharides, Coconut Oil Creamer, Xanthan Gum, White Kidney Bean Extract, Digestive Enzyme Blend, Stevia Extract, L-Carnitine L-Tartrate, Lactobacillus Sporogenes, Magnesium Stearate, Silicon Dioxide, Xanthone Powder, Monk Fruit, Digestion Resistant Maltodextrin.