

# SMART PRODUCTS INGREDIENT GLOSSARY



# SMART PRODUCTS

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revital   
The Sample First Company®

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Science shouldn't stop you from deciphering the label on Revital U products. Here is our Ingredient Glossary showing you a comprehensive collection of ingredients used in our products – all of which are carefully chosen and assessed for product safety and their self-evident intended benefits – through our deliberately developed ingredient selection process. Ingredients in revival U products go through an extensive research, review and validation process. They must meet our stringent identity, active ingredient and quality specifications to ensure the efficacy of our products. We source the highest quality ingredients from around the world – and only those that meet our exacting specifications are accepted.

PURE ■ POTENT ■ PROVEN

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# WHAT'S INSIDE?

## ICON KEY



Ingredients in Smart Coffee.



Ingredients in Smart Caps.



Ingredients in Smart Cocoa.

## PROPRIETARY SMART BLEND



Our Smart Blend is a proprietary blend of scientifically formulated ingredients and nutrients that yield health and wellness benefits.\*

## 100% ARABICA COFFEE



Arabica coffee is the world's most popular type of coffee. Derived from the *coffea arabica* plant, this premium roast is sweet with a slight, pleasant acidity and light bitterness. Arabica coffee is rich in antioxidants. The coffee contains caffeine to increase focus and alertness, and is low in calories. Arabica coffee also contains small amounts of vitamins and minerals such as niacin, magnesium, riboflavin, manganese, and potassium.\*

## CHOLINE CDP



Also known as Citicoline, is a potent brain-health nutrient that occurs naturally in our bodies. It is a building block of cell membranes and can increase the production of phosphatidylcholine – which is key to brain function. Studies show citicoline can help support mental energy, focus, attention and memory recall. It is also being studied for long-term brain and cognitive health and for reducing cravings.\*

## CHROMIUM CHLORIDE



Chromium is an essential trace mineral involved in normal glucose metabolism that can help retain healthy blood sugar levels. Chromium is also involved in protein, carbohydrate and lipid metabolism, thereby providing support for cellular energy. Additionally, it regulates insulin, which can help reduce sugar and carbohydrate cravings. Chromium also plays a role in healthy peripheral nerve function. It is naturally found in whole grains, vegetables, fruits, meats, and dairy. Although needed in very small quantities, many people do not get enough of this essential mineral from diet alone.\*

\*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.

## COFFEE ARABICA (FRUIT) EXTRACT

A patented extract of whole fruit from coffee arabica cherries which aids in supporting brain health. Clinical studies have shown the ability of this broad-spectrum, flavonoid-rich extract to significantly increase the levels of key neuroprotein BDNF (brain-derived neurotrophic factor), vital to learning, memory and higher thinking.\*

## COCONUT OIL

Referenced in many studies, Coconut Oil has been recognized for its benefits to help support cardiovascular function along with aiding in the improvement and efforts to maintain healthy and balanced cholesterol levels. This nutritious oil demonstrates many benefits from assisting in slowing the aging process to promoting healthy living.\*

## GARCINIA CAMBOGIA (FRUIT) EXTRACT

Garcinia Cambogia is a tropical fruit found in the coastal regions of Southeast Asia and India. Originally used for cooking, it was introduced into the nutritional field after scientists discovered its numerous dietary and health benefits. The peel of the fruit contains high amounts of hydroxycitric acid (HCA), which is the active ingredient responsible for appetite control and weight management.\*

## GRAPE & APPLE POLYPHENOLS (VINITROX™)

Vinitrox™ is a combination of apple and grape polyphenols that produce a synergistic effect to increase Nitric Oxide levels in the body for healthy blood vessels, circulation and blood flow. Vinitrox™ is a powerful antioxidant that can help enhance performance and increase endurance.\*

## GREEN TEA (LEAF) EXTRACT (CATECHIN OLIGOMERS)

A patented gallate-enhanced oligomer derived from green tea extracts. It has been shown to enhance blood flow by increasing the body's Nitric Oxide levels. It is also known to support mental focus and endurance, regulate body temperature, and improve oxygen delivery to the brain.\*

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## L-THEANINE

Known as the “feel-good” amino acid, L-Theanine provides and assists with the calming effects on the brain by increasing levels of serotonin and dopamine. It is an amino acid that naturally provides relief from anxiety and stress. L-Theanine functions as a neurotransmitter for internal body communication, providing a more balanced system overall.\*

## MCT OIL

Medium-Chain Triglycerides (MCTs) are fats that are naturally found and extracted from the fruit of the coconut and are associated with its many health benefits. MCTs are known for providing quick energy and supporting a sharper brain. Scientists believe this nutrient rich oil encourages the body to use fat for energy instead of storing it within the body. Revital U has selected to use MCT Oil that is free of saturated fats in its creamer blend in Smart Cocoa to optimize taste in a health promoting manner.\*

## MONK FRUIT EXTRACT

Also known as Luo Han Guo, and used for its sweetening benefits, the Monk Fruit has become a very popular replacement for high calorie sweeteners. This exotic fruit has been grown in Asia for over 800 years. In its raw state it is believed to have antioxidant properties and has been used for centuries for medicinal purposes. Monk fruit sweeteners are extracted by removing the skin and the seeds and crushing the fruit to collect the juice. Revital U has chosen this exciting new sweetener because it provides an effective way to sweeten with zero calories and is a great complement to Stevia to round out the taste of Smart Cocoa.

## NATURAL CAFFEINE FROM GREEN COFFEE BEAN EXTRACT

Natural caffeine from green coffee beans is known for its energy-enhancing and thermogenic effects. Caffeine works with your metabolism to assist in weight management, enhancing mood and maintaining energy to support increased activity level.\*

## NIACIN (VITAMIN B<sub>3</sub>)

Vitamin B<sub>3</sub>, also called niacin, is an essential nutrient and one of the eight B-Complex water-soluble vitamins. Niacin has a wide range of uses in the body, helping functions in the digestive system, skin and nervous system.\*

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## ORGANIC COCOA POWDER/COCOA POWDER

For centuries food technologists, scientists and researchers have studied the cacao bean for its natural essential mineral content, such as Magnesium, Calcium, Iron, Zinc, Copper, and Potassium. Cocoa is also a rich source of high-quality antioxidants called Polyphenols. A growing body of scientific evidence suggests that the intake of Cocoa Polyphenols may promote cardiovascular health by helping maintain healthy blood pressure and resisting plaque buildup in the blood vessels. It has also been associated with anti-platelet, anti-inflammatory, and improved metabolic and endothelial function. Selecting a nutrient rich cocoa blend with decadent, creamy, rich taste of the Smart Cocoa makes this a unique one-of-a-kind product. Its taste, flavor and color are optimized by trained sensory analysts and food technologists. Revital U Smart Cocoa is not only a chocolate lover's delight but is chock-full of nutrients.\*

## RHODIOLA ROSEA (ROOT) EXTRACT

Rhodiola rosea assists the body in its response to physical, mental and environmental stress. It has been used to help fight fatigue and uplift moods. Rhodiola is also known to have positive effects on supporting the cellular structure as it diminishes with age. This powerful extract helps provide vital assistance in aiding the body with energy for daily activities.\*

## SAFFRON (STIGMA) EXTRACT

Our saffron extract is derived from the *crocus sativus* L. plant species grown in Spain and is standardized to its active safranal content. This prized spice is a favorite among culinary chefs around the world. New science has unveiled the benefits of saffron for the nervous system and its powerful impact on lifting mood and appetite control.\*

## SEA SALT

A sprinkle of gourmet Sea Salt in the sophisticated union of organic chocolate rounds out the decadent taste of the Revital U Smart Cocoa. Harvested from the sea salt mines in Israel it brings a multitude of trace minerals and nutrients to help the body maintain a healthy balance.\*

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## **STEVIA LEAF EXTRACT**

A plant-based sweetener extracted from the leaves of Stevia rebaudiana – a plant that is native to Paraguay and Brazil. The extract from this remarkable plant has been found to be upwards of 200 times sweeter than table sugar with zero calories, and is used as a safe supplement for the human diet. It has been chosen in our Smart Cocoa to round out the delicious taste but leaving the calories behind.

## **SUCRALOSE**

Discovered twenty-years ago this highly popular sweetener is a substitute for calorie containing sugars. Used throughout the food industry and nutritional field it is a selected choice ingredient to help increase the sweetness in a product without the bitter after taste. In a miniscule amount, and as a complement to the plant-based Stevia and Monk Fruit sweeteners sucralose effectively helps round out the zero-calorie sweetener system in Smart Cocoa.

## **XANATHAN GUM**

Commonly used in foods, xanthan gum is a gluten-free polysaccharide derived through the natural fermentation process. It is used in Smart Cocoa to optimize its consistency and give it its preferred thicker texture.

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INGREDIENT	SMART COFFEE 	SMART CAPS 	SMART COCOA 
Proprietary Smart Blend	✓	✓	✓
100% Arabica Coffee	✓		
Choline CDP	✓	✓	✓
Chromium Chloride	✓	✓	✓
Coffee Arabica (Fruit) Extract	✓	✓	✓
Coconut Oil			✓
Garcinia Cambogia (Fruit) Extract	✓	✓	✓
Grape & Apple Polyphenols (Vinitrox™)	✓	✓	✓
Green Tea Leaf Extract (Catechin Oligomers)	✓	✓	✓
L-Theanine	✓	✓	✓
MCT Oil			✓
Monk Fruit Extract			✓
Natural Caffeine From Green Coffee Bean Extract	✓	✓	✓
Niacin (Vitamin B <sub>3</sub> )	✓	✓	✓
Organic Cocoa Powder / Cocoa Powder			✓
Rhodiola Rosea (Root) Extract	✓	✓	✓
Saffron (Stigma) Extract	✓	✓	✓
Sea Salt			✓
Stevia Leaf Extract			✓
Sucralose			✓
Xanathan Gum			✓

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## SMART COFFEE

Supplement Facts			Serving Size: 1 Scoop/Stick (3g)		Servings Per Container: 30	
Amount/Serving		%DV**	Amount/Serving		%DV**	
<b>Calories</b>	0		<b>SMART COFFEE BLEND</b>	2.7g	†	
<b>Niacin</b> (as Niacinamide)	20mg	125%	<b>Appetite ■ Energy ■ Focus</b>			
<b>Chromium</b> (as Chromium Chloride)	200mcg	571%	100% Arabica Coffee, Natural Caffeine (100mg) from Green Coffee Bean Extract, L-Theanine, Green Tea (leaf) Extract (catechin oligomers), Choline CDP, Grape & Apple Polyphenols (Vinitrox™), Coffee Arabica (fruit) Extract, Rhodiola Rosea (root) Extract, Garcinia Cambogia (fruit) Extract, Saffron (stigma) Extract			

\*\*Percentage Daily Value based on a 2,000 calorie diet. All trademarks are property of their respective owners.  
†Daily Value not established.

**Other Ingredients:** Natural Flavors, Calcium Silicate.

## SMART CAPS

Supplement Facts			Serving Size: 1 Capsule		Servings Per Pack: 30	
Amount/Serving		%DV**	Amount/Serving		%DV**	
<b>Niacin</b> (as Niacinamide)	20mg	125%	<b>SMART CAPS BLEND</b>	569mg	†	
<b>Chromium</b> (as Chromium Chloride)	200mcg	571%	<b>Appetite ■ Energy ■ Focus</b>			
			Natural Caffeine (150mg) from Green Coffee Bean Extract, L-Theanine, Green Tea (leaf) Extract (catechin oligomers), Choline CDP, Grape & Apple Polyphenols (Vinitrox™), Coffee Arabica (fruit) Extract, Rhodiola Rosea (root) Extract, Garcinia Cambogia (fruit) Extract, Saffron (stigma) Extract			

\*\*Percentage Daily Value based on a 2,000 calorie diet. All trademarks are property of their respective owners.  
†Daily Value not established.

**Other Ingredients:** Vegetable Capsule (cellulose and water), Calcium Silicate.

## SMART COCOA

Supplement Facts			Serving Size: 1 Scoop/Stick (7g)		Servings Per Container: 30	
Amount/Serving		%DV	Amount/Serving		%DV	
<b>Calories</b>	15					
<b>Total Fat</b>	1g	1%**				
Saturated Fat	0g	0%				
Trans Fat	0g	0%				
Cholesterol	0g	0%				
<b>Total Carbohydrate</b>	4g	1%**				
Dietary Fiber	2g	7%				
Total Sugars	1g	†				
<b>Protein</b>	1g	2%				
<b>Niacin</b> (as Niacinamide)	20mg	125%				
<b>Iron</b>	1mg	6%				
<b>Chromium</b> (as Chromium Chloride)	200mcg	571%				
<b>Sodium</b>	45mg	2%				
<b>SMART COCOA BLEND</b>	2.070mg	†				
<b>Appetite ■ Energy ■ Focus</b>			Organic Cocoa Powder, Natural Caffeine (150mg) from Green Coffee Bean Extract, L-Theanine, Green Tea (leaf) Extract (catechin oligomers), Choline CDP, Grape & Apple Polyphenols (Vinitrox™), Coffee Arabica (fruit) Extract, Rhodiola Rosea (root) Extract, Garcinia Cambogia (fruit) Extract, Saffron (stigma) Extract			

\*\*Percent Daily Values (DVs) are based on a 2,000 calorie diet.  
†Daily Value (DV) not established.  
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**Other Ingredients:** Cocoa Powder (with alkali), Natural Flavor, Creamer Blend (Coconut Oil Powder, MCT Oil Powder), Xanthan Gum, Sea Salt, Stevia Leaf Extract, Sucralose, Calcium Silicate, Monk Fruit Extract.

Contains Tree Nuts (Coconut Oil Powder).

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