

# LIQUID HOPE PEPTIDE

In an effort to optimize our formulas and continue to provide the highest quality nourishment possible, Liquid Hope Peptide has an updated formulation. This updated formulation is currently transitioning in the market over the next 3 months.

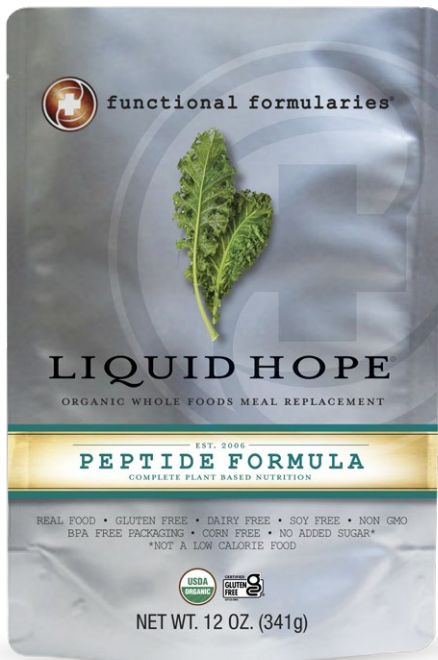
As a result, there has been a change to the iron quantity:

- **Iron** went from 7.2 mg to 6 mg per pouch

There were also slight changes in other vitamins and minerals. Please refer to the chart for more detailed information on these changes. Four pouches of Liquid Hope Peptide a day still meets or exceeds 100% of the DRI for 26 key vitamins and minerals for adults.

Our carefully chosen ingredients in Liquid Hope Peptide have stayed the same and no ingredients have been added or removed. The allergen profile remains unchanged.

Please refer to our website for more information or contact us at [questions@functionalformularies.com](mailto:questions@functionalformularies.com).



NUTRIENTS	OLD	NEW
	Long Nutritionals 12 oz Per Serving (341 g/340-355mL*)	Long Nutritionals 12 oz Per Serving (341 g/340-355mL*)
Caloric Density, kcal/mL	1.41	1.41
Calories	500	500
Protein, % kcal	21	20
Protein, g	25	25
Carbohydrate, % kcal	24	28
Carbohydrate, g	39	39
Fat, % kcal	55	52
Fat, g	29	29
Dietary Fiber, g	11	11
Soluble Fiber, g	4	7
Insoluble Fiber, g	7	4
Osmolality mOsm/kg H2O	460	457
Water, g/mL/cc	240	253
<b>VITAMINS</b>		
Vitamin A, RAEs (mixed carotenoids) mcg	259	518
Vitamin B1 - Thiamin, mg	0.39	0.41
Vitamin B2 - Riboflavin, mg	0.43	0.46
Vitamin B3 - Niacin, mg	6.34	6.8
Vitamin B5 - Pantothenic Acid, mg	1.66	1.8
Vitamin B6 - Pyridoxine, mg	0.57	0.61
Vitamin B12 - Cobalamin, mcg	1.5	1.65
Vitamin C, mg	153	90
Vitamin D, IU	200	200
Vitamin E - Mixed Tocopherols, IU	6	5.9
Folate, mcg	111	111
Vitamin K, mcg	41.8	35
Biotin, mcg	65	72
Choline, mg	147.3	148
<b>MINERALS</b>		
Calcium, mg	350	350
Chromium, mcg	10	10.7
Copper, mg	0.36	0.33
Iodine, mcg	52	57.3
Iron, mg	7.2	6
Manganese, mg	1.2	1.2
Magnesium, mg	157.4	157
Phosphorus, mg	226.4	224
Potassium, mg	1060	1060
Selenium, mcg	17.4	19
Sodium, mg	540	540
Zinc, mg	4	4.2
<b>POLYUNSATURATED FAT</b>		
Omega-3 Fatty Acid, g	7	7
Omega-6 Fatty Acid, g	2.56	2.6

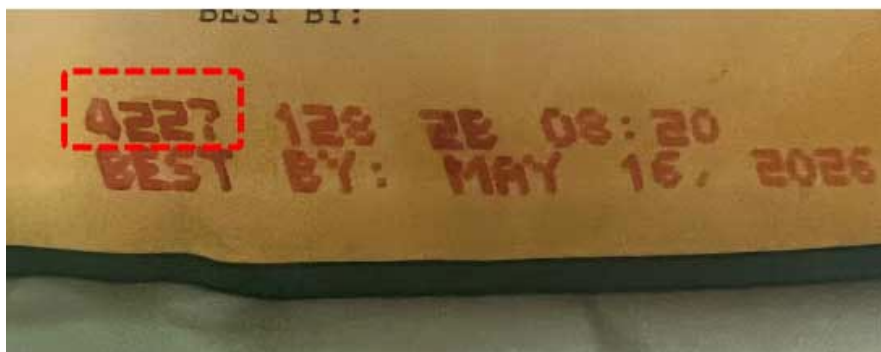
\*mL range is give due to the volume being effected by viscosity, altitude and temperature. For the most accurate measurments please use the grams listed. All nutritional information contained herein is calculated using a 341/per pouch gram weight measurement.

## LOT CODE IDENTIFICATION

To indicate whether you received the OLD or NEW formulation, please refer to the LOT code on the back of the pouch:

- If the LOT code on your pouch is **below 4227**, you have received the **OLD formulation**.
- If the LOT code on your pouch is **4227 or higher** you have received the **NEW formulation**.

\*LOT codes can be found on the back of the pouch near the bottom. The highlighted 4 numbers indicate your LOT code.



**functional formularies®**  
— LET FOOD BE THY MEDICINE® —

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