

LIQUID HOPE

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

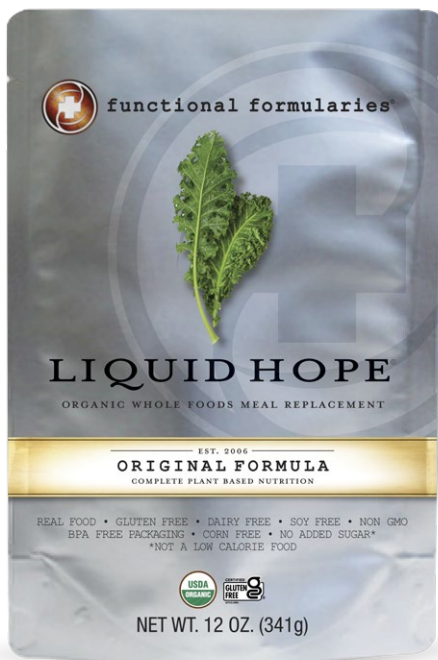
As a result, there have been changes to both the macro and micronutrients:

- **Fat** went from 20 g to 24 g
- **Sodium** went from 380 mg to 500 mg
- **Carbohydrates** went from 49 g to 34 g
- **Fiber** went from 9 g to 8 g
- **Iron** went from 8.2 mg to 6.4 mg

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 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 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.



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	1.3	1.27
Calories	450	450
Protein, % kcal	20	20
Protein, g	23	23
Carbohydrate, % kcal	40	30
Carbohydrate, g	49	34
Fat, % kcal	40	48
Fat, g	20	24
Dietary Fiber, g	9	8
Soluble Fiber, g	2	5
Insoluble Fiber, g	7	3
Osmolality mOsm/kg H2O	482	457
Water, g/mL/cc	243	253
VITAMINS		
Vitamin A, RAEs (mixed carotenoids) mcg	344	594
Vitamin B1 - Thiamin, mg	0.41	0.4
Vitamin B2 - Riboflavin, mg	0.43	0.51
Vitamin B3 - Niacin, mg	5.37	7.3
Vitamin B5 - Pantothenic Acid, mg	1.25	1.9
Vitamin B6 - Pyridoxine, mg	0.59	0.63
Vitamin B12 - Cobalamin, mcg	1.5	1.65
Vitamin C, mg	114.75	89.8
Vitamin D, IU	150	150
Vitamin E - Mixed Tocopherols, IU	13.1	5.4
Folate, mcg	118.7	168
Vitamin K, mcg	47.2	38
Biotin, mcg	66.38	72
Choline, mg	122	154
MINERALS		
Calcium, mg	250	250
Chromium, mcg	22.8	9.2
Copper, mg	0.3	0.4
Iodine, mcg	53	57.3
Iron, mg	8.2	6.4
Manganese, mg	1.34	1.3
Magnesium, mg	120	155
Phosphorus, mg	219.2	228
Potassium, mg	960	960
Selenium, mcg	17	19
Sodium, mg	380	500
Zinc, mg	3.6	4.2
POLYUNSATURATED FAT		
Omega-3 Fatty Acid, g	9.51	11.1
Omega-6 Fatty Acid, g	3.67	4.3

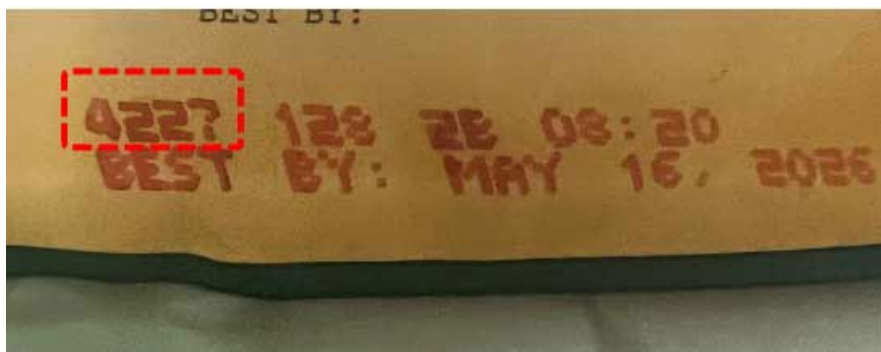
*mL range is give due to the volume being effected by viscosity, altitude and temperature. For the most accurate measurments please use the grams listed. All nutritional information contained herein is calculated using a 341/per pouch gram weight measurement.

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® —

937-433-4673 (HOPE)
questions@functionalformularies.com
functionalformularies.com

9277 Centre Pointe Drive • Suite 220 • West Chester, OH 45069