

# Vital Scoop™ All-In-One Energy Shake Mix

by Edward Bauman, M.Ed., Ph.D.

The *Vital Scoop™* came into being in response to the requests of my clients who wanted a product that would allow them to get great nutrition without having to take a shelf full of supplements in the form of pills, powders and liquids. This great tasting blend also provides complex carbohydrates, vitamins, minerals, trace elements, enzymes and friendly flora.

Having created the *Eating For Health™* model of whole food nutrition, I know that health will always be improved when a meal includes a blend of digestible proteins, fats, carbohydrates, vitamins, minerals, trace elements, enzymes, and friendly flora. The *Vital Scoop™* provides all of these. I wanted to create a formula that would have the most nutritional bang for the buck and would be loved by children and adults when blended with their favorite beverages. Other products on the market offer either protein, greens, fiber or fruits, but not all of these in one balanced formula.

I am very proud to offer a wholesome, natural food that is quick, easy and versatile. It is an additive-, preservative-, and chemical-free product with the educational information of the *Eating For Health™* model and *Vital Scoop™ Recipes* to support its use. I plan to use this in school and community



programs to demonstrate its value in helping reverse childhood obesity, diabetes and other chronic illnesses. Feedback on the use of the *Vital Scoop™* is most welcome. Your cells will thank you for getting "the scoop" on improved nutrition and well-being.

## Vital Scoop™ Benefits\* Include:

- ▶ Provides energy for optimal performance without caffeine or stimulants
- ▶ 45% protein, low calorie
- ▶ Healthy fats and carbohydrates
- ▶ Promotes safe, gentle detoxification
- ▶ Contains key phytonutrients and antioxidants
- ▶ Supports natural hormone balance
- ▶ Promotes optimal cell metabolism
- ▶ Supports growth and repair of body tissues



## Vital Scoop™ All-In-One Energy Shake Mix—CONTINUED

### Outstanding Health Beverage Mix and Meal Replacement

As healthy beverages continue to gain in popularity, and individuals and families seek high quality meal replacements for fast-moving lifestyles, the sales of smoothies, not surprisingly, have increased 80% since 2002, and have now become part of the American landscape, according to the industry analysis company Mintel. Smoothies are quick, nutritious and portable alternatives to soda and fatty milkshakes. In a recent survey, more than half of 18 to 34 year-olds had had a smoothie in the past month ([www.NaturalNews.com](http://www.NaturalNews.com)).

The healthiest smoothie you can drink is one you blend for yourself in a base of 8 oz. of water, diluted fresh juice, coconut milk or other natural beverage, adding 1/2 cup of fresh seasonal fruit and a scoop of *Vital Scoop™ All-In-One Energy Shake Mix* which consists of:

- ▶ 55% whey protein
- ▶ 30% Bauman Green Food blend
- ▶ 10% golden flax seed (rich in Omega-3 fats, fiber and lignans)
- ▶ 5% antioxidant-rich fruit extracts

### The Anti-Aging Power of Vital Scoop™

Which ingredients and mechanisms give *Vital Scoop™* its anti-aging power? One of the most well-known strategies for slowing the aging process is keeping oxidation under control with antioxidant nutrients. A relatively new way to measure an antioxidant's "muscle" is to calculate the antioxidant's *oxygen radical absorbance capacity* (ORAC). How much ORAC do we need? According to researchers Dr. Ronald Prior and Dr. Guahau Cao, we need about 3,000 to 5,000 ORAC units daily, while most Americans are only getting about 1200 units. It's exciting to know that one serving (17 grams) of

*Vital Scoop™* provides approximately 2,000 ORAC units, thereby greatly enhancing our antioxidant status. All of the following *Vital Scoop™* ingredients play a role in this antioxidant campaign and contribute to this ORAC clout:

- ▶ Spirulina
- ▶ Kamut grass juice powder
- ▶ Wheat grass juice powder
- ▶ Barley grass juice powder
- ▶ Chlorella
- ▶ Wheat sprouts
- ▶ Kelp
- ▶ Dulse
- ▶ Alfalfa juice powder
- ▶ Acai powder
- ▶ Green tea leaf extract
- ▶ Blueberry fruit extract
- ▶ Wolfberry fruit extract
- ▶ Grape seed and skin extract
- ▶ Prune leaf extract
- ▶ Raspberry fruit extract

### Whey Protein and Golden Flax Seed

To complete the anti-aging potential of *Vital Scoop™*, virtually all of the ingredients could arguably contribute to better overall functioning of the aging body, but two particular ingredients – whey protein and golden flax seed – should not escape mention. The high digestibility and excellent biological value of the whey protein (*Ultra Whey-Pro* brand) assure optimal organ and tissue repair along with improved detoxification. The rich Omega-3 fats in the flax provide a myriad of benefits for our body systems including cardiovascular and nervous system, cell membranes, endocrine and immune systems.



### Vital Scoop™ Ingredients

The *Vital Scoop*™ is a foundational food powder that is comprehensive, convenient, versatile, balancing and sustaining for young and old, those in recovery or seeking optimal health and vitality. Customer satisfaction has been excellent. Reorders are consistent as this product tastes good and provides a reliable response. The price point is indicative of the quality of ingredients and "All-In-One" nature of the formulation, which is a huge selling point.

- ▶ **Grass fed, low heat extraction, bovine whey protein isolate:** complete amino acid protein source, very low in casein and lactose, highly absorbable
- ▶ **Non GMO Soya Lecithin:** protective and restorative to brain, nerve and liver
- ▶ **Hawaiian Spirulina (Pacifica):** rich source of DHA (Omega-3 fatty acid), amino acids, vitamins, minerals and trace elements
- ▶ **Rice kernel membrane powder:** gut restorative, cancer protective
- ▶ **Apple fiber:** important soluble fiber to bind and clear environmental toxins and metabolic waste
- ▶ **Flax seed meal:** soluble and insoluble fiber, cancer protective, lowers inflammation, lowers LDL cholesterol, binds bile and metabolic waste
- ▶ **Kamut grass juice powder:** rich source of chlorophyll, beta carotene, blood builder
- ▶ **Wheat grass powder:** rich source of chlorophyll, beta carotene, blood builder
- ▶ **Barley grass juice powder:** rich source of chlorophyll, beta carotene, blood builder
- ▶ **Jerusalem artichoke powder:** prebiotic improves cultivation of friendly flora in the gut
- ▶ **Chlorella:** premier detoxification compound for heavy metals such as mercury, aluminum, lead, cadmium and radioactive elements
- ▶ **Wheat sprouts:** supports the body's production of SOD/catalase, antioxidant enzymes in the liver and cells
- ▶ **Apple pectin:** soluble fiber that draws out cell toxins and protects against the re-absorption of pollutants into the blood; improves blood sugar regulation

<b>Supplement Facts</b>		
Serving Size : 17g (one level scoop)		
Servings per Container: 15		
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Amount Per Serving		
Calories: 70	Calories from fat: 20	
		%DV*
Total Fat	2g	3%
Saturated Fat	.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	35mg	1%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	3%
Sugars	0g	
Protein	8g	
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Vit. A 0%	Vit. C 0%	Calcium 4% Iron 6%
*Percent Daily Value are based on a 2000 calorie diet		

**Directions:** Add one scoop of powder to 8 oz. of fresh juice, coconut water, or other beverage, add 1/2 cup of fresh fruit and blend.

**Ingredients:** whey protein, lecithin, rice kernel membrane powder, apple fiber, **golden flaxseed meal**, **Bauman Green Blend** (Hawaiian spirulina, kamut grass juice powder, wheat grass juice powder, barley grass juice powder, broken cell wall chlorella, S.O.D./catalase from wheat sprouts, Icelandic kelp, Nova Scotia dulse, alfalfa powder), Jerusalem artichoke powder, apple pectin, natural vanilla, royal jelly, **Bauman Fruit Blend** (acai powder, blueberry extract, goji berry extract, grape seed extract, prune extract, raspberry extract), green tea extract, ionic trace mineral powder, fructo-oligo saccharide (a natural prebiotic), aloe vera extract 200x, co-enzyme Q10, bifidobacterium and lactobacillus acidophilus (lactose free), glutamine.



## Vital Scoop™ All-In-One Energy Shake Mix—CONTINUED

- ▶ **Kelp:** seaweed rich in trace elements
- ▶ **Nova Scotia Dulse:** seaweed rich in trace elements
- ▶ **Natural vanilla flavor:** pleasant taste, no added sweeteners such as fructose, Stevia or Xylitol
- ▶ **Royal jelly:** supports adrenal function, enhances energy production, helps body adapt to stress
- ▶ **Alfalfa powder:** excellent source of chlorophyll, vitamins and minerals
- ▶ **Acai (9:1) powder:** excellent antioxidant, vitamin C and bioflavonoid
- ▶ **Green tea extract leaf:** excellent antioxidant, vitamin C and bioflavonoid
- ▶ **Blueberry extract fruit:** excellent antioxidant, vitamin C and bioflavonoid
- ▶ **Wolfberry extract fruit:** excellent antioxidant, vitamin C and bioflavonoid
- ▶ **Grape Seed Extract skin:** protects vascular system from oxidative stress
- ▶ **Trace Mineral complex (70+):** ionic trace minerals to improve the body's uptake of macro and micronutrients
- ▶ **Prune Extract leaf:** soluble fiber and source of minerals, especially magnesium
- ▶ **Fructo-oligo saccharide:** a natural prebiotic, improves the flora culture of the gut
- ▶ **Raspberry extract fruit:** excellent antioxidant, vitamin C and bioflavonoid
- ▶ **Aloe Vera Extract 200x:** quenches inflammation, supports cell and tissue regeneration
- ▶ **Co Enzymes Q10:** intracellular enzyme, protects the heart and vascular system, improves Krebs cycle energy production
- ▶ **Bifidobacterium Powder (lactose free):** provides friendly flora
- ▶ **L-Acidophilus (lactose free):** provides friendly flora

### Vital Scoop™ Is Now Available In 3 Convenient Sizes:

- 9 ounce jar \$25.95
- 18 ounce jar \$42.95
- 4 lb. bulk container \$114.95

To order *Vital Scoop™* (retail or wholesale), please contact:

**BAUMAN COLLEGE**, P.O. Box 940, Penngrove, CA 94951

PHONE: 1-800-987-7530 • EMAIL: [orders@BaumanCollege.org](mailto:orders@BaumanCollege.org)



To request information about *Vital Scoop™* or Nutrition Consultation services, please contact:

**BAUMAN NUTRITION** (a division of Bauman College)

PHONE: 800-987-7530 • EMAIL: [orders@BaumanCollege.org](mailto:orders@BaumanCollege.org)



## Vital Scoop™ Testimonials

*"Vital Scoop™ has become a vital product in my private practice. As one of the best tasting food supplements I've found, it has become indispensable for getting my clients to eat adequate amounts of protein at breakfast, and sometimes for snacks. Recently, however, Vital Scoop™ has shown itself to be potentially far more health-enhancing than I imagined.*

*"A client who is seeing me on behalf of her husband who has aggressive metastasized prostate cancer, called me on their way home from USC Medical Center. She excitedly explained that her junk-food-loving husband had agreed to one change in his diet: Vital Scoop™ smoothies, which he'd been having each morning for three weeks. His white blood cell count, which had been extremely low since his diagnosis in February, had just been tested and had returned to normal.*

*"The nurse who discussed the results with them said that his blood was 'so clean [she] could sell it on the streets! Their doctor, despite the controversy that exists surrounding the use of antioxidants during chemotherapy, agreed to let his patient continue his use of Vital Scoop™ while he undergoes his treatments. His wife told me that this is the first time since his diagnosis that he has felt hopeful."*

Jodi Friedlander, M.S., N.C.

*"Vital Scoop™ provides a quality meal or snack that helps balance blood sugar and promote healing. It's quick and easy to use, making it a 'no brainer' ... great for travel too!"*

R.N., Morgan Hill, CA

*"I am not good about eating my vegetables, so I need a green product. I like Vital Scoop™ because it not only gives me all the green food I want, but also includes protein and fiber, taking care of everything I desire in one easy-to-use product."*

C.P., Santa Rosa, CA

*"Vital Scoop™ is my favorite protein supplement because it tastes good, is easy to stir into liquid, and it has fruit nutrients which I am unable to get in my regular diet, since I cannot eat fruit"*

A.C., Rohnert Park, CA

*"Vital Scoop™ is a revolution in how foods can heal in a supplement form without leaning on the unnecessary use of herbs and strong nutraceuticals. I recommend it to all my friends and family."*

D.T., Santa Rosa, CA

**These statements have not been evaluated by the FDA.  
This product is not intended to diagnose, treat, cure, or prevent any disease.**





## Vital Scoop Frequently Asked Questions and Focus on Prime Ingredients

**Q.** What is the special value of **whey** as a protein source?

**A.** The whey in Vital Scoop is very low in lactose, high in branch-chained aminos and the protein has a very high biological value (excellent amino acid profile and well absorbed), supporting detoxification and immunity.

**Q.** What are the unique qualities of golden **flaxseed** meal?

**A.** This excellent flax is an important source of polyunsaturated fatty acids (Omega-3 and Omega-6), magnesium, zinc, dietary fiber, mucilage, phytosterols and lignans

**Q.** What are the benefits of the Bauman **Green Blend**?

**A.** The chlorophyll-rich alkalizing green foods in this blend offer an array of vitamins, minerals, trace elements, beta-carotenes, blood builders, anti-oxidants, and nutrients for detoxification and immunity.

**Q.** Why does Vital Scoop include the Bauman **Fruit Blend**?

**A.** The fruit blend supplies a significant quantity of anti-oxidant compounds, vitamin C, and bioflavonoids, resulting in a high ORAC status (i.e., overall anti-oxidant potential).

**Q.** Is the **whey** protein in Vital Scoop low heat extracted?

**A.** Yes, the whey protein is low heat extracted and is also rich in immunoglobulins.

**Q.** What **distinguishes** Vital Scoop from other less-expensive whey products?

**A.** Vital Scoop is not a simple whey product, but an Eating for Health™ blend, which contains 32 PREMIUM SYNERGISTIC ingredients.

**Q.** Is Vital Scoop a strong stimulant blend?

**A.** Vital Scoop is a **balancing** formula, not rocket fuel.

**Q.** Why should natural product buyers purchase this product instead of some other product or combination of products?

**A.** Vital Scoop is a **foundational food powder** that is comprehensive, convenient, versatile, balancing and sustaining for young and old, those in recovery or seeking optimal health and vitality. Its all-in-one formulation nourishes multiple body systems using premium ingredients and is very tasty.