



## Absolute Soy Protein™

Absolute Soy Protein™ is a blend of organic fermented soy protein and non-GMO soy protein isolate. In addition to the benefits of protein, Absolute Soy Protein™ also offers other health benefits such as:

- Lower cholesterol levels
- Preservation of bone mass
- Alleviation of menopausal symptoms
- Balancing of hormone levels

**Ingredients:** Soy Protein Isolate, Organic Fermented Soy, Natural Flavour, Bromelain, Stevia Leaf.

**Suggested Use:** Mix 1 scoop (30g) of Absolute Soy Protein™ with 250mL of fruit juice or water. May be consumed 1 to 3 times daily.

Available in a 600g – Chocolate, Vanilla and Natural

Supplement Facts	
Serving Size 1 scoop (30g)	
Amount Per Serving	% Daily Value
Calories 120	
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Potassium 80mg	2%
Carbohydrate 1g	0%
Dietary Fibre 0g	0%
Sugars 1g	
Protein 24g	

*Nutrition information may vary per flavour.*



## Absolute Rice Protein™

Absolute Rice Protein™ is an excellent source of vegan, hypo-allergenic protein. Using non-GMO sprouted brown rice, Absolute Rice Protein™ has an amino acid profile that is approximately 98% equivalent to mother's milk and approximately 97% similar to Whey protein with their added benefits.

- Non GMO brown rice protein
- Dairy and lactose free
- 100% Vegan
- Hypo-Allergenic

**Ingredients:** Brown Rice Protein Concentrate, Natural Flavour, Stevia Leaf Extract, Bromelain.

**Suggested Use:** Mix 1 scoop (30g) of Absolute Rice Protein™ with 250mL of fruit juice or water. May be consumed 1 to 3 times daily.

Available in a 600g – Vanilla

Supplement Facts	
Serving Size 1 scoop (30g)	
Amount Per Serving	% Daily Value
Calories 110	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	21%
Sodium 15mg	1%
Potassium 15mg	0%
Carbohydrate 4g	1%
Dietary Fibre 2g	8%
Sugars 1g	
Protein 23g	

*Nutrition information may vary per flavour.*



## Absolute Greens™

Absolute Greens™ is easily the most comprehensive natural whole food and functional supplement on the market today. It is formulated with the perfect balance of over 70 nutrient-rich whole foods and naturally sourced ingredients around the world. One serving of Absolute Greens™ is designed to provide properly grown, nutritionally dense fresh vegetables, green foods and fruits — just as nature intended them to be.

**Ingredients:** Natural Berry flavour, Stevia Leaf Extract.

**Suggested Use:** Mix one scoop (35g) of Absolute Greens™ with 250mL of fruit juice or water. Stir and enjoy! Once or twice daily. Keep Absolute Greens™ refrigerated after opening.

Available in a 255g – Natural Berry Flavour and 360 Veggie Capsules

Supplement Facts	
Serving Size 1 scoop (8.5g)	
Amount Per Serving	% Daily Value
Calories 40	
Total Fat 1.5g	2%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Sodium 50mg	2%
Carbohydrate 5.5g	2%
Dietary Fibre 1g	4%
Sugars 0g	
Protein 1g	

*Nutrition information may vary per flavour.*

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InterACTIVE Nutrition is the leader in blending top quality premium ingredients into the purest and cleanest sport supplements on the market



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# Absolute Series™

Absolutely Pure  
Absolutely Clean  
Absolutely No Artificial  
Ingredients



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**Vanda Hadarean**

OLYMPIC SILVER MEDALIST – GYMNASTICS

- 3 times Ms Fitness World
- 5 times Ms Fitness Canada

Photographer: Paul Buceta

# Absolute Series™

Made with  
**100% Natural Ingredients**



Unfortunately, artificial sweeteners and flavours, genetically modified ingredients and hidden pesticides have become so common in the foods we consume that it seems more difficult than ever to make healthy choices. Are there options for people seeking natural cleaner alternatives? Absolutely!

## “Absolutely No Artificial Sweeteners, Flavours, Colours or Preservatives”

InterACTIVE Nutrition's **Absolute Series™** is made entirely of 100% natural ingredients. Each formula provides an excellent source of dietary protein without artificial preservatives, sweeteners or flavours. Better still, all the raw materials in the **Absolute Series™** are derived from non-genetically modified sources that are screened for both pesticides and herbicides. All sources of protein in the **Absolute Series™** are manufactured using a low temperature process preserving the high quality as well as preventing denaturing and damaging to the amino acids. The **Absolute Series™** offers two very important qualities that are difficult to find in a protein supplement; excellent quality protein and absolutely no artificial components. All of these supplements are highly soluble, mix easily and can be blended into a high protein shake or delicious smoothie. Try adding to your favourite cookie, muffin or pancake recipes to boost the overall nutritional value and protein content.



### Absolute Isolate™

The protein in **Absolute Isolate™** is derived entirely from 100% Cross Flow Microfiltered Whey Protein Isolate. In addition to being an excellent source of dietary protein, this form of Whey Protein Isolate benefits include:

- Unsurpassed quality protein
- Less than 2g carbohydrates
- 25g protein per serving
- Fat and cholesterol free
- Low in Lactose
- No artificial sweeteners, flavours, colours or preservatives

**Ingredients:** Whey Protein Isolate, Enzyme Blend (Protease I, Protease II, Lactase, Amylase), Stevia Leaf, Natural Flavour.

**Suggested Use:** Mix 1 scoop (30g) of Absolute Isolate Protein™ with 250mL of milk, water or juice. May be consumed 1 to 3 times daily.

Available in 340g and 910g – Chocolate, Vanilla and Natural

Supplement Facts	
Serving Size 1 scoop (30g)	
Amount Per Serving	% Daily Value
Calories 110	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Potassium 140mg	4%
Carbohydrate 1g	0%
Dietary Fibre 0g	0%
Sugars 0g	
Protein 26g	

Nutrition information may vary per flavour.



### Absolute Whey Protein™

**Absolute Whey Protein™** is ideal for anyone with an active lifestyle as the protein requirements provide the following benefits:

- Boost the immune system
- Rebuild and repair muscle tissue
- 23g protein per serving
- Deliver essential amino acids
- Unsurpassed quality protein
- Naturally sweetened with Stevia

**Ingredients:** Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Enzyme Blend (Protease I, Protease II, Lactase, Amylase), Natural Flavour, Stevia Leaf.

**Suggested Use:** Mix 1 scoop (30g) of Absolute Whey™ with 250mL of milk, water or juice. May be consumed 1 to 3 times daily.

Available in 400g and 910g – Chocolate, Vanilla and Natural

Supplement Facts	
Serving Size 1 scoop (30g)	
Amount Per Serving	% Daily Value
Calories 110	
Total Fat 1.5g	3%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 40mg	2%
Potassium 230mg	7%
Carbohydrate 2g	1%
Dietary Fibre 0g	0%
Sugars 2g	
Protein 23g	

Nutrition information may vary per flavour.



### Absolute Vegetarian Protein™

**Absolute Vegetarian Protein™** is made exclusively for anyone who is interested in the unique benefits of a pure, clean, 100% all natural, multi-vegetarian protein formula with no artificial ingredients.

For those who are Vegan or lactose intolerant and wish to add extra protein to their diet, **Absolute Vegetarian Protein™** will provide you with:

- 25g protein per serving
- NO animal by-products
- NO Genetically Modified Organisms (GMO)
- NO carbohydrates

**Ingredients:** Soy Protein Isolate, Pea Protein Isolate, Brown Rice Protein Concentrate, Natural Flavour, Bromelain, Stevia Leaf.

**Suggested Use:** Mix 1 scoop (30g) of Absolute Vegetarian Protein™ with 250mL of fruit juice or water. Consume 1 to 3 servings daily.

Available in a 600g – Chocolate, Vanilla and Natural

Supplement Facts	
Serving Size 1 scoop (30g)	
Amount Per Serving	% Daily Value
Calories 110	
Total Fat 1g	2%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Potassium 210mg	6%
Carbohydrate 0g	0%
Dietary Fibre 0g	0%
Sugars 0g	
Protein 25g	

Nutrition information may vary per flavour.