

Nutrimeal™

A perfectly nutritious meal replacement shake

THE BENEFITS OF FIBER AND PROTEIN

Diets high in soluble and insoluble fiber are generally rich in essential nutrients. Fiber is important for maintaining digestive health. When regularly eaten as part of a diet low in saturated fat and cholesterol, soluble fiber has been shown to help support healthy cholesterol levels, provided they are healthy to begin with.*

Twenty-five grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Dutch Chocolate and Wild Strawberry **Nutrimeal** provides 15 grams of soy, whey, and other proteins. A serving of French Vanilla **Nutrimeal** provides 15 grams of soy protein. Soy protein is a complete protein, containing all of the essential amino acids in a highly digestible form. Whey protein, which is also easily digestible, is an excellent source of amino acids essential for building a healthy body.*

DUTCH CHOCOLATE & WILD STRAWBERRY NUTRIMEAL™

The protein blend in Dutch Chocolate and Wild Strawberry **Nutrimeal** provides the benefits of soy and whey, plus additional protein sources, such as pea protein isolate and rice protein concentrate, to provide balanced amino acids to the body. These flavors also contain ingredients known for their fiber content, and they are perfect for those who are avoiding gluten.†



FRENCH VANILLA NUTRIMEAL™

This gluten-free† meal replacement is formulated with 100 percent soy protein for those who prefer non-animal proteins or who are lactose or gluten intolerant. Soy protein provides a nice balance of amino acids, which are required by the human body.



From the Lab

A 12-week study conducted by the University of Colorado Denver produced significant weight loss, improvements in glycemic control, and reductions in risk factors for heart disease in 60 overweight individuals with metabolic syndrome when placed on a low-glycemic diet that included Nutrimeal™, as well as moderate exercise. Results were published in the August 2009 issue of *Obesity and Weight Management*.

†For our customers sensitive to gluten: No gluten containing ingredients are used in this product. However, Nutrimeal is produced in a facility that manufactures other foods that do contain gluten.

*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.

Dutch Chocolate Nutrimeal™

ITEM #210

Directions: For a rich, creamy shake, combine 3 scoops with 10–12 ounces of cold water to taste. Thoroughly mix in a blender or BlenderBottle® for 45 seconds. It's perfect for replacing one or more meals a day!

Nutrition Facts

Serving Size 3 scoops (60 g)		Servings per Container 9	
Amount Per Serving			
Calories		240	
Calories from Fat		65	
% Daily Value*			
Total Fat 7g		11%	
Saturated Fat 1g		5%	
<i>Trans Fat</i> 0g			
Cholesterol 0mg		0%	
Sodium 410mg		17%	
Potassium 600mg		17%	
Total Carbohydrate 32g		11%	
Dietary Fiber 8g		32%	
Soluble Fiber 3g			
Insoluble Fiber 5g			
Sugars 18g			
Protein 15g		30%	
Vitamin A	15%	Vitamin C	15%
Calcium	35%	Iron	40%
Vitamin D	25%	Vitamin E	15%
Thiamin	20%	Riboflavin	25%
Niacin	15%	Vitamin B6	20%
Folate	15%	Vitamin B12	10%
Phosphorus	30%	Iodine	25%
Magnesium	25%	Zinc	25%
Copper	15%	Molybdenum	10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
Calories:		2,000	2,500
Total fat	Less than	65g	80g
Sat. fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,600mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		20g	65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Pea Protein), Fructose, Sunflower Oil, Maltodextrin, Cocoa, Soy Fiber, Cane Fiber, Natural Flavors, Gum Arabic, Oligofructose, Prune Powder (Prune, Calcium Stearate), Sodium Caseinate (A Milk Derivative), Cellulose Gum, Salt, Potassium Phosphate, Xanthan Gum, Inulin, Soy Lecithin, Calcium Carbonate, Magnesium Oxide, Ascorbic Acid (Vitamin C), Ferrus Fumarate (Iron), Zinc Gluconate, Nicotinamide (Niacin), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Potassium Iodide, Thiamin Hydrochloride (Vitamin B1), Cyanocobalamin (Vitamin B12), D-Alpha Tocopheryl Acetate (Vitamin E), Vitamin A Palmitate, Cholecalciferol (Vitamin D). **Contains:** soybean and milk.

Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, and shellfish.
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