

Nutrimeal™

A perfectly nutritious meal-replacement shake

Health Basics

- High in fiber
- 15 grams of protein
- Low in saturated fat
- Low glycemic

Did You Know?

- **Nutrimeal** has a low glycemic index to help reduce carbohydrate cravings and provide sustained energy and greater satiety throughout the day.*

***Nutrimeal™** meal-replacement drink mix is a low-glycemic, balanced meal-replacement drink that includes quality proteins, carbohydrates, dietary fiber, and many micronutrients.*

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.^{1*}

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.² 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 and 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.*

References

1. Van Horn L. Circulation 1997;95(12):2701-4.
2. Henkel J. FDA Consumer (www.fda.gov/fdac/features/2000/300_soy.html) May-June 2000.

*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.



ITEM# 212

Wild Strawberry Nutrimeal™

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

Nutrition Facts			
Serving Size 3 scoops (60g)			
Servings per Container 9			
Amount Per Serving			
Calories 240			
Calories from Fat 70			
		% Daily Value*	
Total Fat 7g			11%
Saturated Fat 1g			5%
<i>Trans Fat 0g</i>			
Cholesterol 0mg			0%
Sodium 410mg			17%
Potassium 500mg			14%
Total Carbohydrate 32g			11%
Dietary Fiber 8g			32%
Soluble Fiber 3g			
Insoluble Fiber 5g			
Sugars 17g			
Protein 15g			30%
Vitamin A	15%	• Vitamin C	25%
Calcium	25%	• Iron	15%
Vitamin D	35%	• Vitamin E	20%
Thiamin	30%	• Riboflavin	35%
Niacin	20%	• Vitamin B6	30%
Folate	20%	• Vitamin B12	10%
Phosphorus	40%	• Iodine	35%
Magnesium	25%	• Zinc	20%
Copper	25%	• Manganese	20%
Molybdenum	25%		
* 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	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Ingredients: Protein Blend [Soy Protein Isolate, Whey Protein Isolate, Pea Protein Isolate, Rice Protein Concentrate], Fructose, Sunflower Oil, Maltodextrin, Soy Fiber, Oat Fiber, Cane Fiber, Gum Arabic, Oligofructose, Potassium Phosphate, Natural and Artificial Flavors, Magnesium Citrate, Prune Powder (Prune, Calcium Stearate), Calcium Phosphate, Beet Juice (Color), Sodium Caseinate (a milk derivative), Cellulose Gum, Salt, Xanthan Gum, Inulin, Soy Lecithin, Tocopherols (to protect flavor), Silicon Dioxide, Wheat Bran, Ascorbic Acid (Vitamin C), Zinc Gluconate, D-Alpha Tocopheryl Acetate (Vitamin E), Potassium Iodide, Niacinamide (Niacin), Vitamin A Palmitate, Copper Gluconate, Molybdenum Citrate, Ferrus Fumarate, Cholecalciferol (Vitamin D), Manganese Citrate, Pyridoxine Hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12), Folic Acid, Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1).

Contains: soybean, milk, wheat.
Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, and shellfish.



ITEM# 210

Dutch Chocolate Nutrimeal™

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

Nutrition Facts			
Serving Size 3 scoops (61 g)			
Servings per Container 9			
Amount Per Serving			
Calories 230			
Calories from Fat 70			
		% Daily Value*	
Total Fat 7g			11%
Saturated Fat 1g			5%
<i>Trans Fat 0g</i>			
Cholesterol 0mg			0%
Sodium 400mg			17%
Potassium 590mg			17%
Total Carbohydrate 32g			11%
Dietary Fiber 8g			32%
Soluble Fiber 3g			
Insoluble Fiber 5g			
Sugars 17g			
Protein 15g			30%
Vitamin A	15%	• Vitamin C	25%
Calcium	25%	• Iron	20%
Vitamin D	35%	• Vitamin E	20%
Thiamin	30%	• Riboflavin	35%
Niacin	20%	• Vitamin B6	30%
Folate	20%	• Vitamin B12	10%
Phosphorus	40%	• Iodine	30%
Magnesium	25%	• Zinc	20%
Copper	20%	• Manganese	20%
Molybdenum	25%		
* 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	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Ingredients: Protein Blend [Soy Protein Isolate, Whey Protein Isolate, Pea Protein Isolate, Rice Protein Concentrate], Fructose, Sunflower Oil, Natural Flavors, Maltodextrin, Soy Fiber, Oat Fiber, Gum Arabic, Cane Fiber, Oligofructose, Potassium Phosphate, Prune Powder (Prune, Calcium Stearate), Tricalcium Phosphate, Magnesium Citrate, Sodium Caseinate (a milk derivative), Cellulose Gum, Salt, Xanthan Gum, Inulin, Soy Lecithin, Tocopherols (to protect flavor), Silicon Dioxide, Wheat Bran, Ascorbic Acid (Vitamin C), Zinc Gluconate, D-Alpha Tocopheryl Acetate (Vitamin E), Niacinamide (Niacin), Potassium Iodide, Vitamin A Palmitate, Molybdenum Citrate, Cholecalciferol (Vitamin D), Manganese Citrate, Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Copper Gluconate, Cyanocobalamin (Vitamin B12), Riboflavin (Vitamin B2), Ferrus Fumarate, Thiamin Hydrochloride (Vitamin B1).

Contains: soybean, milk, wheat.
Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, and shellfish.



ITEM# 211

French Vanilla Nutrimeal™

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

Nutrition Facts			
Serving Size 3 scoops (60g)			
Servings per Container: 9			
Amount Per Serving			
Calories 240			
Calories from Fat 70			
		% Daily Value*	
Total Fat 7g			11%
Saturated Fat 1g			5%
<i>Trans Fat 0g</i>			
Cholesterol 0mg			0%
Sodium 310mg			13%
Potassium 420mg			12%
Total Carbohydrate 35g			12%
Dietary Fiber 8g			32%
Soluble Fiber 3g			
Insoluble Fiber 5g			
Sugars 18g			
Protein 15g			30%
Vitamin A	15%	• Vitamin C	25%
Calcium	25%	• Iron	15%
Vitamin D	35%	• Vitamin E	20%
Thiamin	30%	• Riboflavin	35%
Niacin	20%	• Vitamin B6	30%
Folate	20%	• Vitamin B12	10%
Phosphorus	40%	• Iodine	30%
Magnesium	20%	• Zinc	20%
Copper	25%	• Manganese	20%
Molybdenum	30%		
* 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	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Ingredients: Soy Protein Isolate, Fructose, Sunflower Oil, Maltodextrin, Soy Fiber, Cane Fiber, Natural Flavors, Oligofructose, Gum Arabic, Prune Powder (Prune, Calcium Stearate), Potassium Phosphate, Calcium Phosphate, Magnesium Citrate, Sodium Caseinate (a milk derivative), Xanthan Gum, Inulin, Cellulose Gum, Soy Lecithin, Silicon Dioxide, Tocopherols (to protect flavor), Salt, Zinc Gluconate, Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Potassium Iodide, Niacinamide (Niacin), Vitamin A Palmitate, Copper Gluconate, Ferrus Fumarate, Cholecalciferol (Vitamin D), Molybdenum Citrate, Pyridoxine Hydrochloride (Vitamin B6), Manganese Citrate, Riboflavin (Vitamin B2), Cyanocobalamin (Vitamin B12), Folic Acid, Thiamin Hydrochloride (Vitamin B1).

Contains: soybean, milk.
Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, and shellfish.
***For our customers sensitive to gluten: No gluten-containing ingredients are used in this product. However, the French Vanilla Flavor Nutrimeal is produced in a facility that manufactures other foods that do contain gluten.**