

Nutrimeal™

A perfectly nutritious meal replacement shake

THE BENEFITS OF FIBER AND PROTEIN

Diets high in soluble and insoluble fiber are 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.*

All of our **Nutrimeal** formulas are gluten free†. 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 pea protein. 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 is a complete source of all the essential amino acids which are required by the human body.



†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.

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*.

*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

Amount Per Serving		% Daily Value*	
Serving Size: 3 scoops (60 g)			
Servings Per Container: 9			
Calories		240	
Calories from Fat		65	
Amount Per Serving		% Daily Value*	
Total Fat 7 g			11%
Saturated Fat 1 g			5%
Trans Fat 0 g			
Cholesterol 0 mg			0%
Sodium 410 mg			17%
Potassium 600 mg			17%
Total Carbohydrate 32 g			11%
Dietary Fiber 8 g			32%
Soluble Fiber 3 g			
Insoluble Fiber 5 g			
Sugars 18 g			
Protein 15 g			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 65 g	80 g	
Sat. fat	Less than 20 g	25 g	
Cholesterol	Less than 300 mg	300 mg	
Sodium	Less than 2,400 mg	2,400 mg	
Potassium	Less than 3,500 mg	3,500 mg	
Total Carbohydrate	300 g	375 g	
Dietary Fiber	25 g	30 g	
Protein	50 g	65 g	
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), FERROUS FUMARATE (IRON), ZINC GLUCONATE, NIACINAMIDE (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, WHEAT, SESAME, AND SHELLFISH.

†FOR OUR CUSTOMERS SENSITIVE TO GLUTEN: NO GLUTEN CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. HOWEVER, DUTCH CHOCOLATE NUTRIMEAL IS PRODUCED IN A FACILITY THAT MANUFACTURES OTHER FOODS THAT DO CONTAIN GLUTEN.

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Wild Strawberry Nutrimeal™

ITEM #212

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 7 g	11%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 420 mg	17%
Potassium 490 mg	14%
Total Carbohydrate 33 g	11%
Dietary Fiber 8 g	32%
Soluble Fiber 4 g	
Insoluble Fiber 4 g	
Sugars 18 g	
Protein 15 g	30%
Vitamin A 15%	Vitamin C 25%
Calcium 35%	Iron 30%
Vitamin D 25%	Vitamin E 20%
Thiamin 20%	Riboflavin 25%
Niacin 15%	Vitamin B6 20%
Folate 20%	Vitamin B12 10%
Phosphorus 30%	Iodine 30%
Magnesium 20%	Zinc 25%
Copper 10%	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	65 g	80 g	
Sat. fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Potassium	Less than	3,500 mg	3,500 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	
Protein		50 g	65 g	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, PEA PROTEIN ISOLATE), FRUCTOSE, SUNFLOWER OIL, MALTODEXTRIN, SOY FIBER, GUM ARABIC, CANE FIBER, STRAWBERRY POWDER, PRUNE POWDER (PRUNE, CALCIUM STEARATE), NATURAL FLAVORS, INULIN, OLIGOFRUCTOSE, BEET JUICE (COLOR), SODIUM CASEINATE, SALT, CELLULOSE GUM, POTASSIUM PHOSPHATE, XANTHAN GUM, SOY LECITHIN, CALCIUM CARBONATE, CITRIC ACID, MAGNESIUM OXIDE, MALIC ACID, ASCORBIC ACID (VITAMIN C), FERROUS FUMARATE (IRON), ZINC GLUCONATE, NIACINAMIDE (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, WHEAT, SESAME, AND SHELLFISH.

***FOR OUR CUSTOMERS SENSITIVE TO GLUTEN:** NO GLUTEN CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. HOWEVER, WILD STRAWBERRY NUTRIMEAL IS PRODUCED IN A FACILITY THAT MANUFACTURES OTHER FOODS THAT DO CONTAIN GLUTEN.

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French Vanilla Nutrimeal™

ITEM #211

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	70
% Daily Value*	
Total Fat 7 g	11%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 310 mg	13%
Potassium 460 mg	13%
Total Carbohydrate 33 g	11%
Dietary Fiber 8 g	32%
Soluble Fiber 3 g	
Insoluble Fiber 5 g	
Sugars 18 g	
Protein 15 g	30%
Vitamin A 15%	Vitamin C 15%
Calcium 30%	Iron 30%
Vitamin D 25%	Vitamin E 15%
Thiamin 20%	Riboflavin 25%
Niacin 15%	Vitamin B6 20%
Folate 30%	Vitamin B12 10%
Phosphorus 30%	Iodine 25%
Magnesium 25%	Zinc 25%
Copper 10%	Manganese 10%
Molybdenum	20%

* 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	65 g	80 g	
Sat. fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Potassium	Less than	3,500 mg	3,500 mg	
Total Carbohydrate		300 g	375g	
Dietary Fiber		25 g	30 g	
Protein		50 g	65 g	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: SOY PROTEIN ISOLATE, CRYSTALLINE FRUCTOSE, HIGH OLEIC SUNFLOWER OIL, MALTODEXTRIN, SOY FIBER, CANE FIBER, NATURAL FLAVORS, OLIGOFRUCTOSE, GUM ARABIC, PRUNE POWDER (PRUNE, CALCIUM STEARATE), SODIUM CASEINATE (A MILK DERIVATIVE), POTASSIUM PHOSPHATE, XANTHAN GUM, INULIN, CELLULOSE GUM, SOY LECITHIN, CALCIUM CARBONATE, SALT, MAGNESIUM OXIDE, ASCORBIC ACID (VITAMIN C), FERROUS FUMARATE, ZINC GLUCONATE, NIACINAMIDE (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, WHEAT, SESAME, AND SHELLFISH.

***FOR OUR CUSTOMERS SENSITIVE TO GLUTEN:** NO GLUTEN CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. HOWEVER, FRENCH VANILLA NUTRIMEAL IS PRODUCED IN A FACILITY THAT MANUFACTURES OTHER FOODS THAT DO CONTAIN GLUTEN.

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Foods