

Chocolate Whey Nutrimeal™

Chocolate meal-replacement shake, providing 15 g of whey protein

Health Basics

- Formulated without gluten* and soy protein for special dietary needs
- 15 grams of whey protein
- Low in saturated fat
- Low glycemic

Did You Know?

- Whey protein has a high bioavailability rating, which means that more protein is absorbed by the body and used for growth and energy production.

Chocolate Whey **Nutrimeal™** is a soy-protein free alternative to the popular line of USANA® **Nutrimeal** shakes. Like the other flavours of **Nutrimeal**, it is a meal-replacement drink that is low glycemic, formulated without gluten,* and made from all-natural ingredients.

The Benefits of Whey

Protein is key to building a healthy body, and USANA's Chocolate Whey **Nutrimeal** is a delicious way to get 15 grams of protein every day. USANA developed Chocolate Whey **Nutrimeal** for those who have soy or gluten sensitivity* and for athletes who often prefer to use whey as a protein source. It offers a healthy blend of essential fatty acids, whey protein, and good carbohydrates. Also, since it is low glycemic, Chocolate Whey **Nutrimeal** is formulated for sustained energy to keep you satisfied longer. With the added bonus of a delectable chocolate taste, this healthy option is not only convenient, it's a tasty treat as well.



ITEM# 202

NUTRITION FACTS / VALEUR NUTRITIVE	
Per 61 g (3 scoops) / par 61 g (3 mesures)	
Amount / Teneur	% Daily Value / % Valeur quotidienne
Calories 250	
Fat / Lipides 7 g	11%
Saturated / saturés 1.5 g	8%
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 1 g	
Omega-6 / oméga-6 0.8 g	
Omega-3 / oméga-3 0.1 g	
Monounsaturated / monoinsaturés 4.5 g	
Cholesterol / Cholestérol 10 mg	3%
Sodium 250 mg	10%
Potassium 620 mg	18%
Carbohydrate / Glucides 33 g	11%
Dietary Fibre / fibres 2 g	8%
Sugars / sucres 20 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	35%
Vitamin C / Vitamine C	30%
Calcium	35%
Iron / Fer	30%
Vitamin D / Vitamine D	40%
Vitamin E / Vitamine E	35%
Thiamine	30%
Riboflavin / Riboflavine	40%
Niacin / Niacine	30%
Vitamin B6 / Vitamine B6	30%
Folate	30%
Vitamin B12 / Vitamine B12	30%
Biotin / Biotine	130%
Pantothenate / Pantothénate	20%
Phosphorus / Phosphore	35%
Iodide / Iodure	30%
Magnesium / Magnésium	30%
Zinc	40%
Selenium / Sélénium	25%
Copper / Cuivre	40%
Manganese / Manganèse	60%
Chromium / Chrome	10%
Molybdenum / Molybdène	30%

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Ingredients: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Skim Milk Powder, Calcium Caseinate (a milk derivative), Milk Protein Isolate), Fructose, High Oleic Sunflower Oil, Cocoa Powder, Maltodextrin, Cane Fibre, Natural Flavours, Soy Lecithin, Gum Arabic, Ground Pea Hull Fibre, Potassium Phosphate, Cellulose Gum, Calcium Phosphate, Sodium Caseinate (a milk derivative), Fructooligosaccharides, Inulin, Xanthan Gum, Salt, Prune Powder (Prune, Calcium Stearate), Magnesium Citrate, Mixed Tocopherols, Silicon Dioxide, Calcium Carbonate, Ascorbic Acid, Zinc Gluconate, Nicotinic Acid, D-alpha Tocopheryl Acetate, Vitamin A Palmitate, Ferrous Fumarate, Potassium Iodide, Copper Gluconate, Molybdenum Citrate, Manganese Citrate, Biotin, Calcium Pantothenate, Cholecalciferol (Vitamin D3), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Cyanocobalamin (Vitamin B12), Thiamine Hydrochloride (Vitamin B1), Chromium Chloride, Sodium Selenate.

Contains: Milk and soybean.
Produced on equipment that also processes peanuts, tree nuts, egg, wheat, oats, barley, sesame, and shellfish.
Ingredients: Mélange de protéines (isolat de protéine de lactosérum, concentré de protéine de lactosérum, poudre de lait écrémé, caséinate de calcium (un dérivé du lait), isolat de protéine de lait), fructose, huile de tournesol à forte teneur oléique, poudre de cacao, maltodextrine, fibres de canne à sucre, arômes naturels, lécithine de soja, gomme arabique, fibres de cosse de pois moulues, phosphate de potassium, carboxyméthylcellulose, phosphate de calcium, caséinate de sodium (un dérivé du lait), fructooligosaccharides, inuline, gomme de xanthane, sel, poudre de pruneau (pruneau séché et décaféiné), citrate de magnésium, mélange de tocophérols, dioxyde de silicium, carbonate de calcium, acide ascorbique, gluconate de zinc, niacinamide, acétate de (+)-alpha-tocophérol, palmitate de vitamine A, fumarate ferreux, iodure de potassium, gluconate de cuivre, citrate de molybdène, citrate de manganèse, biotine, pantothénate de calcium, cholecalcérol (vitamine D3), acide folique, chlorhydrate de pyridoxine (vitamine B6), riboflavine (vitamine B2), cyanocobalamine (vitamine B12), chlorhydrate de thiamine (vitamine B1), chlorure chromique, séléniate de sodium.
Le produit renferme : lait, soja.
Fabriqué avec de l'équipement servant aussi pour des produits contenant : arachides, noix, œufs, blé, avoine, orge, sésame et fruits de mer.

SoyaMax™

Significant daily protein supplement in a convenient, vanilla-flavoured drink mix

Foods

Health Basics

- Naturally low glycemic
- 24 grams of soy protein per serving
- Contains a high-quality soy protein isolate

Did You Know?

- You can add **SoyaMax** to your baked goods or sprinkle on cereal!

Like animal protein, soy protein provides all the essential amino acids to help build and repair body tissues. However, it contains very little fat and no cholesterol. Therefore, soy protein is a beneficial nutrient for maintenance, repair, and growth of lean muscle. Naturally low glycemic, **SoyaMax™** is an outstanding source of low-fat, cholesterol-free, vegetarian protein, and is easily digestible.

SoyaMax™ and Heart Health

SoyaMax is formulated with soy protein isolate, which contains small amounts of many essential minerals. With one of the highest concentrations of soy protein available today, a single serving of **SoyaMax** supplies 24 grams of soy protein.

Most modern societies compromise their health by relying too heavily on animal protein as their principal source of protein. However, the epidemic of obesity has resulted in a renewed emphasis towards consuming a more healthy, plant-based diet. Because soy protein contains no cholesterol and is very low in calories and fat when compared to equal portions of animal protein, it is an excellent protein source to include as part of an overall healthy diet.

Many of soy's benefits also come from its numerous phytochemicals. These compounds include protease inhibitors and saponins. Other important nutrients in soy are phyosterols and phenolic acids.¹

A healthy diet low in saturated and trans fats may reduce the risk of heart disease. **SoyaMax** is free of saturated and trans fats.

SoyaMax can also be added to cereals, baked goods, soups, and sauces to fortify the protein content.



ITEM# 200

NUTRITION FACTS / VALEUR NUTRITIVE	
Per 29 g (2 scoops) / par 29 g (2 mesures)	
Amount / Teneur	% Daily Value / % Valeur quotidienne
Calories 110 (460 kJ)	
Fat / Lipides 1 g	2%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium 240 mg	10%
Potassium 360 mg	10%
Carbohydrate / Glucides 1 g	0%
Fibre / fibres 0 g	0%
Sugars / Sucres 1 g	
Protein / Protéines 24 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	30 %
Folate / Folate	25 %
Phosphorus / Phosphore	20 %
Zinc / Zinc	10 %

INGREDIENTS: Soy protein isolate, natural flavours.

INGRÉDIENTS : Isolat de protéine de soja, arômes naturels.

LB 200.020100

References

1. Friedrich JA. Altern Comp Ther 1997;3:53-57.