

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 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.*

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 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

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



ITEM# 212



ITEM# 210



ITEM# 211

Foods

*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.