

# WELLNESS MEAL™

## Next Generation Meal Replacement Therapy Natural Chocolate Flavor

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**W**ellness Meal™ takes meal replacement therapy to a whole new level. It starts with the highest quality whey protein available and adds a full complement of the latest therapeutic nutrients at clinically-

meaningful doses for the optimal support of both body and mind.\*

### The Top Ten Reasons to Give Your Patients Wellness Meal™:

1. It contains whey protein from free-ranging grass-fed cows not fed any animal products. Whey protein is the highest quality protein for supporting overall health in humans.\*<sup>1</sup>
2. It is rich in immune-supporting compounds such as immunoglobins and lactoferrin, unique components often missing in other whey proteins that are highly processed.\*<sup>2</sup>
3. It supports glucose tolerance through the actions of vitamin D,<sup>3</sup> biotin,<sup>4</sup> magnesium, chromium, and carnitine.\*<sup>5</sup>
4. It promotes optimal antioxidant defense through the actions of n-acetyl-cysteine,<sup>6</sup> glycine,<sup>7</sup> carnitine, pomegranate extract<sup>8</sup> and cocoa powder.\*<sup>9</sup>
5. It engenders liver health and removal of toxins from the body through its phosphatidyl choline,<sup>10</sup> glycine and taurine<sup>11</sup> content.\*
6. It helps promote mental energy and focus through the actions of thiamine, DMAE,<sup>12</sup> carnitine and glycerophosphocholine.\*<sup>13</sup>
7. It helps maintain healthy circulation and heart health through its whey protein,<sup>14</sup> carnitine, magnesium<sup>15</sup> and pomegranate extract content.\*
8. It supports the healing of ulcers through the actions of NAC,<sup>16</sup> lactoferrin<sup>17,18</sup> and zinc.\*
9. It engenders healthy mood levels through the actions of thiamine, B<sub>6</sub>, folic acid, glycerophosphocholine and carnitine.\*<sup>19</sup>
10. It supports weight management through the inclusion of fat metabolizing nutrients such as L-carnitine,<sup>20</sup> phosphatidyl choline,<sup>21</sup> and pantothenic acid.\*<sup>22</sup>

### Wellness Meal™ Smoothie Recipes

#### Wellness Basic

- 1 scoop Wellness Meal™
- 1 Tbsp. MCT Oil
- ½ package frozen blueberries or ½ pint fresh blueberries or other berries
- 16-20 oz. water

#### Wellness Power

- 1 scoop Wellness Meal™
- 1 scoop Metabolic Enhancer™
- ½ tsp Carnitine + Biotin Powder
- 1 Tbsp. MCT Oil
- ½ package frozen blueberries or ½ pint fresh blueberries or other berries
- 16-20 oz. water

#### Wellness Female

- 1 scoop Wellness Meal™
- 1 scoop Metabolic Enhancer™
- ½ tsp Carnitine + Biotin Powder
- 1 Tbsp. MCT Oil
- 3 Tbsp. ground flaxmeal (ideally, soak overnight first, then grind separately)
- ½ package frozen blueberries or ½ pint fresh blueberries or other berries
- 24-30 oz. water

#### Wellness Manly-Man

- 2 scoops Wellness Meal™
- 2 scoops Metabolic Enhancer™
- 1 scoop My Aminoplex™
- 1 tsp. Carnitine + Biotin Powder
- 1 Tbsp. MCT Oil
- 1 package frozen blueberries or 1 pint fresh blueberries or other berries
- 36 oz. water

Organic berries are best. We strongly recommend berries vs. bananas, which have a higher glycemic load and are not as health-promoting. Vanilla extract, cinnamon, and stevia may be added to above recipes to taste.

Size: 680 grams powder  
20 servings per container

**Each 34 gram scoop (provided) contains:**

Calories	110 calories
Protein	18 grams
Carbohydrates	3 grams
Fat	1.5 grams
Cholesterol	27 mg
Vitamin C (Ascorbic Acid)	100 mg
Vitamin D (Cholecalciferol)	400 IU
Vitamin E (d-alpha tocopherol acetate)	30 IU
Vitamin B <sub>1</sub> (Thiamine mononitrate)	100 mg
Vitamin B <sub>2</sub> (Riboflavin-5-phosphate)	5 mg
Vitamin B <sub>3</sub> (Niacinamide)	10 mg
Vitamin B <sub>6</sub> (Pyridoxine hydrochloride) and Pyridoxyl-5-phosphate)	25 mg
Folic Acid	400 mcg
B <sub>12</sub> (cyanocobalamin)	100 mcg
Biotin	1 mg
Pantothenic Acid	500 mg
Calcium (from whey)	99 mg
Iron (from whey)	0.5 mg
Magnesium (Chelate)	100 mg
Zinc (Chelazome Chelate)	5 mg
Chromium (Chelative® Albion Chelate)	200 mcg
Molybdenum (Chelate)	100 mcg
Carnitine (Tartrate)	500 mg
Glycine	500 mg
GlyceroPhosphoCholine	200 mg
N-Acetyl-Cysteine	200 mg
DMAE (Dimethylaminoethanol)	25 mg
Phosphatidyl Choline	800 mg
Xylitol	1600 mg
Pomegranate extract (5% ellagic acid)	250 mg
Lactoferrin	540 mg
Immunoglobulins	2.25 g
Bovine Serum Albumin	675 mg
Alpha-lactalbumin	2.7 g
Beta-lactoglobulin	11 g

Other ingredients: whey protein (milk), natural flavors, cocoa powder, silicon dioxide, stevia extract.

Do not use Wellness Meal™ as a sole source of calories, but rather as a replacement for no more than one to two meals per day or as a healthy snack.

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\*These statements are educational in nature, and have not been evaluated by the Food and Drug Administration. This product is not designed to prevent, diagnose, cure, or treat any disease.

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