

## Product Summary

Power Meal is a delicious meal replacement formulated for the vegetarian diet. A satisfying, low-fat, rice-based meal replacement, Power Meal is rich in calcium, antioxidants, and amino acids and delivers a remarkable 20 grams of protein per serving plus a complete vitamin, mineral, and enzyme profile. Power Meal features whole-grain brown rice protein, which is rich in selenium, manganese, and phenolics. Brown rice protein is dairy-free, allergen-free, is easily absorbed in the body, and is rich in amino acids. Power Meal is a powerful tool that can be highly effective as part of a balanced weight management program.\*

## Primary Benefits

- + Formulated for the vegetarian diet
- + Dairy and allergen-free
- + Enhances natural detoxification process\*
- + Helps build lean muscle mass\*
- + Contains a multi-nutrient meal replacement complex
- + Provides sustained energy release\*
- + Supplies 20 grams of protein per serving
- + Supports healthy, normal cholesterol levels\*

## Who Should Take Power Meal?

- + Those looking for a vegetarian meal replacement
- + Those interested in improving overall health or those with weight management and fitness goals
- + Those seeking a meal replacement that provides high-quality brown rice protein

## Suggested Use

- + Add 2 scoops of Power Meal to 8–10 oz. of cold water or the milk of your choice. Shake, stir, or blend until smooth. For added flavor, add fruit or essential oils.
- + Take 1–2 times daily as a healthy, satisfying meal.
- + For best results, take in place of a meal or immediately before or after a workout. Power Meal is ideal as a protein-enriched, strength-training boost.



Nutrition Facts		
Serving Size: 2 scoops (52 g)		
Servings Per Container: About 15		
Amount Per Serving	%DV*	
<b>Calories</b> 187	Calories from Fat 30	
<b>Total Fat</b>	3.32 g	5%
Saturated Fat	1.1 g	6%
Unsaturated Fat	2.2 g	6%
Trans Fat	0 g	0%
Cholesterol	0 g	0%
<b>Sodium</b>	51.1 mg	2%
<b>Potassium</b>	149.8 mg	4%
<b>Total Carbohydrates</b>	24.2 g	8%
Total Fiber	7.1 g	28%
Soluble Fiber	3.8 g	
Insoluble Fiber	3.2 g	
Sugars	8.9 g	**
<b>Protein</b>	20.6 g	41%
Vitamin A	35%	• Calcium 38%
Vitamin C	48%	• Iron 9%
Vitamin D	33%	• Pantothenic Acid 33%
Vitamin E	33%	• Phosphorus 35%
Thiamin	117%	• Magnesium 37%
Riboflavin	30%	• Zinc 32%
Niacin	58%	• Selenium 47%
Vitamin B6	33%	• Copper 34%
Folic Acid	35%	• Manganese 154%
Vitamin B12	33%	• Chromium 28%
Biotin	33%	• Choline 37%

\* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie 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
Potassium	Less than 3,500 mg	3,500 mg
Sodium	Less than 2,400 mg	2,400 mg
Total Carbohydrates	300 g	375 g
Dietary Fiber	25 g	30 g
Protein	50 g	65 g
Calories per gram		
Fat 9	• Carbohydrates 4	• Protein 4

\*\*Daily Value (DV) not established.

### Cautions

- + Store in a cool, dry place.
- + Do not exceed recommended dosage.
- + If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

### Did You Know?

- + Power Meal contains six essential oils—*anise, fennel, grapefruit, orange, lemon, and nutmeg*—that help improve digestion and other key internal functions.
- + A high-protein diet can lead to greater fat loss than a low-calorie, high-carbohydrate diet.\*

### Complementary Products

- + Slique™ Kit
- + True Source™
- + Detoxzyme®
- + Life 5™

### Key Scientific Studies

- + <http://naturaldatabase.therapeuticresearch.com/nd/Search.aspx?cs=&s=ND&pt=100&id=450&fs=ND&searched=2555487>
- + <http://naturaldatabase.therapeuticresearch.com/nd/Search.aspx?cs=&s=ND&pt=100&id=206&ds=&name=VANILLA&searchid=26433282>
- + <http://naturaldatabase.therapeuticresearch.com/nd/Search.aspx?cs=&s=ND&pt=100&id=966&fs=ND&searchid=25560369>
- + <http://naturaldatabase.therapeuticresearch.com/nd/Search.aspx?cs=&s=ND&pt=100&id=919&ds=&name=GUAR+GUM&searchid=25560369>
- + <http://naturaldatabase.therapeuticresearch.com/nd/Search.aspx?cs=&s=ND&pt=100&id=203&ds=&name=LIPASE&searchid=25560369>

### Product Information

Power Meal—1 lb 11 oz.  
Item No. 6300

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.