

VegeMeal™

Delicious plant-derived protein powder; available in vanilla, chocolate & berry flavors

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VegeMeal™ is a dairy-free, nutrient-rich functional food powder designed to help promote an optimal intake of protein, fats, carbohydrates, vitamins and minerals needed for overall wellness. It features a natural pea protein isolate as its protein source, and does not contain casein, lactose or gluten. VegeMeal™ is an ideal choice for people with allergies to milk and milk products who must avoid casein or whey proteins, and for those with lactose intolerance.

Pea Protein

- Natural pea protein isolate made from non-GMO (nongenetically modified) North American grown yellow peas
- Produced using no chemical solvents
- Gluten- and grain-free
- Easy to digest
- Excellent array of amino acids, including healthy levels of the important branched chain amino acids (BCAAs)

Additional Highlights of VegeMeal™

- Ideal meal supplement, with 16 g of protein per one scoop serving
- Excellent for low carbohydrate diets
- 100% vegetarian
- *NatureFolate™* – natural vitamin folates that are found in foods such as spinach and are immediately “active” and bioavailable to the human body. These natural folates are included rather than the potentially harmful synthetic folic acid, which is known to build up in the body as unmetabolized folic acid.
- *Stabilized creatine* – important for energy reserves and helps to increase muscle mass, strength and endurance. Vegetarians appear to have lower tissue creatine concentrations, since creatine is mostly found in animal foods such as herring, pork, beef, salmon and tuna.
- *Glucomannan and fiber* – included to support satiety, blood sugar balance and drink texture
- *Conjugated Linoleic Acid (CLA)* – naturally-occurring fatty acid shown to be useful in supporting proper fat burning, healthy blood sugar levels, and in modulating inflammation.
- *Vitamin E* in the form of high gamma mixed tocopherols
- *Chelated minerals* for superior absorption
- Does not contain sucrose, fructose or artificial sweeteners
- Naturally sweetened with the herb stevia, which will not affect insulin levels

Who could benefit from VegeMeal™?

VegeMeal™ is suggested in combination therapies for:

- Nutritional support for vegetarians/vegans
- Weight management
- Lipid management
- Type II diabetic control
- Blood sugar balance
- Hypoglycemia
- Detoxification support
- Weight training/muscle maintenance
- Athletes/bodybuilders who are sensitive to whey
- Protein malnutrition
- Cachexia
- Anorexia
- Sarcopenia

VegeMeal™ Berry

Supplement Facts

Serving Size 36 grams (approx. one scoop)
Servings Per Container 15

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	110		
Calories from Fat	15		
Total Fat	1.5 g	2%	*
Total Carbohydrate	13 g	4%	
Dietary Fiber	8 g	32%	*
Soluble Fiber	5 g	†	
Insoluble Fiber	3 g	†	
Protein (from pea)	16 g	32%	*
Vitamin C (as Ascorbic Acid)	100 mg	170%	
Vitamin E (as d-alpha tocopherol)	17 IU	60%	
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	10 mg	670%	
Riboflavin (Vitamin B-2)	10 mg	590%	
Niacin (Vitamin B-3)(as Niacinamide)	10 mg	50%	
Vitamin B-6 (as Pyridoxine HCl)	10 mg	500%	
Folate (NatureFolate™ blend)	100 mcg	25%	
Vitamin B-12 (as Methylcobalamin)	50 mcg	830%	
Biotin (as d-Biotin)	100 mcg	35%	
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1000%	
Calcium (from natural sources)	60 mg	6%	
Iron (from natural sources)	4 mg	20%	
Magnesium (from Creatine MagnaPower™)	100 mg	25%	
Zinc (TRAACS® Zinc Bisglycinate Chelate)	5 mg	35%	
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	50 mcg	40%	
Sodium (from natural sources)	300 mg	15%	
Creatine (from Creatine MagnaPower™)	550 mg	†	
Conjugated Linoleic Acid (CLA)	120 mg	†	
High Gamma Mixed Tocopherols (as d-gamma, d-delta, d-alpha, d-beta)	100 mg	†	
Taurine	100 mg	†	
Inositol	50 mg	†	

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Vegetable fiber, natural flavors, creafill cellulose, glucomannan, inulin, silicon dioxide, vegetable cellulose, stevia leaf extract.

VegeMeal™ Vanilla

Supplement Facts

Serving Size 36 grams (approx. one scoop)
Servings Per Container 15

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	110		
Calories from Fat	10		
Total Fat	1.5 g	2%	*
Total Carbohydrate	14 g	5%	
Dietary Fiber	8 g	32%	*
Soluble Fiber	5 g	†	
Insoluble Fiber	3 g	†	
Protein (from pea)	16 g	32%	*
Vitamin C (as Ascorbic Acid)	100 mg	167%	
Vitamin E (as d-alpha tocopherol)	15 IU	50%	
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	10 mg	667%	
Riboflavin (Vitamin B-2)	10 mg	588%	
Niacin (Vitamin B-3)(as Niacinamide)	10 mg	50%	
Vitamin B-6 (as Pyridoxine HCl)	10 mg	500%	
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 200 mcg)	100 mcg	25%	
Vitamin B-12 (as Methylcobalamin)	50 mcg	833%	
Biotin (as d-Biotin)	100 mcg	33%	
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1000%	
Calcium (from pea protein and natural flavor)	60 mg	6%	
Iron (from pea protein)	4 mg	22%	
Magnesium (from Creatine MagnaPower™)	100 mg	25%	
Zinc (as Zinc Bisglycinate Chelate)	5 mg	33%	
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	50 mcg	42%	
Sodium (from natural sources)	300 mg	13%	
Creatine (from Creatine MagnaPower™)	550 mg	†	
Conjugated Linoleic Acid (CLA)	120 mg	†	
High Gamma Mixed Tocopherols (as d-gamma, d-delta, d-alpha, d-beta)	100 mg	†	
Taurine	100 mg	†	
Inositol	50 mg	†	

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Vegetable fiber, creafill cellulose, natural flavor, tapioca dextrin, glucomannan, inulin, silicon dioxide, vegetable cellulose, natural flavor, stevia leaf extract.

VegeMeal™ Chocolate

Supplement Facts

Serving Size 38 grams (approx. one scoop)
Servings Per Container 15

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	110		
Calories from Fat	15		
Total Fat	2 g	3%	*
Saturated Fat	0.5 g	3%	
Total Carbohydrate	10 g	3%	
Dietary Fiber	8 g	32%	*
Soluble Fiber	5 g	†	
Insoluble Fiber	3 g	†	
Protein (from pea)	16 g	32%	*
Vitamin C (as Ascorbic Acid)	100 mg	170%	
Vitamin E (as d-alpha tocopherol)	15 IU	50%	
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	10 mg	667%	
Riboflavin (Vitamin B-2)	10 mg	588%	
Niacin (Vitamin B-3)(as Niacinamide)	10 mg	50%	
Vitamin B-6 (as Pyridoxine HCl)	10 mg	500%	
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 200 mcg)	100 mcg	25%	
Vitamin B-12 (as Methylcobalamin)	50 mcg	833%	
Biotin (as d-Biotin)	100 mcg	33%	
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1000%	
Calcium (from natural sources)	60 mg	6%	
Iron (from natural sources)	5 mg	28%	
Magnesium (from Creatine MagnaPower™)	100 mg	25%	
Zinc (as Zinc Bisglycinate Chelate)	5 mg	33%	
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	50 mcg	42%	
Sodium (from natural sources)	300 mg	1%	
Creatine (from Creatine MagnaPower™)	550 mg	†	
Conjugated Linoleic Acid (CLA)	120 mg	†	
High Gamma Mixed Tocopherols (as d-gamma, d-delta, d-alpha, d-beta)	100 mg	†	
Taurine	100 mg	†	
Inositol	50 mg	†	

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Cocoa powder, vegetable fiber, creafill cellulose, natural flavors, glucomannan, inulin, vegetable cellulose, stevia leaf extract, silicon dioxide.

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