

Balanced Meal Complete

A complete Nutritional Shake - Vanilla



DESCRIPTION

Balanced Meal Complete is a plant-based complete nutritional shake that contains a complete formulation of nutrients to provide for a nutritious shake or meal replacement. Balanced Meal Complete features organic fermented whole foods, five plant proteins, five organic supergrains, essential fatty acids, probiotics, digestive enzymes, and 25 fruits, berries, vegetables, and herbs. It is a high-protein, low-fat, and low glycemic means to supplement or replace a meal.

FUNCTIONS

Liquid nutrition utilizing protein based powders has been recognized as having immense value in providing a sound nutritional foundation for individuals. Liquid nutrition offers several advantages over solid food for the uptake of vitamins and minerals. Unlike solid food which requires specific digestive enzymes and stomach acids for digestion, liquid nutrition does not. Liquid nutrition allows for specific nutrient targeting for specific disease states. Liquid nutrition can provide measured nutrient intake so that calories, sugar, sodium and other variables found in conventional nutrient sources can be standardized. Finally, liquid nutrition can provide a sound nutritional foundation for health challenges such as weight loss, muscle recovery, wound healing, diabetes management, hospice care, bariatric surgery and many health issues.

Balanced Meal Complete is a plant-based complete nutritional shake containing a complete formulation of nutrients in a nutritious shake or meal replacement drink. To begin, Balanced Meal Complete features 21 vitamins and minerals from organic fermented whole foods. This vitamin/mineral matrix provides an easily digested and bioavailable nutrient source. Balanced Meal Complete features a fortified plant protein matrix with biological value similar to animal proteins such as whey. Each serving provides 17-18gm of complete protein from pea protein, organic sprouted amaranth, organic sprouted quinoa, chlorella, cranberry, and additional BCAA's. Next, Balanced Meal Complete includes a plant energy matrix of soluble fiber which significantly slows the uptake of carbohydrates and prevents the sugar high and crashing associated with simple carbs. This plant energy matrix has a low glycemic response and provides extended energy release, helping to maintain healthy glucose and insulin levels.

Balanced Meal Complete contains antioxidants obtained from 25 fruits, berries, vegetables, and herbs. These antioxidants help to protect the body from free radicals and other toxic compounds, and provide protection against inflammatory-related cell damage. Antioxidants have been shown to prevent

oxidative damage to lipids, as well as reduce arterial plaque formation. Organic acacia gum provides 5 gm of fiber per serving. The plant based Essential Fatty Acid (EFA) matrix found in Balanced Meal Complete features essential fatty acids from flax, chia, hemp, and Sacha Inchi. The probiotic, prebiotic and digestive enzyme components of Balanced Meal Complete enhance the absorption of proteins, fiber, complex carbohydrates and healthy fats. Specifically, this product contains 1 billion viable cells of *Bacillus coagulans* probiotic, along with prebiotic nutrition from inulin. Digestive enzymes incorporated into the formulation include bromelain, protease, amylase, cellulase, lactase, lipase, and alpha galactosidase. Balanced Meal Complete provides a high-protein, low-fat, and low glycemic meal replacement with more available nutrition than a typical meal.

INDICATIONS

As a dietary supplement, Balanced Meal Complete can be used to provide a complete nutritional shake or meal replacement option.

FORMULA (WW #10345)

Two Scoops Contain:

Calories	155
Calories from Fat	25
Total Fat	3 g
Saturated Fat	0.5 g
Sodium	270 mg
Potassium	100 mg
Total Carbohydrate.....	15 g
Dietary Fiber	5 g
Sugars.....	< 1 g
Protein	17 g
Vitamin A (as beta carotene).....	2350 IU
Vitamin C (as ascorbic acid)	25 mg
Vitamin D3 (as cholecalciferol)	150 IU
Vitamin E (as succinate, acetate)	10 IU
Vitamin B1	
(as thiamine hydrochloride, mononitrate).....	590 mcg
Vitamin B2 (as riboflavin)	800 mcg
Niacin (as niacinamide)	9 mg
Vitamin B6 (as hydrochloride).....	775 mcg
Folic Acid.....	240 mcg
Vitamin B12 (as cyanocobalamin).....	2.5 mcg
Biotin.....	135 mcg

Pantothenic Acid
 (as d-calcium pantothenate)..... 4 mg
 Calcium (as carbonate) 240 mg
 Iodine (as potassium iodide).....67 mcg
 Magnesium (as citrate, oxide)..... 8 mg
 Zinc (as citrate oxide) 6 mg
 Selenium (as methionine, selenite)9 mcg
 Copper (as gluconate)350 mcg
 Manganese (as citrate, gluconate)..... 2.2 mg
 Chromium (as amino acid chelate, chloride)40 mcg
 Molybdenum (as amino acid chelate, molybdate).8 mcg

Multi Source Vitamins & Minerals

Matrix with Fermented Whole Foods: 850 mg

Organic Fermented Herbal Blend: Reishi,
 Shitake, Maitake

Organic Fermented Vegetable Blend: Tomato,
 Pea, Carrot, Spinach, Pepper

Fermented Fruit Blend; Cherry, Banana,
 Apple, Strawberry, Blueberry

Organic Fermented Sprout Blend; Amaranth,
 Quinoa, Millet

Organic Cultured Spice Blend: Cinnamon,
 Allspice, Cloves

Essential Glyconutrient Blend: Mannose,
 Glucose, Galactose, Xylose from *Coffee Arabica*,
Aloe barbadensis

Multi Source Plant Protein Matrix: 20,295 mg
 Pea Protein Isolate, Organic Sprouted Amaranth, Organic
 Sprouted Quinoa, Chlorella protein, Cranberry Seed protein,
 and a proprietary amino acid blend of Leucine, Isoleucine,
 Valine, Glutamine and Glycine.

Multi Source Low-Glycemic

Energy Matrix:..... 6,075 mg
 Organic Oat Bran, Organic Amaranth, Organic
 Quinoa, Organic Buckwheat, Organic Millet, Organic
 Chia, Broccoli sprouts, Watercress sprouts, Kale
 sprouts, Mustard sprouts and Cabbage sprouts.

Multi Source Fiber/Antioxidant Matrix: 3,950 mg
 Organic Acacia Gum Fiber, Organic Beet, Grape
 seed extract, Plum fruit extract, Strawberry juice,
 Hawaiiin Noni fruit, Pineapple juice, Organic Acai juice,
 Cupuacu juice, Camu Camu fruit extract, Green Tea
 extract, Watermelon juice, Organic Hawthorne berry
 extract, Grape skin extract, Elderberry fruit, Organic
 Goji extract, Billberry extract, Protease, Amylase,
 Cellulase, Lactase, Lipase and Wild Alaskan Aurora

Blue® Blueberry.

Multi Source Plant EFA Matrix:..... 1,516 mg
 Flax Seed Oil Powder, Flax seed, *Sacha Inchi* seed,
 Chia seed and Hemp seed.

Probiotic, Prebiotic &

Digestive Enzyme Matrix: 988 mg
 Bacillus coagulans (1 Billion viable cells),
 Fructo- Oligosaccharides (Inulin), Alpha-galactosidase and
 Bromelain.

Other Ingredients: Natural vanilla flavor, inulin, xanthan
 gum, stevia, silica, natural chai flavor, lo han guo, organic
 maltodextrin and organic corn starch.

Contains NO gluten, dairy, or soy. This product is non-GMO.

SUGGESTED USE

Use 1-2 scoops in water or preferred beverage daily.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of
 reach of children.

Manufactured For:

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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.