MRM Veggie Meal Replacement provides a complete vegan- and vegetarian-friendly shake for those looking for a guick snack. With all the nutrients found on a well-balanced plate of food, a single scoop of MRM's Veggie Meal delivers the key nutritional elements to support a healthy diet.

Starting with 22 grams of protein from a precise blend of pea, brown rice, black rice and flax seed protein, along with healthy fats and carbohydrates to help get you through your day. This unique shake option delivers essential amino acids the body needs to support a healthy, robust lifestyle.

With our proprietary fruit and vegetable blend each serving contains 15,000 ORAC 5.0 units of antioxidant protection, alongside a broad spectrum of enzymes and probiotics. Specific probiotics contained in **Veggie Meal** were chosen for their diversity, and have been microencapsulated to assure stability — a strategy resulting in five times greater intestinal colonization.

MRM Veggie Meal is a refreshing alternative for those who seek something different in an instant product that neither contains whey, nor soy protein. A hypoallergenic, cholesterol-free, milk-free, soy-free and gluten-free alternative for those with sensitivities or just trying to stay away from animal or genetically modified food sources.

- Flavorful vegan alternative to milk and soy shakes
- Fortified with vitamins and minerals
- Allergen-free, gluten-free, and cholesterol-free
- Excellent source of fiber
- No artificial flavors, colors or sweeteners
- ** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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PLANT-BASED

Smooth VEGGE MEA REPLACEMENT

22 Grams of Protein with Digestive Enzymes Excellent Source of Fiber

Fortified with Probiotics, **Vitamins & Minerals**



VANILLA BEAN

Directions: Add one scoop to 8-12 ounces of water for a mouthwatering shake. Use one serving daily

Nutrition Facts

Serving Size 1 Scoop (approx, 47 grams) Servings Per Container 29

Saturated Fat 0.5g 09 Trans Fat 0g 0g Cholesterol 0g 0g Sodium 290mg 129 Potassium 50mg 29 Total Carbohydrate 14g 29 Dietary Filber 8g 16g Sugars 1g 1g Protein 22g 449 Vitamin A (as Retinyl Acetate) 1000 IU 209 Vitamin D2 (as Ergocalciferol) 80 IU 209 Vitamin E 6 IU 209 Isiotin 60mcg 209 Folic Acid 80mcg 209 Niacinamide 4mg 209 Pantothenic Acid 2mg 209 (as Calcium D-Pantothenate) 2mg 209 Vitamin B1 (as Thiamine Mononitrate) 30mcg 209 Vitamin B1 (as Thiamine Mononitrate) 30mcg 209 Vitamin B2 (as Ryanocobalamin) 1.2mcg 209 Vitamin B2 (as Ryinocobalamin) 1.2mcg 209 <	Amount Pe	r Serving	% Daily Value
Total Fat	Calories	190	
Saturated Fat 0.5g 09 Trans Fat 0g 09 Cholesterol 0g 09 Sodium 290mg 129 Potassium 50mg 29 Total Carbohydrate 14g 29 Dietary Fiber 8g 169 Sugars 1g 1g Protein 22g 449 Vitamin A (as Retinyl Acetate) 1000 IU 209 Vitamin D2 (as Ergocalciferol) 80 IU 209 Vitamin E 61 IU 209 (as Dr.Alpha-Tocopheryl Acetate) 80mcg 209 Blotich Acid 80mcg 209 Niacinamide 4mg 209 Pantothenic Acid 2mg 209 Vitamin B1 (as Thiamine Mononitrate) 30mcg 209 Vitamin B1 (as Thiamine Mononitrate) 30mcg 209 Vitamin B2 (as Ryanocolalamin) 1.2mcg 209 Vitamin B2 (as Ryinochalamin) 3.4mcg 209 Vitamin B2 (as Ryinochalamin) 3.4mcg	Calories from Fat	45	
Trans Fat	Total Fat	5g	89
Cholesterol 0g 0g Sodium 290mg 129 Potassium 50mg 29 Total Carbohydrate 14g 29 Dietary Filber 8g 169 Sugars 1g Protein 22g 449 Vitamin A (as Retinyl Acetate) 1000 IU 209 1000 IU 209 209 1000 IU<	Saturated Fat	0.5g	09
Sodium 299mg 129 Potassium 50mg 29 Total Carbohydrate 14g 29 Dietary Fiber 8g 169 Sugars 1g Protein 22g 449 Vitamin A (as Retinyl Acetate) 1000 IU 209 Vitamin D2 (as Ergocalciferol) 80 IU 209 Vitamin E (as Deporable of the Company of the Comp	Trans Fat	0g	
Potassium Somg 29	Cholesterol	0g	09
Total Carbohydrate	Sodium	290mg	129
Dietary Filber 8g 169	Potassium	50mg	29
Sugars 1g Protein 22g 449	Total Carbohydrate	14g	29
Protein 22g 449 Vitamin A (as Retinyl Acetate) 1000 IU 209 Vitamin D2 (as Ergocalciferol) 80 IU 209 Vitamin E (as DI Alpha-Tocopheryl Acetate) 61 IU 209 Biotin 60mcg 209 Folic Acid 80mcg 209 Niacinamide 4mg 209 Pantothenic Acid (as Calcium D-Pantothenate) 2mg 209 Vitamin B1 (as Thiamine Mononitrate) 300mcg 209 Vitamin B2 (as Ryanocobalamin) 1.2mcg 209 Vitamin B2 (as Ryanocobalamin) 1.2mcg 209 Vitamin B6 (as Pyridoxine HCl) 400mcg 209 Vitamin C (as Ascorbic Acid) 12mg 209 Vitamin C (as Ascorbic Acid) 12mg 209 Copper (as C	Dietary Fiber	8g	169
Vitamin A (as Retinyl Acetate) 1000 IU 20% Vitamin D2 (as Ergocalciferol) 80 IU 20% Vitamin E (as DI-Alpha-Tocopheryl Acetate) 6 IU 20% Biotin 60mcg 20% Folic Acid 80mcg 20% Niacinamide 4mg 20% Pantothenic Acid (as Calcium D-Pantothenate) 2mg 20% Vitamin B1 (as Thiamine Mononitrate) 300mcg 20% Vitamin B2 (as Qyanocobalamin) 1.2mcg 20% Vitamin B2 (as Riboflavin) 340mcg 20% Vitamin B2 (as Riboflavin) 400mcg 20% Vitamin C (as Ascorbic Acid) 12mg 20% Vitamin C (as Ascorbic Acid) 12mg 20% Calcium (as Dicalcium Phosphate) 260mg 26% Copper (as Copper Gluconate) 400mcg 20% Lodine (as Potassium Iodide) 30mcg 20% Iron (as Reduced Iron) 3.6mg 20% Phosphorus (as Dicalcium Phosphate) 200mg 20%	Sugars	1g	
Vitamin D2 (as Ergocalciferol) 80 IU 209 Vitamin E (as D-Alpha-Tocopheryl Acetate) 6 IU 209 Biotin 60mcg 209 Folic Acid 80mcg 209 Niacinamide 4mg 209 Pantothenic Acid (as Calcium D-Pantothenate) 2mg (as Calcium D-Pantothenate) 209 Vitamin B1 (as Thiamine Mononitrate) 300mcg 209 Vitamin B2 (as Ryanocobalamin) 1.2mcg 209 Vitamin B2 (as Ryinocobalamin) 3.40mcg 209 Vitamin B6 (as Pyridoxine HCI) 400mcg 209 Vitamin C (as Ascorbic Acid) 12mg 209 Vitamin C (as Ascorbic Acid) 12mg 209 Calcium (as Dicalcium Phosphate) 260mg 269 Copper (as Copper Gluconate) 400mcg 209 Iron (as Reduced Iron) 3.6mg 209 Magnesium (as Magnesium Oxide) 80mg 209 Phosphorus (as Dicalcium Phosphate) 200mg 209	Protein	22g	449
Vitamin E (as DI-Alpha-Tocopheryl Acetate) 6 IU 20% Biotin 60mcg 20% Folic Acid 80mcg 20% Niacinamide 4mg 20% Pantothenic Acid (as Calcium D-Pantothenate) 2mg 20% Vitamin B1 (as Thiamine Mononitrate) 300mcg 20% Vitamin B12 (as Kyanocobalamin) 1.2mcg 20% Vitamin B2 (as Riboflavin) 340mcg 20% Vitamin B6 (as Pyridoxine HCI) 400mcg 20% Vitamin C (as Ascorbic Acid) 12mg 20% Calcium (as Dicalcium Phosphate) 260mg 260mg Copper (as Copper Gluconate) 400mcg 20% Iron (as Reduced Iron) 3.6mg 20% Magnesium (as Magnesium Oxide) 80mg 20% Phosphorus (as Dicalcium Phosphate) 200mg 20%	Vitamin A (as Retinyl Acetate)	1000 I U	20%
(as DI-Alpha-Tocopheryl Acetate) Biotin 60mcg 209 Folic Acid 80mcg 209 Niacinamide 4mg 209 Pantothenic Acid 2mg 209 (as Calcium D-Pantothenate) 209 209 Vitamin B1 (as Thiamine Mononitrate) 300mcg 209 Vitamin B2 (as Riboflavin) 340mcg 209 Vitamin B6 (as Pyridoxine HCl) 400mcg 209 Vitamin C (as Ascorbic Acid) 12mg 209 Calcium (as Dicalcium Phosphate) 260mg 269 Calcium (as Dicalcium Phosphate) 200mg 209 Iron (as Reduced Iron) 3.6mg 209 Magnesium (as Magnesium Oxide) 80mg 209 Phosphorus (as Dicalcium Phosphate) 200mg 209	Vitamin D2 (as Ergocalciferol)	80 IU	20%
Folic Acid 80mcg 20% Niacinamide 4mg 20% Pantothenic Acid 2mg 20% (as Calcium D-Pantothenate) 20% Vitamin B1 (as Thiamine Mononitrate) 300mcg 20% Vitamin B1 (as Cyanocobalamin) 1.2mcg 20% Vitamin B2 (as Riboflavin) 340mcg 20% Vitamin B6 (as Pyridoxine HCl) 400mcg 20% Vitamin (as Portidoxine HCl) 400mcg 20% Vitamin (as Dicalcium Phosphate) 260mg 26% Copper (as Copper Gluconate) 400mcg 20% Copper (as Copper Gluconate) 400mcg 20% Iron (as Reduced Iron) 3.6mg 20% Magnesium (as Magnesium Oxide) 80mg 20% Phosphorus (as Dicalcium Phosphate) 200mg 20% Phosphorus (as Dicalcium Phosphate) 200mg 20% Phosphorus (as Dicalcium Phosphate) 200mg 20% Posphorus (as Dicalcium Phosphate) 200mg 20%		6 I U	20%
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Pantothenic Acid (as Calcium D-Pantothenate) 2mg 20% Vitamin B1 (as Thiamine Mononitrate) 300mcg 20% Vitamin B12 (as Cyanocobalamin) 1.2mcg 20% Vitamin B2 (as Riboflavin) 340mcg 20% Vitamin B6 (as Pyridoxine HCl) 400mcg 20% Vitamin C (as Ascorbic Acid) 12mg 20% Calcium (as Dicalcium Phosphate) 260mg 26 Copper (as Copper Gluconate) 400mcg 20% Iron (as Reduced Iron) 3.6mg 20% Magnesium (as Magnesium Oxide) 80mg 20% Phosphorus (as Dicalcium Phosphate) 200mg 20%	Folic Acid	80mcg	20%
(as Calcium D-Pantothenate) Vitamin B1 (as Thiamine Mononitrate) 300mcg 209 Vitamin B12 (as Cyanocobalamin) 1.2mcg 209 Vitamin B2 (as Riboflavin) 340mcg 209 Vitamin B6 (as Pyridoxine HCl) 400mcg 209 Vitamin C (as Ascorbic Acid) 12mg 209 Vitamin C (as Ascorbic Acid) 12mg 260mg	Niacinamide	4mg	20%
Vitamin B12 (as Cyanocobalamin) 1.2mcg 209 Vitamin B2 (as Riboflavin) 340mcg 209 Vitamin B6 (as Pyridoxine HCl) 400mcg 209 Vitamin C (as Ascorbic Acid) 12mg 209 Calcium (as Dicalcium Phosphate) 260mg 269 Copper (as Copper Gluconate) 400mcg 209 Iron (as Reduced Iron) 3.6mg 209 Iron (as Reduced Iron) 3.6mg 209 Magnesium (as Magnesium Oxide) 80mg 209 Phosphorus (as Dicalcium Phosphate) 200mg 209		2mg	20%
Vitamin B2 (as Riboflavin) 340mcg 209 Vitamin B6 (as Pyridoxine HCI) 400mcg 209 Vitamin C (as Ascorbic Acid) 12mg 209 Calcium (as Dicalcium Phosphate) 260mg 269 Copper (as Copper Gluconate) 400mcg 209 Iddine (as Potassium Iodide) 30mcg 209 Iron (as Reduced Iron) 3.6mg 209 Magnesium (as Magnesium Oxide) 80mg 209 Phosphorus (as Dicalcium Phosphate) 200mg 209	Vitamin B1 (as Thiamine Mononitrate)	300mcg	20%
Vitamin B6 (as Pyridoxine HCI) 400mcg 20% Vitamin C (as Ascorbic Acid) 12mg 20% Calcium (as Dicalcium Phosphate) 260mg 26% Copper (as Copper Gluconate) 400mcg 20% Iodine (as Potassium Iodide) 30mcg 20% Iron (as Reduced Iron) 3.6mg 20% Magnesium (as Magnesium Oxide) 80mg 20% Phosphorus (as Dicalcium Phosphate) 200mg 20%	Vitamin B12 (as Cyanocobalamin)	1.2mcg	20%
Vitamin C (as Ascorbic Acid) 12mg 20% Calcium (as Dicalcium Phosphate) 260mg 269 Copper (as Copper Gluconate) 400mcg 20% Iodine (as Potassium Iodide) 30mcg 20% Iron (as Reduced Iron) 3.6mg 20% Magnesium (as Magnesium Oxide) 80mg 20% Phosphorus (as Dicalcium Phosphate) 200mg 20%	Vitamin B2 (as Riboflavin)	340mcg	209
Calcium (as Dicalcium Phosphate) 260mg 269 Copper (as Copper Gluconate) 400mcg 209 Iodine (as Potassium Iodide) 30mcg 209 Iron (as Reduced Iron) 3.6mg 209 Magnesium (as Magnesium Oxide) 80mg 209 Phosphorus (as Dicalcium Phosphate) 200mg 209	Vitamin B6 (as Pyridoxine HCI)	400mcg	20%
Copper (as Copper Gluconate) 400mcg 20% Iodine (as Potassium Iodide) 30mcg 20% Iron (as Reduced Iron) 3.6mg 20% Magnesium (as Magnesium Oxide) 80mg 20% Phosphorus (as Dicalcium Phosphate) 200mg 20%	Vitamin C (as Ascorbic Acid)	12mg	20%
Iodine (as Potassium Iodide) 30mcg 20% Iron (as Reduced Iron) 3.6mg 20% Magnesium (as Magnesium Oxide) 80mg 20% Phosphorus (as Dicalcium Phosphate) 200mg 20%	Calcium (as Dicalcium Phosphate)	260mg	26%
Iron (as Reduced Iron) 3.6mg 209 Magnesium (as Magnesium Oxide) 80mg 209 Phosphorus (as Dicalcium Phosphate) 200mg 209	Copper (as Copper Gluconate)	400mcg	20%
Magnesium (as Magnesium Oxide) 80mg 20% Phosphorus (as Dicalcium Phosphate) 200mg 20%	lodine (as Potassium lodide)	30mcg	20%
Phosphorus (as Dicalcium Phosphate) 200mg 20%	Iron (as Reduced Iron)	3.6mg	20%
	Magnesium (as Magnesium Oxide)	80mg	20%
Zinc (as Zinc Oxide) 3mg 20%	Phosphorus (as Dicalcium Phosphate)	200mg	20%
	Zinc (as Zinc Oxide)	3mg	20%

Ш		Amount Per Serving	% Daily Value*
П	Omega-3 (ALA)	1,400mg	†
П	Omega-3 (DHA & EPA)	32mg	†
1	MRM High ORAC	100	

Grape Seed & Skin Extract, Blueberry Extract, Raspberry Powder, Cranberry Powder, Prune Powder, Cherry Powder, Bilberry Extract, Strawberry Powder, Broccoli Cruciferous Extract, Spinach Powder, Tomato Powder, Carrot Powder, Onion Powde

Microencapsulated Vegar Probiotic Blend Bifidobacterium breve, Bifidobacterium animalis subsp. lactis, Lactobacillus acidophilus, Lactobacillus plantarum, actobacillus rhamnosus

Percent Daily Values are based on a 2,000 calorie diet. Daily Value not established.

Ingredients: Veggie Meal Protein Blend [Pea Protein Isolate, Organia Brown Rice Protein Concentrate, Flax Seed Powder, Raw Sprouted Black Rice Powder & Digest-ALL® VP (a vegan enzyme blend)], Natural Vanilla Flavor, Vitafiber™ (Isomalto-oligosaccharide), Vitamin and Mineral Blend, Rice Flour, Stevia Leaf Extract, Gum Blend (Konjac Gum, Guar Gum, and Tara Gum), Pure Ocean® Sea Salt, Omega-3 Oil Powder (algae), Trehalose, Monk Fruit Extract, High ORAC Antioxidant Blend, and Microencapsulated legan Probiotic Blend.

Typical Amino Acid Profile Per 47g Scoop	
Alanine	976mg
Arginine	1811mg
Aspartic Acid	2404mg
Cysteine	329mg
Glycine	860mg
Glutamic Acid	3836mg
Histidine	530mg
Lysine	1503mg
Methionine	318mg
Phenylalanine	1109mg
Proline	1053mg
Serine	1129mg
Threonine	863mg
Tryptophan	247mg
Tyrosine	834mg
Leucine	1881mg
soleucine	1129mg
Va l ine	1188mg

Contains NO added milk, egg, soy, peanut, tree nut, fish, shellfish, wheat, gluten or yeast ingredients.

This product is manufactured in a facility that processes other products that contain milk, egg or soy.

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