

MRM Veggie Meal Replacement provides a complete vegan- and vegetarian-friendly shake for those looking for a quick 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 VEGGIE MEAL REPLACEMENT

22 Grams of Protein
with Digestive Enzymes

Excellent Source
of Fiber

Fortified with Probiotics,
Vitamins & Minerals



VANILLA BEAN



NET WT 48 oz (3 lb) 1,361 g

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

Nutrition Facts

Amount Per Serving		% Daily Value*
Serving Size 1 Scoop (approx. 47 grams)		
Servings Per Container 29		
Calories	190	
Calories from Fat	45	
Total Fat	5g	8%
Saturated Fat	0.5g	0%
Trans Fat	0g	†
Cholesterol	0g	0%
Sodium	290mg	12%
Potassium	50mg	2%
Total Carbohydrate	14g	2%
Dietary Fiber	8g	16%
Sugars	1g	†
Protein	22g	44%
Vitamin A (as Retinyl Acetate)	1000 IU	20%
Vitamin D2 (as Ergocalciferol)	80 IU	20%
Vitamin E (as DL-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 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%
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%
Zinc (as Zinc Oxide)	3mg	20%

Amount Per Serving		% Daily Value*
Omega-3 (ALA)	1,400mg	†
Omega-3 (DHA & EPA)	32mg	†
MRM High ORAC Antioxidant Blend		100mg †
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 Powder		
Microencapsulated Vegan Probiotic Blend		1Billion CFU †
Bifidobacterium breve, Bifidobacterium animalis subsp. lactis, Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus rhamnosus		

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

Ingredients: Veggie Meal Protein Blend [Pea Protein Isolate, Organic Brown Rice Protein Concentrate, Flax Seed Powder, Raw Sprouted Black Rice Powder & Digest-ALL® VP (a vegan enzyme blend)], Natural Vanilla Flavor, Vitafiber™ (Isomaltol-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 Vegan 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
Isoleucine	1129mg
Valine	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.
Pure Ocean® is a registered trademark of SaltWorks, Inc.

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