



RealMeal GF™: The Right Ingredients and Formulation

When used with a healthy diet, **RealMeal GF™** helps promote the optimal intake of protein and other nutrients needed for wellness and energy. **RealMeal GF™** is especially ideal for supporting weight loss, as part of a low-calorie diet and exercise program.**

RealMeal GF™ delivers 17 grams of non-denatured whey protein from grass-fed cows. Gentle processing under low heat preserves the fragile whey peptides that promote immune health and the amino acid building blocks for glutathione – your body's most important antioxidant.**

RealMeal GF™ provides energizing B vitamins, antioxidants, fiber, specialty nutrients and essential minerals such as chromium. Chromium works together with insulin to help maintain healthy blood glucose levels already in the normal range.**

RealMeal GF™ is enhanced with stabilized creatine, which plays an important role in ATP production and maintenance, thus helping to promote lean muscle mass, strength and endurance. A proprietary blend of digestive enzymes completes the formula to promote optimal nutrient absorption.**

RealMeal GF™ is Non-GMO, gluten-free, and contains NO egg, fish, shellfish, soy, peanuts, tree nuts, or wheat. Contains NO artificial colors, flavors, preservatives or sweeteners.

PRECAUTION: As with any dietary supplement, you should advise your health care practitioner of the use of this product. If you are nursing, pregnant, taking medication or have a medical condition, you should consult your health care practitioner prior to using this product. Not intended for use by persons under 18.



** 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.

F:G3714701



RealMeal GF™

With Whey Protein From 100% Grass-Fed Cows
Natural Chocolate Flavor

- ✓ Non-Denatured, Low Heat Processed Whey Protein from 100% Grass-Fed Cows
- ✓ Helps Regulate Glucose Metabolism**
- ✓ Advanced Immune System Support Featuring Glutathione Precursors**
- ✓ Naturally Suppresses Appetite Without Stimulants**
- ✓ Gluten-free, Non-GMO, No Growth Hormones (rBST or rBGH), Antibiotics, or Pesticides



Dietary Supplement • Net Wt. 16.6 oz (471 g)

Suggested Use: As a dietary supplement, mix 2 scoops of **RealMeal GF™** with 8 fl. oz. of filtered water. You may also blend into a healthy shake using other cold liquids like almond milk or coconut milk. Remember, **RealMeal GF™** is not intended to be your sole source of calories, but rather taken 1-2 times daily as part of an overall healthy eating plan.

Supplement Facts

Serving Size: 2 scoops (31.4 g)
Servings Per Container: 15

Amount Per Serving	% DV	Amount Per Serving	% DV	Amount Per Serving	% DV
Calories	120	Folate (as folic acid)	100 mcg 20%	Inulin (from Agave tequilana)	600 mg †
Calories from Fat	15	Vitamin B ₁₂ (as methylcobalamin)	50 mcg 833%	Immunoglobulins (from Proserum® whey)	2.1 g †
Total Fat	1.5 g 3%*	Biotin	100 mcg 33%	Creatine (from Creatine MagnaPower®)	500 mg †
Saturated Fat	1 g 5%*	Pantothenic acid (as D-calcium pantothenate)	100 mg 1,000%	Taurine	100 mg †
Cholesterol	20 mg 7%*	Calcium	100 mg 10%	Digestive Enzyme Blend	50 mg †
Total Carbohydrate	7 g 2%*	Phosphorus	60 mg 6%	Acid protease	(170 SAP / g)
Dietary Fiber	4 g 16%*	Magnesium (from Creatine MagnaPower®)	100 mg 25%	Amylglucosidase	(118 AG / g)
Sugars	2 g †	Zinc (as THAACS® zinc bisglycinate chelate)	5 mg 33%	Cellulase	(8,000 CU / g)
Protein	17 g 34%*	Chromium (as THAACS® chromium nicotinate glycinate chelate)	50 mcg 42%	Fungal amylase	(17,000 SAB / g)
Vitamin C (as sodium ascorbate)	100 mg 167%	Sodium	120 mg 5%	Fungal protease	(5,000 HUT / g)
Vitamin E (as d-alpha-tocopheryl acetate)	15 IU 50%	Potassium	200 mg 7%	Lipase	(1,000 LIP / g)
Thiamin (as thiamin mononitrate)	10 mg 667%	Total Glutamine Value	3.9 g †	Lactase	(500 Lact)
Niacin	10 mg 50%	Boast glutamic acid (from Proserum® whey)	(3 g)	Inositol	50 mg †
Vitamin B ₆ (as pyridoxine HCl)	10 mg 500%	L-Glutamine Value	(300 mg)		

Other Ingredients: Cocoa, vegetable fiber, natural flavors, vegetable cellulose, rice dextrin, salt, monk fruit extract and silicon dioxide.

Contains Milk.

Proserum® is a registered trademark of Wisdom Protein, Inc. THAACS® is a registered trademark of Albion Laboratories, Inc. Creatine MagnaPower® is a registered trademark of Albion Laboratories, Inc. Covered by Patent # 6,114,379 and patents pending.

Includes proprietary enzyme blend to aid digestion of the small amount of lactose present and to assist in the breakdown and assimilation of milk proteins.

Notice: Accurate serving size can only be determined by weight. A scoop is provided to help approximate this serving size. Fill a scoop and tap the bottom 3 or 4 times.

Distributed by:
RealDose Nutrition LLC
Boulder, CO 80302
Order Online: RealDoseNutrition.com
or by Phone: 1-800-828-8880

STORE IN A COOL, DRY PLACE.
Do not purchase if seal is broken.