



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.

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RealMeal GF™

With Whey Protein From 100% Grass-Fed Cows

Natural Vanilla 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. 18.4 oz (522 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 (34.8 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 Inulin)	600 mg †
Calories from Fat	10	Vitamin B ₁₂ (as methylcobalamin)	50 mcg 800%	Immunoglobulins (from Proserum® whey)	2.1 g †
Total Fat	1 g 2%	Biotin	100 mcg 20%	Creatine (from Creatine MagnaPower®)	550 mg †
Saturated Fat	0.5 g 1%	Pantothenic acid (as D-calcium pantothenate)	100 mg 1,000%	Taurine	100 mg †
Cholesterol	20 mg 4%	Calcium	100 mg 10%	Digestive Enzyme Blend	50 mg †
Total Carbohydrate	10 g 2%	Phosphorus	65 mg 7%	Acid protease	(170 SAP / g)
Dietary Fiber	3 g 12%	Magnesium (from Creatine MagnaPower®)	100 mg 25%	Amyloglucosidase	(710 AG / g)
Sugars	2 g †	Zinc (as TRACSP® zinc bisglycinate chelate)	5 mg 20%	Cellulase	(9,000 CU / g)
Protein	17 g 34%	Chromium (as TRACSP® chromium nicotinate glycinate chelate)	50 mcg 40%	Fungal amylase	(17,000 SAB / g)
Vitamin C (as sodium ascorbate)	100 mg 167%	Sodium	60 mg 2%	Fungal protease	(5,000 HUT / g)
Vitamin E (as d-alpha-tocopheryl acetate)	15 IU 50%	Potassium	150 mg 4%	Lipase	(1,000 PP / g)
Thiamin (as thiamin mononitrate)	10 mg 667%	Total Glutamine Value	3.9 g †	Lactase	(500 LACT)
Riboflavin	10 mg 500%	Bound glutamic acid (from Proserum® whey)	(3 g)		
Niacin (as niacinamide)	10 mg 50%	L-Glutamine Value	(200 mg)		
Vitamin B ₆ (as pyridoxine HCl)	10 mg 500%				

Other Ingredients: Xylitol, oat fiber, guar gum, vegetable cellulose, natural flavor, rice maltodextrin, monk fruit extract and silicon dioxide.

Contains Milk.

Proserum® is a registered trademark of Wisdom Protein, Inc.
TRACSP® is a registered trademark of Abion Laboratories, Inc.
Creatine MagnaPower® is a registered trademark of Abion 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.

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

Distributed by:
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Do not purchase if seal is broken.