

SUGGESTED USE: MIX 2 SCOOPS WITH AT LEAST 8 OZ. OF WATER OR BEVERAGE OF CHOICE, ONCE PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

SHAKE JAR BEFORE OPENING TO ENSURE PROPER SERVING SIZE. THIS IS A NATURAL PRODUCT AND MAY EXHIBIT DENSITY, COLOR AND TASTE VARIATIONS.

WARNING: IF TAKING MEDICATION, PREGNANT OR NURSING CONSULT A PHYSICIAN BEFORE USING.

KEEP OUT OF REACH OF CHILDREN.
STORE SEALED IN A COOL, DRY PLACE.

Albion®, TRAACS® and the Albion Gold Medallion design are registered trademarks of Albion Laboratories, Inc.

Quatrefolic® is a registered trademark of Gnosis S.p.A. US Patent No 7,947,662.

Manufactured For:
Moss Nutrition
Products, Inc.
380 Russell Street
Hadley, MA 01035
800-851-5444



WWW.MOSSNUTRITION.COM



MOSS
NUTRITION

Select Meal® DF
Chocolate



Dairy-Free Formula
Complete Meal & Supplement Shake

Dietary Supplement
Net Wt: 650 g (1.43 lbs)

Supplement Facts

Serving Size: 46.5 g (approximately 2 scoops) Servings Per Container: Approximately 14

	Amount Per Serving	% Daily Value
Calories	150	
Calories from Fat	30	
Total Fat	3 g	5%*
Saturated Fat	2 g	10%*
Total Carbohydrate	13 g	4%*
Dietary Fiber	3 g	9%*
Sugars	4 g	**
Protein	18 g	36%*
Vitamin A (as mixed carotenoids)	2000 IU	40%
Vitamin C (as magnesium ascorbate)	100 mg	167%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin B1 (as thiamin pyrophosphate)	2 mg	133%
Vitamin B2 (as riboflavin-5-phosphate)	2 mg	118%
Vitamin B3 (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxal-5-phosphate)	5 mg	250%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)	200 mcg	50%
Vitamin B12 (as methylcobalamin)	250 mcg	4167%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	150 mg	1500%
Calcium (from pea protein and Calcium Bisglycinate Chelate [TRAACS®])	200 mg	20%
Iron (from all sources)	4 mg	22%
Phosphorus (from pea protein)	257 mg	26%
Iodine (as potassium iodide)	150 mcg	100%

	Amount Per Serving	% Daily Value
Magnesium (as Magnesium Bisglycinate Chelate [TRAACS®] and magnesium ascorbate)	100 mg	25%
Zinc (as Zinc Bisglycinate Chelate) (TRAACS®)	10 mg	67%
Selenium (as Selenium Glycinate Complex) (Albion®)	50 mcg	71%
Manganese (as Manganese Bisglycinate Chelate) (TRAACS®)	0.5 mg	25%
Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS®)	250 mcg	208%
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS®)	500 mcg	667%
Chloride (from sodium chloride)	242 mg	7%
Sodium (from all sources)	314 mg	13%
Potassium (from pea protein)	42 mg	1%
Inulin (prebiotic; 90% fructooligosaccharides)	2 g	**
Medium Chain Triglycerides (MCT oil)	1.5 g	**
Organic Flax Seed powder (<i>Linum usitatissimum</i>)	500 mg	**
Guar Gum	300 mg	**
White Kidney Bean extract 4:1	300 mg	**
Organic Green Tea Extract (leaf) (<i>Camellia sinensis</i>) (decaffeinated)	100 mg	**
Mixed Tocopherols (non-GMO)	30 mg	**
Vanadium (as Vanadium Nicotinate Glycinate Chelate) (TRAACS®)	25 mcg	**

* Percent Daily Values are based on a 2000 calorie diet.
** Daily Value not established.

Other Ingredients: Pea protein isolate (non-GMO), tapioca maltodextrin (non-GMO), natural chocolate and vanilla flavors, organic cocoa powder, silicon dioxide, monk fruit extract (Luo Han Guo). **Does not contain gluten.**