

Report any adverse reactions to 860.623.6314

Notice: This is a natural product that may exhibit color, taste, and density variations from lot to lot. It contains naturally occurring micronutrients; therefore amounts may vary within the whey protein, pea protein and flavor profiles.

EssentialMeal™ single serving packs are a delicious and convenient way to obtain high quality protein (whey/pea blend) along with additional key vitamins, minerals, and nutrients. Whether you find yourself constantly on the go or you never seem to have the time to prepare nutritious between-meal snacks, EssentialMeal™ single serving packs provide the ideal solution. With 17 grams of protein per bottle (approx. 30 grams), this product is ideal for pre- and post-workout, or as a between meal snack.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

n-zymes® is a registered trademark of National Enzyme Company.

Does not contain gluten.



EMCHSS

designs for health®



EssentialMeal™

Natural Chocolate Flavor

Dietary Supplement
For Professional Use Only

30 Grams

Recommended Use: As a dietary supplement, add 8-12 ounces of water or any other beverage to one pre-measured bottle (approx. 30 grams), or as directed by your health care practitioner. Shake well before using. EssentialMeal™ is not intended to be the sole source of calories, but used as part of an overall program of healthy eating.

Supplement Facts

Serving Size 1 bottle (approx. 30 grams)

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	100	Iron (from pea protein)	2 mg 10%
Calories from Fat	20	Magnesium	50 mg 15%
Total Fat	2 g 3%*	(TRAACS® Magnesium Glycinate Chelate Buffered)	
Cholesterol	10 mg 3%	Zinc (TRAACS® Zinc Glycinate Chelate)	5 mg 35%
Sodium	190 mg 8%	Chromium	50 mcg 40%
Total Carbohydrate	6 g 2%*	(TRAACS® Chromium Nicotinate Glycinate Chelate)	
Dietary Fiber	3 g 12%*		
Sugars	1 g †	Taurine	100 mg †
Protein (from whey and pea)	17 g 34%*	High Gamma Mixed Tocopherols	50 mg †
Vitamin C (as Ascorbic Acid)	100 mg 170%	(as d-gamma, d-delta, d-alpha, d-beta)	
Vitamin E (as d-alpha tocopherol)	8 IU 25%	n-zymes®	50 mg †
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	5 mg 330%	Amylase	2200 DU †
Riboflavin (Vitamin B-2)	5 mg 290%	Protease 4.5	5000 HUT †
Niacin (Vitamin B-3)(as Niacinamide)	5 mg 25%	Protease 3.0	10.7 SAPU †
Vitamin B-6 (as Pyridoxine HCL)	5 mg 250%	Protease 6.0 (Concentrate)	2000 HUT †
Folate (NatureFolate™ blend)	50 mcg 15%	Lactase	400 ALU †
Vitamin B-12 (as Methylcobalamin)	50 mcg 830%		
Biotin (as d-Biotin)	50 mcg 15%		
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%		
Calcium (from whey and pea protein)	90 mg 10%		

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Natural chocolate flavor, natural vanilla flavor, vegetable fiber, tapioca dextrin, certified organic stevia leaf extract powder, vegetable cellulose, silicon dioxide.

Contains: Milk.



Formulated and distributed by:
Designs for Health, Inc.
980 South Street, Suffield, CT 06078
www.designsforhealth.com

STORE IN A COOL, DRY PLACE.