

designs for health®



Recommended Use: As a dietary supplement, add 8-10 ounces of water or beverage of your choice to one pre-measured bottle (approx. 32 grams). Shake well before using. EssentiaMeal™ is not intended to be the sole source of calories, but used as part of an overall program of healthy eating.

EssentiaMeal™ is a delicious and convenient way to obtain quality protein along with additional key vitamins, minerals, and nutrients, for a quick and easy high protein meal. Whether you find yourself constantly on the go or you never seem to have the time to prepare nutritious between-meal snacks, EssentiaMeal™ provides the ideal solution. Each bottle contains one pre-measured serving of EssentiaMeal™. Just add water or a beverage of your choice, shake and enjoy!

TRAACS® is a registered trademark of Albion Laboratories, Inc.
n-zymes® is a registered trademark of National Enzyme Company.



Uniquely formulated and distributed by:
Designs for Health, Inc.
980 South Street, Suffield, CT 06078

This product is manufactured in a NSF GMP registered facility
Report any adverse reactions to 860-623-6314

EssentiaMeal™

Natural Vanilla Flavor

Dietary Supplement

32 grams

Order online @ www.designsforhealth.com

Supplement Facts

Serving Size 1 bottle (approx. 32 grams)**
Servings Per Container 1

Amount Per Serving		Amount Per Serving		% Daily Value
Calories	101	Calories from Fat 11		
		% Daily Value		
Total Fat	1 g			2%
Saturated Fat	0 g			0%
Trans Fat	0 g			†
Cholesterol	21 mg			7%
Sodium	60 mg			3%
Total Carbohydrates	9 g			2%
Dietary Fiber	2.5 g			8%
Sugars	2 g			†
Protein (from Whey)	17 g			34%
Vitamin C (as Ascorbic Acid)	100 mg			167%
Vitamin E (Total Natural Tocopherols)	50 mg			*
as d-gamma	33.5 mg			*
as d-delta	11 mg			*
as d-alpha	4 mg/6 IU			20%
as d-beta	1.5 mg			*
Vitamin B1 (as Thiamine Mononitrate)	5 mg			333%
Vitamin B2 (as Riboflavin)	5 mg			294%
Vitamin B3 (as Niacinamide)	5 mg			25%
Vitamin B6 (as Pyridoxine HCl)	5 mg			250%
Folates (NatureFolate™ blend)	50 mcg			13%
Vitamin B12 (as Methylcobalamin)	50 mcg			833%
Biotin (as d-Biotin)	50 mcg			17%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg			500%
Calcium (from Whey)	85 mg			9%
Magnesium (as TRAACS® Magnesium Chelate Buffered)	50 mg			13%
Zinc (as TRAACS® Zinc Glycinate Chelate)	5 mg			33%
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	50 mcg			42%
Potassium (from Whey and Natural Vanilla Flavor)	110 mg			3%
Phosphatidylcholine (from Soy Lecithin)	840 mg			†
Taurine	100 mg			†
n-zymes®	50 mg			†
Amylase	2200 DU			
Protease 4.5	5000 HUT			
Protease 3.0	10.7 SAPU			
Protease 6.0 (Concentrate)	2000 HUT			
Lactase	400 ALU			

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

Other Ingredients: Natural vanilla flavor, stevia (leaf) extract, tapioca dextrin, vegetable fiber, vegetable cellulose.

This product does not contain wheat, yeast, gluten, eggs, artificial colors, flavors or preservatives.

Contains: Dairy.



Please recycle this
container.
Product of USA.

**NOTICE: This is a natural product
that may exhibit color, taste and
density variations from lot to lot.

STORE IN A COOL, DRY PLACE.

