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.

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



EssentiaMeal[™]

Natural Vanilla Flavor

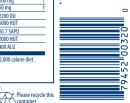
Dietary Supplement

Supplement Facts

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

Amount Per Serving			Amount Per Serving	% Daily	y V
Calories	101	Calories from Fat 11 % Daily Value		50 mcg 8	83
Total Fat	1 q	2%	Biotin (as d-Biotin)	50 mcg	7
Saturated Fat	0 g	0%	Pantothenic Acid	50 mg	50
Trans Fat	0 g	t	(as d-Calcium Pantothenate)		
Cholesterol	21 mg	7%		85 mg	
Sodium	60 mg	3%			
Total Carbohydrates	9 g	2%		50 mg	1
Dietary Fiber	2.5 g	8%			_
Sugars	2 g	t	Zinc	5 mg	3
Protein (from Whey)	17 g	34%			
Vitamin C	100 m	g 167%	Chromium (TRAACS® Chromium Nicotinate	50 mcg e Glycinate Chelate)	4
(as Ascorbic Acid)			Potassium	110 mg	Π
Vitamin E (Total Natural Tocopherols)	50 mg	*	(from Whey and Natural		
as d-gamma	33.5 m	ig *	Vanilla Flavor)		
as d-delta	11 mg	*	Phosphatidylcholine	840 ma	
as d-alpha	4 mg/6	i IU 20%	(from Soy Lecithin)		
as d-beta	1.5 mg	*	Taurine	100 ma	_
Vitamin B1	5 mg	333%	n•zymes®	50 mg	_
(as Thiamine Mononitrate)			Amylase	2200 DU	Τ
Vitamin B2	5 mg	294%	Protease 4.5	5000 HUT	-
(as Riboflavin)			Protease 3.0	10.7 SAPU	_
Vitamin B3	5 mg	25%	Protease 6.0 (Concentrate)	2000 HUT	_
(as Niacinamide)			lartase	400 ALU	-
Vitamin B6	5 mg	250%	Euclase	100 1120	
(as Pyridoxine HCI)			*Percent Daily Values are based of	on a 2,000 calorie diet.	
Folates	50 mcg	13%	†Daily Value not established.		
(NatureFolate™ blend)			1		

Amount Per Serving	% Da	ily Value
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 Chelat	50 mg e Buffered)	13%
Zinc (as TRAACS® Zinc Glycinate Chel	5 mg late)	33%
Chromium (TRAACS® Chromium Nicotinate	50 mcg Glycinate Chelate)	42%
Potassium (from Whey and Natural Vanilla Flavor)	110 mg	3%
Phosphatidylcholine (from Soy Lecithin)	840 mg	t
Taurine	100 mg	<u>†</u>
n•zymes®	50 mg	t
Amylase	2200 DU	
Protease 4.5	5000 HUT	
Protease 3.0	10.7 SAPU	
Protease 6.0 (Concentrate)	2000 HUT	



32 grams

Contains: Dairy.

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.