

designs for health®



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 pea protein and flavor profiles.

EssentialMeal™-DF single serving packs are a delicious and convenient way to obtain high quality pea protein 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™-DF 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.



EMDFS

EssentialMeal™-DF

Dairy-Free • Natural Vanilla 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™-DF 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	110	Iron (from pea protein)	5 mg 28%
Calories from Fat	15	Magnesium	50 mg 13%
Total Fat	2 g 3%*	(TRAACS® Magnesium Glycinate Chelate Buffered)	
Sodium	340 mg 14%	Zinc (TRAACS® Zinc Glycinate Chelate)	5 mg 33%
Total Carbohydrate	8 g 3%*	Chromium	50 mcg 42%
Dietary Fiber	2 g 8%*	(TRAACS® Chromium Nicotinate Glycinate Chelate)	
Sugars	1 g †		
Protein (from pea)	17 g 34%*	Taurine	100 mg †
Vitamin C (as Ascorbic Acid)	100 mg 167%	High Gamma Mixed Tocopherols	50 mg †
Vitamin E (as d-alpha tocopherol)	8 IU 27%	(as d-gamma, d-delta, d-alpha, d-beta)	
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	5 mg 333%	n-zymes®	50 mg †
Riboflavin (Vitamin B-2)	5 mg 294%	Amylase	2200 DU †
Niacin (Vitamin B-3)(as Niacinamide)	5 mg 25%	Protease 4.5	5000 HUT †
Vitamin B-6 (as Pyridoxine HCL)	5 mg 250%	Protease 3.0	10.7 SAPU †
Folate (NatureFolate™ blend)	50 mcg 13%	Protease 6.0 (Concentrate)	2000 HUT †
Vitamin B-12 (as Methylcobalamin)	50 mcg 833%	Lactase	400 ALU †
Biotin (as d-Biotin)	50 mcg 17%		
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%		
Calcium (from pea protein)	40 mg 4%		

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

†Daily Value not established.

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



Formulated and distributed by:

Designs for Health, Inc.

980 South Street, Suffield, CT 06078

www.designsforhealth.com

Manufactured in an NSF GMP Registered Facility

STORE IN A COOL, DRY PLACE.