

designs for health®



EssentiaMeal™

Natural Vanilla Flavor

Dietary Supplement
For Professional Use Only

450 Grams

Recommended Use: As a dietary supplement, mix 30 grams (approx. two scoops) in 8-12 ounces of water or any other beverage per day, or as directed by your health care practitioner. EssentiaMeal™ is not intended to be the sole source of calories, but rather to be used as part of an overall program of healthy eating.

Supplement Facts

Serving Size 30 grams (approx. two scoops)

Servings Per Container 15

Amount Per Serving		% Daily Value	Amount Per Serving		% Daily Value	Amount Per Serving		% Daily Value
Calories	110		Vitamin B-6 (as Pyridoxine HCL)	5 mg	250%	Taurine	100 mg	†
Calories from Fat	20		Folate	50 mcg	13%	High Gamma Mixed Tocopherols	50 mg	†
Total Fat	2 g	3%*	(NatureFolate™ blend)			(as d-gamma, d-delta, d-alpha, d-beta)		
Cholesterol	10 mg	3%	Vitamin B-12	50 mcg	833%	n-zymes®	50 mg	†
Sodium	200 mg	8%	(as Methylcobalamin)			Amylase	2200 DU	†
Total Carbohydrate	7 g	2%*	Biotin (as d-Biotin)	50 mcg	17%	Protease 4.5	5000 HUT	†
Dietary Fiber	2 g	8%*	Pantothenic Acid	50 mg	500%	Protease 3.0	10.7 SAPU	†
Sugars	1 g	†	(as d-Calcium Pantothenate)			Protease 6.0 (Concentrate)	2000 HUT	†
Protein	17 g	34%*	Calcium	80 mg	8%	Lactase	400 ALU	†
(from Proserum® Whey and Peatein™)			(from Proserum® Whey and Peatein™)					
Vitamin C (as Ascorbic Acid)	100 mg	167%	Iron (from Peatein™)	2 mg	11%			
Vitamin E (as d-alpha tocopherol)	8 IU	27%	Magnesium	50 mg	13%			
Thiamin (Vitamin B-1)	5 mg	333%	(TRAACS® Magnesium Glycinate Chelate Buffered)					
(as Thiamin Mononitrate)			Zinc (TRAACS® Zinc Glycinate Chelate)	5 mg	33%			
Riboflavin (Vitamin B-2)	5 mg	294%	Chromium	50 mcg	42%			
Niacin (Vitamin B-3)	5 mg	25%	(TRAACS® Chromium Nicotinate Glycinate Chelate)					
(as Niacinamide)								

*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.

Contains: Milk.



Formulated and distributed by:
Designs for Health, Inc.
980 South Street, Suffield, CT 06078
www.designsforhealth.com
Manufactured in an NSF GMP Registered Facility

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 profile.

EssentiaMeal™ is a delicious way to obtain quality protein (whey/pea blend) along with additional key vitamins, minerals, and nutrients. With 17 grams of protein per serving (approx. 2 scoops), 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.

Proserum® is a registered trademark of Wisdom Proteins, Inc.

Does not contain gluten.

STORE IN A COOL, DRY PLACE.



EMV450