

Perfect Meal® is a delicious and satisfying high protein and fiber dietary supplement that will help you successfully manage your weight by naturally curbing your appetite.*

Perfect Meal® features **Fibertrol®**, our own special fiber blend that helps you feel full longer, reducing hunger and cravings that can lead to overeating during meals and overindulging on unhealthy snacks between meals. By eating less and decreasing your caloric intake, your weight management goals are within reach. **Fibertrol**, along with the **Glycemic Balance Blend**, helps maintain already healthy blood sugar metabolism for balanced energy levels and reduced food cravings.* **Fibertrol** also contains nutrients that help maintain cholesterol levels already in the healthy range, including organic oat beta glucan to support a healthy heart.*

Perfect Meal® provides a multi-faceted approach to healthy weight management:**

1. **Fibertrol and Whey Protein** help you take control of your appetite so you consume fewer calories between meals.
2. **Glycemic Balance Blend and Fibertrol** slow digestion of carbohydrates to help maintain already healthy blood sugar levels and glycemic response for balanced energy.*
3. **Proprietary Probiotic Blend** supports your digestive system to maximize the benefits of a healthy diet.*

Perfect Meal® also delivers 19 grams of whey protein, the preferred protein source for weight management, and is an excellent source of vitamin C (83% Daily Value) and calcium (28% Daily Value).

Enjoy great-tasting **Perfect Meal®**, along with a sensible diet and regular physical activity, as a meaningful solution to managing your weight.

Whole food based chromium and calcium • No isolates • No stimulants or artificial sweeteners
Low glycemic index • Regular consumption of foods with a low glycemic index is associated with optimal weight.

This product is made with natural ingredients. Contains no artificial colors or preservatives.



We Buy 100% Certified Renewable Energy

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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Effective and Healthy Weight Management**
Deliciously Satisfying
19 Grams of Protein
5 Grams of Fiber
Gluten Free

Low Glycemic Index



*ALONG WITH A HEALTHY DIET AND EXERCISE

Net Weight 658 Grams (23.2 Oz) 14 Servings

Dietary Supplement

Suggested Use: Adults mix two scoops of Perfect Meal® in 8 ounces of water and drink immediately to satisfy your appetite. If desired, take Perfect Meal® about 1 hour before one or two meals each day. Not intended for children.

Supplement Facts

Serving Size 47g (2 scoops)
 Servings Per Container 14

	Amount Per Serving	% Daily Value**
Calories	180	
Calories from Fat	11	
Total Fat	5g	2%
Saturated Fat	5g	5%
Cholesterol	55mg	18%
Sodium	90mg	4%
Total Carbohydrate	22g	7%
Dietary Fiber	5g	20%
Sugars	3g	+
Protein	19g	38%
Vitamin C	50mg	83%
Calcium	275mg	28%
Iron	1mg	6%
Chromium	200mcg	187%
Whey Protein Concentrate (Milk)	25g	+
Fibertrol® Blend	6g	+
Konjac Glucomannan, Oat Bran, Organic Acacia Fiber, Oat Fiber		
Glycemic Balance Blend	557mg	+
Cultured Red Algae, Acerola Cherry, Chromium		
Stevia	6mg	+
Proprietary Probiotic Blend	6mg	+
Lactobacillus plantarum, Bifidobacterium lactis, Bifidobacterium bifidum, Lactobacillus rhamnosus, Bifidobacterium breve, Lactobacillus casei, Lactobacillus salivarius, Lactobacillus acidophilus, Bifidobacterium longum, Lactobacillus paracasei		

** Percent Daily Value (DV) based on a 2,000 calorie diet.
 + Daily Value not established.

Other ingredients: xylitol, natural flavors, salt, soy lecithin, Gluten Free.

NOTICE: This product should be taken with at least a full glass of liquid. Consuming this product without enough liquid may cause choking. Do not consume this product if you have difficulty in swallowing.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision. Store in a cool, dry place.

This product is packed by weight not volume.

Do not use if safety seal is broken or missing.
 Keep out of reach of children.

PNV058L-042120-050730

Distributed by: Garden of Life LLC
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 Made in the U.S.A.
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