

Balanced Meal Complete Nutritional Shake is chock full of Whole-Food Fermented Vitamins & Minerals, Five Plant Proteins, Organic Fermented Sprouts, Herbs, Vegetables, Fruits, Spices, Fiber, Essential Fatty Acids, Antioxidants, Probiotics, Prebiotics, & Digestive Enzymes.

- **21 Whole-Food Fermented Vitamins & Minerals** is real nutrition from real foods. Organic fermented sprouts, herbs, vegetables, fruits, and spices give you plenty of essential nutrients while also providing naturally occurring enzymes and unique phytonutrients.
- **Multi-Source Plant Protein Matrix** contains 17g of complete plant protein from Organic Sprouted Amaranth & Quinoa, Chia, Cranberries and Peas. BCAAs, Glutamine and Glycine help create the perfect balance of essential amino acids.
- **Multi-Source Low-Glycemic Energy Matrix** provides slow-release complex carbs from Organic Oats, Amaranth, Quinoa, Buckwheat, Millet and Chia.
- **Multi-Source Fiber/Antioxidant Matrix** is packed with 25 fruits, berries, vegetables and herbs which are some of the most powerful plant sources of antioxidants that nature can provide. You'll also receive 5g of organic fiber in every serving.
- **Multi-Source Plant EPA Matrix** is four of nature's richest sources of essential fatty acids: Flax, Chia, Hemp and Sacha Inchi. They contain all three types of EFAs your body needs including Omega 3, 6 & 9.
- **Probiotic, Prebiotic and Digestive Enzyme Matrix** jump starts digestion and nutrient absorption the moment you drink your shake and ensures that you get the most out of the proteins, complex carbohydrates and healthy fats in Balanced Meal.

Other Ingredients: Natural vanilla flavor, inulin, guar gum, stevia, silica, natural chai flavor, lo han guo, organic maltodextrin and organic corn starch.

Contains No dairy, yeast, wheat, gluten, preservatives, artificial colors or flavors.

Suggested Use: Add two (2) level scoops to 8-12 oz. of chilled water or preferred beverage in a shaker cup or blender, and mix for about 5 seconds. Drink and enjoy a shake each day. Store in a cool, dry place and away from direct light.

This product is sold by weight not volume. Settling may occur.

KEEP OUT OF REACH OF CHILDREN.

Formulated For:

VITAMIN DISCOUNT CENTER, LLC

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VITAMIN DISCOUNT CENTER®

Plant-Based Balanced Meal COMPLETE NUTRITIONAL SHAKE

17g
protein
per serving

5g
fiber
per serving

21
vitamins &
minerals

- Whole-Food Fermented Vitamins/Minerals
- Organic Sprout, Vegetable & Fruit Blends
- Plant-Based Complete Protein & Fiber
- Probiotics, Prebiotics & Digestive Enzymes

**GLUTEN FREE | NO DAIRY
NO SOY | NON-GMO**

Dietary Supplement

Net Wt. 1 lb. (450 g)



SUPPLEMENT FACTS

Serving Size: 2 Scoops (Approximately 37.5 g)

Servings Per Container 12

	Amount Per Serving	% Daily Value*
Calories 160		
Calories from Fat 30		
Total Fat	3 g	4%
Saturated Fat	0.5 g	3%
Sodium	270 mg	12%
Potassium	100 mg	2%
Total Carbohydrate	15 g	5%
Dietary Fiber	5 g	18%
Sugars	<1 g	**
Protein	17 g	34%
Vitamin A (as beta carotene)	353 mcg RAE	39%
Vitamin C (as ascorbic acid)	25 mg	28%
Vitamin D-3 (as cholecalciferol)	4 mcg (160 IU)	20%
Vitamin E (as succinate, acetate)	7 mg	46%
Vitamin B-1 (as thiamine hydrochloride, mononitrate)	590 mg	49%
Vitamin B-2 (as riboflavin)	800 mcg	62%
Niacin (as niacinamide)	9 mg	50%
Vitamin B-6 (as hydrochloride)	775 mcg	48%
Folate	400 mcg DFE (240 mcg folic acid)	100%
Vitamin B-12 (as cyanocobalamin)	2.5 mcg	104%
Biotin	135 mcg	450%
Pantothenic Acid (as d-calcium pantothenate)	4 mg	80%
Calcium (as carbonate)	240 mg	18%
Iodine (as potassium iodide)	67 mcg	45%
Magnesium (as citrate, oxide)	8 mg	2%
Zinc (as citrate, oxide)	6 mg	55%
Selenium (as methionine, selenite)	9 mcg	16%
Copper (as gluconate)	350 mcg	39%
Manganese (as citrate, gluconate)	2.2 mg	96%

	Amount Per Serving	% Daily Value*
Chromium (as amino acid chelate, chloride)	40 mcg	114%
Molybdenum (as amino acid chelate, molybdate)	8 mcg	18%

Multi Source Vitamins & Minerals Matrix

with Fermented Whole Foods:

850 mg **
Organic Fermented Herbal Blend: Reishi, Shiitake, Maitake;
Organic Fermented Vegetable Blend: Tomato, Pea, Carrot, Spinach, Pepper;
Fermented Fruit Blend: Cherry, Banana, Apple, Strawberry, Blueberry;
Organic Fermented Sprout Blend: Amaranth, Quinoa, Millet; Organic Cultured Spice
Blend: Cinnamon, Allspice, Cloves; Essential Glyconutrient Blend: Mannose, Glucose,
Galactose, Xylose from *Coffea arabica*, *Aloe barbadensis*.

Multi-Source Plant Protein Matrix: 19,680 mg **

Pea Protein Isolate, Organic Sprouted Amaranth, Organic Sprouted
Quinoa, Chlorophyll protein, Cranberry Seed protein, and a proprietary
amino acid blend of Leucine, Isoleucine, Valine and Glutamine.

Multi-Source Low-Glycemic Energy Matrix: 6,075 mg **

Organic Oat Bran, Organic Amaranth, Organic Quinoa,
Organic Buckwheat, Organic Millet, Organic Chia, Broccoli sprouts,
Watercress sprouts, Kale sprouts, Mustard sprouts and Cabbage sprouts.

Multi-Source Fiber/Antioxidant Matrix: 3,950 mg **

Organic Acacia Gum Fiber, Organic Beet, Grape seed extract,
Plum Fruit extract, Strawberry juice, Hawaiian Noni fruit, Pineapple juice,
Guava juice, Organic Apple, Orange juice, Raspberry juice, Mango juice,
Acai juice, Cupuacu juice, Camu Camu fruit extract, Green Tea extract,
Watermelon juice, Organic Hawthorne berry extract, Grape skin extract,
Elderberry fruit, Organic Goji extract, Bilberry extract, Protease, Amylase,
Cellulase, Lactase, Lipase and Wild Alaskan Aurora Blue® Blueberry.

Multi-Source Plant EPA Matrix: 1,516 mg **

Flax Seed Oil Powder, Flax seed, Sacha Inchi seed, Chia seed and Hemp seed.

Probiotic, Prebiotic, & Digestive Enzyme Matrix: 988 mg **

Bacillus coagulans (1 Billion viable cells), Fructo-Oligosaccharides (inulin),
Alpha-galactosidase and Bromelain.

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

Aurora Blue® is a trademark of Denali Bio Technologies.