What's in a Square Meal?

Square Meal Protein: Naturally Natured Whey Protein (Whey Protein Concentrate, Whey Protein Isolate), Micellar Caseins and Caseinate, Whole Milk Protein, Hydrolyzed Whey Protein (no MSG), and Whey Protein Isolate.
Square Carbohydrate Fuel: Whole Grain Rice Polymers, Whole Grain Oats and Oat Fiber, Evaporated Cane Juice and Chicory
Square Meal Lean Fats: Sunflower Oil, Medium Chain Triglycerides and Canola Oil.
Other Square Ingredients: Natural and artificial watermelon flavor, Vitamin and mineral blend (Vitamin A acetate, cholecalciferol, d-alpha-tocopherol acetate, ascorbic acid, folate, thiamine monohydrate, riboflavin, niacinamide, pyrodoxine HCL, cyanocobalamine, biotin, pantothenic acid, di-calcium phosphate, potassium iodide, potassium chloride, ferrous fumerate, magnesium oxide, copper gluconate, and zinc oxide), Complete Absorb Enzyme Blend (Pancreatin 4X providing Amylase, 50,000 USP units, Protease 50,000 USP units Lipase 8,500 USP units).

WARNING: This product should not be used as the sole source of nutrition. Not to be used as a meal replacement for pregnant or nursing women without the advice of a physician. Anyone who desires to lose 20% or more body weight should consult a physician before use.
Caution: This product contains milk proteins and grain products. Individuals with milk, grain, wheat or gluten sensitivities should use caution when using this product to avoid any allergic reactions

** Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs. † Vitamin & mineral and amino acid profiles are based on a 3 scoop serving. ◊Four scoop serving calculated with one and a half cups of 2% milk. *

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

Made in the U.S.A.

Manufactured for and distributed by: Exclusive Supplements, Inc.
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Low-Cal SNACK | **Balanced MINI MEAL** | **Healthy SQUARE MEAL** | **GAINING MEGA MEAL◊**

SUPPLEMENT FACTS

Serving Size:	1 Scoop	%DV**	2 Scoops	%DV**	3 Scoops	%DV**	4 Scoops◊	%DV**
Amount Per Serving	~24g		~47g		~70g		~94g	
Sevings Per Container	96		48		32		24	
Calories	102		204		306		594	
Calories From Fat	24		48		72		139	
Total Fat	2.5g	4%	5g	7%	8g	10%	18g	18%
Saturated Fat	0g	0%	0g	0%	<1g	0%	4g	20%
Trans Fat	0g	0%	0g	0%	0g	0%	0g	0%
Cholesterol	7mg	3%	14mg	5%	21mg	8%	58mg	19%
Sodium	20mg	1%	40mg	2%	60mg	3%	230mg	10%
Potassium	74mg	8%	147mg	15%	221mg	22%	294mg	30%
Total Carbohydrates	8g	3%	15g	5%	23g	8%	48g	15%
Dietary Fiber	1g	6%	3g	12%	4g	16%	6g	24%
Sugar	2g		5g		7g		29g	
Protein	12g		24g		36g		60g	

Vitamin and Mineral Profile†

Vitamin A:	33%	Vitamin B6:	33%
Vitamin C:	33%	Folic Acid:	33%
Calcium:	33%	Vitamin B12:	33%
Iron:	33%	Biotin:	33%
Vitamin D:	33%	Magnesium Stearate:	33%
Vitamin E:	33%	Pantothenic Acid:	33%
Thiamin (B1):	33%	Copper:	33%
Riboflavin (B2):	33%	Zinc:	33%
Niacin (B3):	33%	Chromium: 40mcg	33%

Enhanced Amino Acid Profile †

L-Alanine 1668mg	L-Lysine* 3852mg
L-Arginine 939mg	L-Methionine* 1325mg
L-Aspartic Acid 4021mg	L-Phenylalanine 1325mg
L-Cystine 490mg	L-Proline 1635mg
L-Glycine 1616mg	L-Serine 1735mg
L-Glutamic Acid 5150mg	L-Threonine 1915mg
L-Histidine* 770mg	L-Tryptophan 979mg
L-Isoleucine (BCAA)* 1631mg	L-Tyrosine 1484mg
L-Leucine (BCAA)* 4289mg	L-Valine (BCAA) 1671mg
	* essential amino acids

100% WHOLE GAINS PRESENTS:

SQUARE MEAL

Naturally Balanced PROTEIN™

BIORhythm
ADVANCED DIETARY SUPPLEMENTS

100% WHOLE GAINS PRESENTS:

96 SERVINGS

SQUARE MEAL

Naturally Balanced PROTEIN™

» Low Saturated Fats «
» First Hybrid Protein «
» Zero Refined Carbs «

GOURMET FLAVORING

Seedless Watermelon

NO ARTIFICIAL SWEETENERS

BIORhythm
ADVANCED DIETARY SUPPLEMENTS

Net Weight 2240g (4.94lbs)

Directions:

Excellent Source of FIBER & WHOLE GRAINS

As an adult dietary supplement, mix one serving with 3-12 oz water or low fat milk. Square Meal can be enjoyed as a thick and rich whole creamy shake or as a thin flavorful meal replacement ← depending on serving size and fluid volume.

How will Square Meal Work for Me?
No matter the fitness goal { weight loss, fat loss, increase mass or any combination } everyone will consume protein, carbohydrates and fat in a given day. That is to say if staying healthy and achieving sustainable results is the goal.*

BioRhythm's Square Meal is an excellent aid to achieving results through nutrition. Here are some very practical and effective uses of Square Meal's versatility:

Snacking and Appetite Control: One scoop of Square Meal is a 100 calorie snack that will satisfy the sweet tooth and a grumbling stomach. This small serving will provide the energy of a candy bar without a crash. Square Meal's unique balance can help keep you from grabbing high calorie snack foods by eliminating the urge to ruin the daily meal plan.*

Weight Control or Maintenance: Two scoops of Square Meal can be used as a high protein "mini-meal". A serving this size has the protein equivalent to about 3oz. skinless boneless chicken breast, ½ cup prepared brown rice with about the same amount of fat the cooked meal would contain.*

Healthy Meal Replacement: Three scoops of Square Meal has the protein content of a serving of baked salmon, the carbohydrates of a sweet potato with less fat than that meal would contain. Square Meal can be a great choice for a healthy mid-day meal and a better choice than the usual "value meal".*

Lean Mass Gains: Four scoops has the protein content of a Sirloin Steak, the carbohydrates of a large baked potato and dinner roll. The "lean fats" in Square Meal make this drink mix much lower in total fat and saturated fat. This meal is an excellent choice to promote an anabolic environment for lean mass gains.*

Don't Forget Your Fruits & Vegetables!

Fruits & Vegetables are essential to healthy menu planning. Both are known to be rich in vitamins, minerals and fiber. BioRhythm's Square Meal will not disappoint! This balanced formula provides 11% RDA for vitamins and minerals while providing nearly 6% of dietary fiber needs...per scoop!*

What is a "Square Meal", and why do I want one?

Square Meal GOES GREEN

The term square meal has been used in the United States for over 150 years. A square meal is thought to be satisfying and nutritious at a good and fair price. The word 'square' sometimes means fair as in a good business transaction being a "square deal".*

When buying anything off the shelf, you are participating in a business transaction. BioRhythm's Square Meal Hybrid Protein Shake is a square deal in many ways.

- Excellent ratio of Protein, Carbohydrates and Lipids that is satisfying and nutritious.*
- Evidence based formula designed to refuel the body with energy and essential lipids.*
- Unique formula with enzymes is easy to digest reducing bloating & increasing digestibility.*
- Low sodium content and no maltodextrin will help reduce bloating and further increase easy of digestion.*

Do Not Be Tempted to select your protein shake by protein content alone. Square Meal™ goes against the grain of the popular opinion that more protein is better. Research has shown time and time again that overloading with protein increases nitrogen in urine and stresses kidney & pancreatic function over the long term.*

Make No Mistake, protein is important to any fitness program. Protein aids in the recovery, repair and growth of muscle fibers. Protein is a primary ingredient in the Square Meal. However – very equally important are carbohydrates for energy, glycogen replacement and core metabolic function – AND – essential lipids (fats) for vitamin and amino absorption, energy, heart health and much, much more*…

WITHOUT ALL THREE macronutrients (carbs., fat, protein) in the proper proportions, the "protein drink" is not a square meal or a square deal!

Square Meal Goes Green!

BioRhythm's Square Meal packaging is made of 90% recycled material. When compared to its plastic counterparts, Square Meal uses nearly 700% less energy in pre-production shipping and 65% less post production. The use of recycled cardboard in Square Meal will eliminate the need of nearly 16,000 lbs of virgin plastic from entering our ecosystem per year.