

MRM Veggie Meal Replacement provides a complete vegan- and vegetarian-friendly shake for those looking for a quick snack. With all the nutrients found on a well-balanced plate of food, a single scoop **MRM's Veggie Meal** delivers the key nutritional elements to support a healthy diet.

Starting with 22 grams of protein from a precise blend of pea, brown rice, black rice and flax seed protein, along with healthy fats and carbohydrates to help get you through your day. This unique shake option delivers essential amino acids the body needs to support a healthy, robust lifestyle.

Our proprietary fruit and vegetable blend adds a generous 1000 ORAC units of antioxidant protection, alongside a broad spectrum of enzymes and probiotics. Specific probiotics contained in **Veggie Meal** were chosen for their diversity, and have been microencapsulated to assure stability – a strategy resulting in five times greater intestinal colonization.

MRM Veggie Meal is a refreshing alternative for those who seek something different in an instant product that neither contains whey, nor soy protein. A hypoallergenic, cholesterol-free, milk-free, soy-free and gluten-free alternative for those with sensitivities or just trying to stay away from animal or genetically modified food sources.**

- **Flavorful vegan alternative to milk and soy shakes**
- **Fortified with vitamins and minerals**
- **Allergen-free, gluten-free, and cholesterol-free**
- **Excellent source of fiber**
- **No artificial flavors, colors or sweeteners**



**This statement has not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

Lot #: (See Bottom)
Best if used by: (See Bottom)

Formulated by & Manufactured for:
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NATURAL FLAVOR

Veggie Meal REPLACEMENT

- FORTIFIED WITH PROBIOTICS, VITAMINS & MINERALS •
- 22 GRAMS OF PROTEIN WITH DIGESTIVE ENZYMES •
- AN EXCELLENT SOURCE OF FIBER •

CHOCOLATE MOCHA

NET WT 3lbs (1,361g)

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Directions: Add one scoop to 8-10 ounces of water for a mouthwatering shake. Use one serving daily.

Nutrition Facts

Serving Size 1 Scoop (approx. 48 grams)
Servings Per Container 28

Amount Per Serving	% Daily Value*
Calories	190
Calories from Fat	45
Total Fat	5g 8%
Saturated Fat	0.5g 0%
Trans Fat	0g †
Cholesterol	0g 0%
Sodium	290mg 12%
Potassium	200mg 6%
Total Carbohydrates	14g 2%
Dietary Fiber	8g 16%
Sugars	1g †
Protein	22g 44%

Vitamin A (as Retinyl Acetate)	1000 IU	20%
Vitamin D2 (as Ergocalciferol)	80 IU	20%
Vitamin E (as Di-Alpha Tocopheryl Acetate)	6 IU	20%
Biotin	60mcg	20%
Folic Acid	80mcg	20%
Niacinamide	4mg	20%
Pantothenic Acid (as Calcium D-Pantothenate)	2mg	20%
Vitamin B1 (as Thiamin Mononitrate)	300mcg	20%
Vitamin B12 (as Cyanocobalamin)	1.2mcg	20%
Vitamin B2 (as Riboflavin)	340mcg	20%
Vitamin B6 (as Pyridoxine HCl)	400mcg	20%
Vitamin C (as Ascorbic Acid)	12mg	20%
Calcium (as Dicalcium Phosphate)	260mg	26%
Copper (as Copper Gluconate)	400mcg	20%
Iodine (as Potassium Iodide)	35mcg	20%
Iron (as Reduced Iron)	3.6mg	20%
Magnesium (as Magnesium Oxide)	80mg	20%
Phosphorus (as Dicalcium Phosphate)	200mg	20%
Zinc (as Zinc Oxide)	3mg	20%

Amount Per Serving	% Daily Value*
Omega 3 (ALA)	1,490mg †
Omega 3 (DHA & EPA)	32mg †

MRM High ORAC Antioxidant Blend 190mg
Grape Skin Extract, Blueberry Extract, Raspberry Powder, Cranberry Powder, Pomegranate Powder, Cherry Powder, Bilberry Extract, Strawberry Powder, Broccoli Cruciferous Extract, Spinach Powder, Tomato Powder, Carrot Powder, Onion Powder

Microencapsulated Vegan Probiotic Blend 1 Billion CFU
Lactobacillus rhamnosus, Lactobacillus acidophilus, Lactobacillus plantarum, Bifidobacterium breve, Bifidobacterium animalis subsp. lactis

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

Ingredients: Veggie Meal Protein Blend (Pea Protein Isolates, Organic Brown Rice Protein Concentrate, Flax Seed Powder, Raw Sprouted Black Rice Powder & Digest-Aid® (a vegan enzyme blend)), Natural Chocolate Mocha Flavors, Vanilla™ (Synthetic ethylvanillin), Cocoa, Vitamin and Mineral Blend, TreLEAFia™ (Drehalose, Stevia Leaf Extract, and Monk Fruit Extract), Gum Blend (Kongar Gum, Guar Gum, and Tara Gum), Sea Salt, Omega-3 Oil Powder (algae), High ORAC Proprietary Fruit/Vegetable Blend, and Microencapsulated Vegan Probiotic Blend.

Contains NO peanut, tree nut, fish, shellfish, wheat, gluten or yeast.

This product is manufactured in a facility that produces other products and may contain trace amounts of milk, egg or soy.

Typical Amino Acid Profile Per 48g Scoop

Alanine	975mg
Arginine	1811mg
Aspartic Acid	2404mg
Cysteine	223mg
Glycine	866mg
Glutamic Acid	2835mg
Histidine	530mg
Isoleucine	1503mg
Leucine	3118mg
Phenylalanine	1109mg
Proline	1051mg
Serine	1129mg
Threonine	863mg
Tryptophan	247mg
Tyrosine	834mg
Valine	1881mg