

PERFECT MEAL®
SATISFYING MEAL SUPPLEMENT

EFFECTIVE AND HEALTHY WEIGHT MANAGEMENT:

- Fibertrol® and Native Whey Protein help you control your appetite so you consume fewer calories
- Glycemic Balance Blend and Fibertrol slow digestion of carbohydrates to help maintain already healthy blood sugar levels and glycemic response for balanced energy†
- Proprietary Probiotic Blend supports your digestive system to maximize the benefits of a healthy diet‡
- 19 grams of protein, 5 grams of fiber
- Gluten free
- Great-tasting, easy-to-mix
- Can be enjoyed with or between meals to manage hunger
- Two delicious flavors: Milk Chocolate and Creamy Vanilla
- Also available in convenient single packets



Supplement Facts

| Serving Size 47g (2 scoops) | Servings Per Container 14 | |
|--|---------------------------|---------------|
| | Amt. Per Serving | % Daily Value |
| Calories | 180 | |
| Calories from Fat | 15 | |
| Total Fat | 2g | 3%† |
| Saturated Fat | 1g | 6%† |
| Cholesterol | 50mg | 17% |
| Sodium | 115mg | 5% |
| Total Carbohydrate | 22g | 7%† |
| Dietary Fiber | 5g | 20%† |
| Sugars | 3g | + |
| Protein | 19g | 38%† |
| Vitamin C | 50mg | 83% |
| Calcium | 275mg | 28% |
| Iron | 3mg | 15% |
| Chromium | 200mcg | 167% |
| Native Whey Protein (Non-denatured, Bioactive, Minimally Processed, with Glycomacropeptide) | 24g | + |
| Fibertrol™ Blend Konjac Glucomannan, Organic Oat Beta Glucan, Oat Fiber | 6g | + |
| Glycemic Balance Blend Calcified Red Algae, Organic Acerola Cherry, Chromium Rice Amino Complex (chelate) | 920mg | + |
| Proprietary Probiotic Blend <i>Lactobacillus plantarum</i> , <i>Bifidobacterium lactis</i> , <i>Bifidobacterium bifidum</i> , <i>Lactobacillus rhamnosus</i> , <i>Bifidobacterium breve</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus salivarius</i> , <i>Lactobacillus acidophilus</i> , <i>Bifidobacterium longum</i> , <i>Lactobacillus paracasei</i> | 6mg | + |

† Percent Daily Value based on a 2,000 calorie diet.
+ Daily Value not established.

TAKE CHARGE OF YOUR HUNGER!

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What is Perfect Meal®?

Perfect Meal® is a delicious and satisfying high protein and high fiber drink designed to be used as a meal supplement, available in two great tasting natural flavors: creamy vanilla and milk chocolate. As part of a healthy diet and exercise program, Perfect Meal® will help you successfully manage your weight by naturally curbing your appetite†

What type of fiber does Perfect Meal® contain and how much does one serving provide?

Perfect Meal® features Fibertrol®, a patent pending proprietary fiber blend that includes glucomannan derived from Konjac root, a traditional Japanese food. It helps you feel full longer, reducing unnecessary food cravings that can lead to overeating during meals and indulging on unhealthy snacks between meals. By eating less and decreasing your caloric intake, your weight management goals are within reach. In addition, this proprietary blend contains nutrients that help maintain cholesterol levels already in the healthy range, including organic oat beta glucan to support a healthy heart.† Perfect Meal® is an excellent source of fiber, providing 5g per serving.

What type of protein does Perfect Meal® contain and how much does one serving provide?

Perfect Meal® is an excellent source of protein, providing 19g per serving. It contains native whey, the preferred protein source for weight management, derived from milk of free-range, grass-fed and rBST-free cattle that graze on pesticide-free pastures. Unlike conventionally processed whey proteins, our native whey is minimally processed to help preserve heat-sensitive bioactive proteins naturally present in whey, such as immunoglobulins, lactoferrin and glycomacropeptide, which has been studied for its impact on satiety- the feeling of fullness.

Supplement Facts

| Serving Size 47g (2 scoops) | Servings Per Container 14 | |
|--|---------------------------|---------------|
| | Amt. Per Serving | % Daily Value |
| Calories | 180 | |
| Calories from Fat | 10 | |
| Total Fat | 1g | 2%† |
| Saturated Fat | 0.5g | 4%† |
| Cholesterol | 45mg | 15% |
| Sodium | 95mg | 4% |
| Total Carbohydrate | 24g | 8%† |
| Dietary Fiber | 5g | 20%† |
| Sugars | 3g | + |
| Protein | 19g | 38%† |
| Vitamin C | 50mg | 83% |
| Calcium | 275mg | 28% |
| Iron | 1mg | 6% |
| Chromium | 200mcg | 167% |
| Native Whey Protein (Non-denatured, Bioactive, Minimally Processed, with Glycomacropeptide) | 25g | + |
| Fibertrol™ Blend Konjac Glucomannan, Organic Oat Beta Glucan, Oat Fiber | 6g | + |
| Glycemic Balance Blend Calcified Red Algae, Organic Acerola Cherry, Chromium Rice Amino Complex (chelate) | 880mg | + |
| Proprietary Probiotic Blend <i>Lactobacillus plantarum</i> , <i>Bifidobacterium lactis</i> , <i>Bifidobacterium bifidum</i> , <i>Lactobacillus rhamnosus</i> , <i>Bifidobacterium breve</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus salivarius</i> , <i>Lactobacillus acidophilus</i> , <i>Bifidobacterium longum</i> , <i>Lactobacillus paracasei</i> | 6mg | + |

† Percent Daily Value based on a 2,000 calorie diet.
+ Daily Value not established.

Does Perfect Meal® have a low Glycemic Index (GI)?

Glycemic Index reflects the rate of carbohydrate absorption after a meal. Habitual consumption of foods with low GI is associated with optimal weight and supports overall health. Perfect Meal® has a low GI (Glycemic Index) of 14. Anything below 55 is considered low GI. (For comparison, white bread has a GI of 71).

Suggested Use:

Adults mix 2 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.

WEIGHT
MANAGEMENT