

# Balanced Meal Complete - Chocolate

*A complete Nutritional Shake*



## DESCRIPTION

Balanced Meal Complete is a plant-based complete nutritional shake that contains a complete formulation of nutrients to provide for a nutritious shake or meal replacement. Balanced Meal Complete features organic fermented whole foods, five plant proteins, five organic supergrains, essential fatty acids, probiotics, digestive enzymes, and 25 fruits, berries, vegetables, and herbs. It is a high-protein, low-fat, and low glycemic means to supplement or replace a meal.

## FUNCTIONS

Liquid nutrition utilizing protein based powders has been recognized as having immense value in providing a sound nutritional foundation for individuals. Liquid nutrition offers several advantages over solid food for the uptake of vitamins and minerals. Unlike solid food which requires specific digestive enzymes and stomach acids for digestion, liquid nutrition does not. Liquid nutrition allows for specific nutrient targeting for specific disease states. Liquid nutrition can provide measured nutrient intake so that calories, sugar, sodium and other variables found in conventional nutrient sources can be standardized. Finally, liquid nutrition can provide a sound nutritional foundation for health challenges such as weight loss, muscle recovery, wound healing, diabetes management, hospice care, bariatric surgery and many health issues.

Balanced Meal Complete is a plant-based complete nutritional shake containing a complete formulation of nutrients in a nutritious shake or meal replacement drink. To begin, Balanced Meal Complete features 21 vitamins and minerals from organic fermented whole foods. This vitamin/mineral matrix provides an easily digested and bioavailable nutrient source. Balanced Meal Complete features a fortified plant protein matrix with biological value similar to animal proteins such as whey. Each serving provides 17-18gm of complete protein from pea protein, organic sprouted amaranth, organic sprouted quinoa, chlorella, cranberry, and additional BCAA's. Next, Balanced Meal Complete includes a plant energy matrix of soluble fiber which significantly slows the uptake of carbohydrates and prevents the sugar high and crashing associated with simple carbs. This plant energy matrix has a low glycemic response and provides extended energy release, helping to maintain healthy glucose and insulin levels.

Balanced Meal Complete contains antioxidants obtained from 25 fruits, berries, vegetables, and herbs. These antioxidants help to protect the body from free radicals and other toxic compounds, and provide protection against inflammatory-related cell damage. Antioxidants have been shown to prevent oxidative damage to lipids, as well as reduce arterial plaque formation. Organic acacia gum provides 5 gm of fiber per serving. The plant based Essential Fatty Acid (EFA) matrix found in Balanced Meal Complete features essential fatty acids from flax, chia, hemp, and Sacha Inchi. The probiotic, prebiotic and digestive enzyme components of Balanced Meal Complete enhance the absorption of proteins, fiber, complex carbohydrates and healthy fats. Specifically, this product contains 1 billion viable cells of Bacillus coagulans probiotic, along with prebiotic nutrition from inulin. Digestive enzymes incorporated into the formulation include bromelain, protease, amylase, cellulase, lactase, lipase, and alpha galactosidase. Balanced Meal Complete provides a high-protein, low-fat, and low glycemic meal replacement with more available nutrition than a typical meal.

## INDICATIONS

As a dietary supplement, Balanced Meal Complete can be used to provide a complete nutritional shake or meal replacement option.

## FORMULA (WW #10346)

### Two Scoops Contain:

Calories .....	160
Calories from Fat .....	25
Total Fat .....	3 g
Saturated Fat .....	0.5 g
Sodium .....	290 mg
Potassium .....	290 mg
Total Carbohydrate.....	15 g
Dietary Fiber .....	.6 g
Sugars.....	< 1 g
Protein .....	18 g
Vitamin A (as beta carotene).....	2350 IU

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Vitamin C (as ascorbic acid)..... 25 mg  
Vitamin D3 (as cholecalciferol)..... 150 IU  
Vitamin E (as succinate, acetate)..... 10 IU  
Vitamin B1  
(as thiamine hydrochloride, mononitrate).....590 mcg  
Vitamin B2 (as riboflavin) .....800 mcg  
Niacin (as niacinamide) ..... 9 mg  
Vitamin B6 (as hydrochloride).....775 mcg  
Folic Acid.....240 mcg  
Vitamin B12 (as cyanocobalamin).....2.5 mcg  
Biotin.....135 mcg

**Pantothenic Acid**

(as d-calcium pantothenate)..... 4 mg  
Calcium (as carbonate) ..... 240 mg  
Iodine (as potassium iodide).....67 mcg  
Magnesium (as citrate, oxide)..... 8 mg  
Zinc (as citrate oxide) ..... 6 mg  
Selenium (as methionine, selenite) .....9 mcg  
Copper (as gluconate).....350 mcg  
Manganese (as citrate, gluconate)..... 2.2 mg  
Chromium (as amino acid chelate, chloride) .....40 mcg  
Molybdenum (as amino acid chelate, molybdate) .8 mcg

**Multi Source Vitamins & Minerals**

**Matrix with Fermented Whole Foods:**..... 850 mg

**Herbal Blend:** Reishi, Shitake, Maitake

**Vegetable Blend:** Tomato, Pea, Carrot, Spinach, Pepper

**Fruit Blend;** Cherry, Banana, Apple,

Strawberry, Blueberry

**Sprout Blend;** Amaranth, Quinoa, Millet

**Cultured Spice Blend:** Cinnamon, Allspice, Cloves

**Essential Glyconutrient Blend:** Mannose,

Glucose, Galactose, Xylose from *Coffee arabica*,

*Aloe barbadensis*

**Multi Source Plant Protein Matrix:** ..... 20,295 mg

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

**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

Acacia Gum Fiber, Beet, Grape seed extract, Plum fruit extract, Strawberry juice, Hawaii Noni fruit, Pineapple 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, Billberry extract, Protease, Amylase, Cellulase, Lactase, Lipase and Wild Alaskan Aurora Blue® Blueberry.

**Multi Source Plant EFA 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.

Other Ingredients: Cocoa, natural chocolate flavors, inulin, stevia, xanthan gum, stevia, silica, natural vanilla flavor, lo han guo, organic maltodextrin and organic corn starch. Contains NO gluten, dairy, or soy. This product is non-GMO.

**SUGGESTED USE**

Use 1-2 scoops in water or preferred beverage daily.

**STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

Manufactured For:

**HB Pharmacy**

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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.