

USANA

The **Nutrimeal™** meal replacement drink mix is a low glycemic, balanced meal-replacement drink that includes quality proteins, carbohydrates, dietary fiber, and many micronutrients.

Who can Benefit

- People whose lifestyle is fast-paced and very active
- People who desire to achieve and maintain their ideal weight



Why USANA's Nutrimeal

- **Nutrimeal** is low glycemic with an index score of only 23.
- High in fiber and low in saturated fat
- Provides 15 grams of protein.
- Ingredients promote sustained energy.

How to Use

For a rich and creamy shake, combine (3) three scoops with 10-12 ounces of cold water to taste, and thoroughly mix in a blender or blender bottle for 45 seconds..

Dutch Chocolate Nutrimeal™

NUTRITION FACTS					
Serving Size: 3 scoops (59g) Servings Per Container: 9					
Amount Per Serving					
Calories		256			
Calories from Fat		21			
		% Daily Value*		% RENEI	
Total Fat 8.0g		12%		††	
Saturated Fat 1.0g		0%		††	
Monounsaturated Fat 6.0g		10%		††	
Polyunsaturated Fat 0.5g					
Cholesterol 0mg		0%		††	
Sodium 33mg		14%		††	
Potassium 347mg		10%			
Total Carbohydrate 31g		10%			
Dietary Fiber 8g		32%			
Sugars 17g					
Protein 15g		30%		25%	
% Daily Value*		% RENEI		% Daily Value*	
Vitamin A 0%		Vitamin C 66%		57%	
Vitamin B1 38%		Vitamin B2 22%		33%	
Vitamin B5 1%		Vitamin B6 41%		62%	
Vitamin B12 36%		Vitamin E 24%		40%	
Vitamin D 37%		Phosphorus 17%		24%	
Calcium 40%		Copper 37%		††	
Iron 18%		Zinc 27%		89%	
Magnesium 25%		Niacin 23%		32%	
Folic Acid 48%					

* Based on Philippine RENI 2002 adult 19-29 years old.

†† % RENEI Not Established

* USA Percent Daily Value

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Pea Protein, Rice Protein Concentrate, Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Dutch Cocoa, Soy Fiber, Natural Flavors, Oat Fiber, Gum Arabic, Cane Fiber, Oligofructose, Calcium Carbonate, Prune Powder, Sodium Caseinate (a milk derivative), Cellulose Gum, Salt, Xanthan Gum, Inulin, Mixed Tocopherols, Dipotassium Phosphate, Soy Lecithin, Silicon Dioxide, Wheat Bran, Magnesium Oxide, Ascorbic Acid (Vitamin C), Zinc Gluconate, Nicotinamide (Niacin), Vitamin A Palmitate, Copper Gluconate, Cyanocobalamin (Vitamin B12), Cholecalciferol (Vitamin D), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamine Hydrochloride (Vitamin B1).

Net Wt. 531g per gusset
Item# 210

Wild Strawberry Nutrimeal™

NUTRITION FACTS					
Serving Size: 3 scoops (59g) Servings Per Container: 9					
Amount Per Serving					
Calories		254			
Calories from Fat		67			
		% Daily Value*		% RENEI	
Total Fat 7.0g		10%		††	
Saturated Fat 1.0g		0%		††	
Monounsaturated Fat 5.0g					
Polyunsaturated Fat 0.5g					
Cholesterol 0mg		0%		††	
Sodium 347mg		15%		††	
Potassium 221mg		6%			
Total Carbohydrate 31g		10%			
Dietary Fiber 8g		32%			
Sugars 15g					
Protein 15g		30%		25%	
% Daily Value*		% RENEI		% Daily Value*	
Vitamin A 0%		Vitamin C 57%		48%	
Vitamin B1 36%		Vitamin B2 22%		33%	
Vitamin B5 1%		Vitamin B6 41%		62%	
Vitamin B12 34%		Vitamin E 27%		43%	
Vitamin D 26%		Phosphorus 17%		24%	
Calcium 40%		Copper 25%		††	
Iron 10%		Zinc 27%		89%	
Magnesium 24%		Niacin 21%		30%	
Folic Acid 48%					

* Based on Philippine RENI 2002 adult 19-29 years old.

†† % RENEI Not Established

* USA Percent Daily Value

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Pea Protein, Rice Protein Concentrate, Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Soy Fiber, Gel Fiber, Cane Fiber, Gum Arabic, Oligofructose, Calcium Carbonate, Flavour, Prune Powder, Beet Juice (Color), Sodium Caseinate (a milk derivative), Cellulose Gum, Salt, Xanthan Gum, Inulin, Tocopherols (to protect flavour), Dipotassium Phosphate, Soy Lecithin, Silicon Dioxide, Wheat Bran, Magnesium Oxide, Ascorbic Acid (Vitamin C), Zinc Gluconate, Nicotinamide (Niacin), Vitamin A Palmitate, Copper Gluconate, Cyanocobalamin (Vitamin B12), Cholecalciferol (Vitamin D), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamine Hydrochloride (Vitamin B1).

Net Wt. 531g per gusset
Item# 212

Why choose low glycemic foods?

Low glycemic foods provide greater satiety. They convert to sugars more slowly and steadily, reducing the huge swings in our blood sugar level after a meal. They are the ideal choice. Visit www.usana.com for a list of low glycemic snacks and meals..

A Foods for Healthy Weight Management

The five-day **Reset** program is a nutritionally balanced program of macronutrients (high quality protein, good carbohydrates and healthy fats) and micronutrients (vitamins, minerals, and anti-oxidants).



Control the cravings

Nutritional science has linked high-glycemic foods to the incidence of obesity, insulin resistance and type 2 diabetes. All of the USANA Foods in RESET is guaranteed to be low glycemic. These release energy slowly and do not cause drastic blood glucose spikes and crashes. Therefore, you don't feel hungry as quickly, so you don't feel an overwhelming need to eat, which may help you lose weight.

Lose the pounds

The five-day **Reset** program is not about starvation. It is a nutritionally balanced, low-calorie system to help you lose the first few pounds and find motivation to keep working towards your ideal weight loss goal.

Find the new you

After you have completed the first five days with the 5-Day Reset program, make the new healthy habits as part of your lifestyle by choosing the next phase that is right for you.

Meals	5-day RESET	TRANSFORM PHASE	MAINTAIN PHASE
Breakfast	Nutrimeal + Essentials + 2 Proflavanol + a Fruit/Vegetable	Nutrimeal + Essentials + 2 Proflavanol	Nutrimeal + Essentials + 2 Proflavanol
Snack	a fruit/Vegetable	a fruit/Vegetable	a fruit/Vegetable
Lunch	Nutrimeal + Essentials + a Fruit/Vegetable	Nutrimeal + Essentials	Low glycemic meal with plenty of fresh vegetables and fruits + Essentials
Snack	a fruit/Vegetable	Low glycemic snack	Low glycemic snack
Dinner	Nutrimeal + Essentials + 2 Proflavanol + a Fruit/Vegetable	Low glycemic meal with plenty of fresh vegetables and fruits + Essentials + 2 Proflavanol	Low glycemic meal with plenty of fresh vegetables and fruits + Essentials + 2 Proflavanol