

## M'LIS—INSTANT MEAL

- ✓ **Amazing Taste!**
- ✓ **Great for Breakfast or Between Meals**
- ✓ **Blood Sugar & Weight Management Control**
- ✓ **Instantly Mixes With Cold Water**
- ✓ **All-Natural Sweeteners**
- ✓ **Balanced Ratio of Fat, Carbs, Fiber and Protein**
- ✓ **Lactose and Gluten Free**
- ✓ **Digestive Enzyme & ProBiotic Blend**

**INGREDIENTS:** LOW GLYCEMIC PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), ORGANIC BROWN RICE POWDER, GLUCOMANNAN FIBER, CARAGEENAN FIBER, GUAR GUM FIBER, BARLEY FIBER, ACACIA FIBER, CHICORY ROOT FIBER, HIGH-OLEIC SUNFLOWER OIL, CONJUGATED LINOLEIC ACID (CLA), XYLITOL C.F., LO HAN EXTRACT, STEVIA, VITAMIN AND MINERAL BLEND, DIGESTIVE ENZYME BLEND, PROBIOTIC BLEND (ACIDOPHILUS & BIFIDUS), OMEGA 3 FATTY ACIDS, BRINDLE BERRY, NATURAL FLAVORS, CITRUS BIOFLAVONOIDS, TRACE MINERALS.

**Directions:** Mix 2 level scoops with 6-8 oz of cold water or milk. Use up to 3 times a day to help maintain healthy blood sugar levels.

**Important Notice:** It is recommended that anyone involved in any weight-loss or weight-control program should consult their physician.

**Note:** Contains Milk.

**Keep in a cool, dry place. Keep out of the reach of children.**

These statements have not been evaluated by the FDA. This product is not intended to treat, prevent or cure any disease. Do not take if you are pregnant or nursing.



## INSTANT MEAL CHOCOLATE SHAKE

SMOOTH MIXING  
BLOOD SUGAR BALANCE  
WEIGHT MANAGEMENT

22.75 OZ. (645 G.) – 15 SERVINGS

## SUPPLEMENT FACTS

Serving Size: 2 level scoops (43 grams) Servings per container: 15

**Amount per Serving**

**Calories** 180 Calories from fat 27 **% Daily Value\***

Total Fat 3g		Total Carbohydrates 10g	
Saturated Fat 1g	5%	Dietary Fiber 5g	20%
Mono-Unsaturated Fat 2g	6%	Soluble Fiber 5g	**
Trans Fat 0g	0%	Impact Carbs 5g	**
<b>Cholesterol</b> 58mg	19%	Sugar 0g	
<b>Sodium</b> 186mg	8%	<b>Protein</b> 20g	40%

Vitamin A 5000iu	100%	Vitamin K 105mg	131%
Vitamin B1 1.8mg	120%	Biotin 60mcg	20%
Vitamin B2 2.0mg	118%	Calcium Citrate 300mg	30%
Vitamin B5 10mg	100%	Chromium 40mcg	33%
Vitamin B6 2mg	100%	Folic Acid 300mcg	75%
Vitamin B12 7mcg	117%	Iron 1mg	6%
Vitamin C 300mg	500%	Magnesium 250mg	63%
Vitamin D 150iu	38%	Niacinamide 20mg	100%
D-Alpha Vitamin E 35iu	117%	Potassium 250mg	7%

Alanine 1.51g	†	Lysine 2.69g	†
Arginine 0.75g	†	Methionine 0.63g	†
Aspartic Acid 3.26g	†	Phenylalanine 0.97g	†
Cystine 0.77g	†	Proline 1.76g	†
Glutamic Acid 5g	†	Serine 1.49g	†
Glycine 0.55g	†	Theronine 1.98g	†
Histidine 0.59g	†	Tryptophan 0.47g	†
Isoleucine (BCAA) 1.64g	†	Tyrosine 0.91g	†
Leucine (BCAA) 3.12g	†	Valine (BCAA) 1.64g	†

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

Beneficial  
INTERNATIONAL

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