

Health Basics

- Low glycemic
- High in fiber
- Low in saturated fat
- Provides 15 grams of protein
- Ingredients promote sustained energy*

Did You Know?

- Many use Nutrimeal™ as a weight-management solution and also as a quick breakfast alternative!



Wild Strawberry Nutrimeal™

ITEM# 212



Dutch Chocolate Nutrimeal™

ITEM# 210



French Vanilla Nutrimeal™

ITEM# 211

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

THE BENEFITS OF FIBER AND PROTEIN

Diets high in soluble and insoluble fiber are generally rich in essential nutrients. Fiber is important for maintaining digestive health. When regularly eaten as part of a diet low in saturated fat and cholesterol, soluble fiber has been shown to help support healthy cholesterol levels, provided they are healthy to begin with.^{1*}

Twenty-five grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.² A serving of Dutch Chocolate and Wild Strawberry Nutrimeal provides 15 grams of soy, whey, and other proteins. A serving of French Vanilla Nutrimeal provides 15 grams of soy protein. Soy protein is a complete protein, containing all of the essential amino acids and in a highly digestible form. Whey protein, which is also easily digestible, is an excellent source of amino acids essential for building a healthy body.*

- References**
1. Van Horn L. Circulation 1997;95(12):2701-4.
 2. Henkel J. FDA Consumer (www.fda.gov/fdac/features/2000/300_soy.html) May-June 2000.

* 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.

Directions: For a rich, creamy shake, combine 3 scoops with 10–12 ounces of cold water to taste. Thoroughly mix in a blender or blender bottle for 45 seconds. It's perfect for replacing one or more meals a day!

Nutrition Facts

Serving Size 3 scoops (60g)
Servings per Container 9

| | |
|---------------------------|-----|
| Amount Per Serving | |
| Calories | 240 |
| Calories from Fat | 70 |

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 7g | 11% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 410mg | 17% |
| Potassium 500mg | 14% |
| Total Carbohydrate 32g | 11% |
| Dietary Fiber 8g | 32% |
| Soluble Fiber 3g | |
| Insoluble Fiber 5g | |
| Sugars 17g | |
| Protein 15g | 30% |

| | | | |
|------------|-----|-------------|-----|
| Vitamin A | 15% | Vitamin C | 25% |
| Calcium | 25% | Iron | 15% |
| Vitamin D | 35% | Vitamin E | 20% |
| Thiamin | 30% | Riboflavin | 35% |
| Niacin | 20% | Vitamin B6 | 30% |
| Folate | 20% | Vitamin B12 | 10% |
| Phosphorus | 40% | Iodine | 35% |
| Magnesium | 25% | Zinc | 20% |
| Copper | 25% | Manganese | 20% |
| Molybdenum | 25% | | |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

| | Calories: 2,000 | 2,500 |
|--------------------|------------------------------------|---------|
| Total fat | Less than 65g | 80g |
| Sat. fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Potassium | 3,500mg | 3,500mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |
| Protein | 50g | 65g |
| Calories per gram: | Fat 9 • Carbohydrate 4 • Protein 4 | |

Ingredients: Protein Blend [Soy Protein Isolate, Whey Protein Isolate, Pea Protein Isolate, Rice Protein Concentrate], Fructose, Sunflower Oil, Maltodextrin, Soy Fiber, Oat Fiber, Cane Fiber, Gum Arabic, Oligofructose, Potassium Phosphate, Natural and Artificial Flavors, Magnesium Citrate, Prune Powder (Prune, Calcium Stearate), Calcium Phosphate, Beet Juice (Color), Sodium Caseinate (a milk derivative), Cellulose Gum, Salt, Xanthan Gum, Inulin, Soy Lecithin, Tocopherols (to protect flavor), Silicon Dioxide, Wheat Bran, Ascorbic Acid (Vitamin C), Zinc Gluconate, D-Alpha Tocopheryl Acetate, (Vitamin E), Potassium Iodide, Niacinamide (Niacin), Vitamin A Palmitate, Copper Gluconate, Molybdenum Citrate, Ferrous Fumarate, Cholecalciferol (Vitamin D), Manganese Citrate, Pyridoxine Hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12), Folic Acid, Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1).

Contains: soybean, milk, wheat.

Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, and shellfish.

Directions: For a rich, creamy shake, combine 3 scoops with 10–12 ounces of cold water to taste. Thoroughly mix in a blender or blender bottle for 45 seconds. It's perfect for replacing one or more meals a day!

Nutrition Facts

Serving Size 3 scoops (61 g)
Servings per Container 9

| | |
|---------------------------|-----|
| Amount Per Serving | |
| Calories | 230 |
| Calories from Fat | 70 |

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 7g | 11% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 400mg | 17% |
| Potassium 590mg | 17% |
| Total Carbohydrate 32g | 11% |
| Dietary Fiber 8g | 32% |
| Soluble Fiber 3g | |
| Insoluble Fiber 5g | |
| Sugars 17g | |
| Protein 15g | 30% |

| | | | |
|------------|-----|-------------|-----|
| Vitamin A | 15% | Vitamin C | 25% |
| Calcium | 25% | Iron | 20% |
| Vitamin D | 35% | Vitamin E | 20% |
| Thiamin | 30% | Riboflavin | 35% |
| Niacin | 20% | Vitamin B6 | 30% |
| Folate | 20% | Vitamin B12 | 10% |
| Phosphorus | 40% | Iodine | 30% |
| Magnesium | 25% | Zinc | 20% |
| Copper | 20% | Manganese | 20% |
| Molybdenum | 25% | | |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

| | Calories: 2,000 | 2,500 |
|--------------------|------------------------------------|---------|
| Total fat | Less than 65g | 80g |
| Sat. fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Potassium | 3,500mg | 3,500mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |
| Protein | 50g | 65g |
| Calories per gram: | Fat 9 • Carbohydrate 4 • Protein 4 | |

Ingredients: Protein Blend [Soy Protein Isolate, Whey Protein Isolate, Pea Protein Isolate, Rice Protein Concentrate], Fructose, Sunflower Oil, Natural Flavors, Maltodextrin, Soy Fiber, Oat Fiber, Gum Arabic, Cane Fiber, Oligofructose, Potassium Phosphate, Prune Powder (Prune, Calcium Stearate), Tricalcium Phosphate, Magnesium Citrate, Sodium Caseinate (a milk derivative), Cellulose Gum, Salt, Xanthan Gum, Inulin, Soy Lecithin, Tocopherols (to protect flavor), Silicon Dioxide, Wheat Bran, Ascorbic Acid (Vitamin C), Zinc Gluconate, D-Alpha Tocopheryl Acetate (Vitamin E), Niacinamide (Niacin), Potassium Iodide, Vitamin A Palmitate, Molybdenum Citrate, Cholecalciferol (Vitamin D), Manganese Citrate, Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Copper Gluconate, Cyanocobalamin (Vitamin B12), Riboflavin (Vitamin B2), Ferrous Fumarate, Thiamin Hydrochloride (Vitamin B1).

Contains: soybean, milk, wheat.

Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, and shellfish.

Directions: For a rich, creamy shake, combine 3 scoops with 10–12 ounces of cold water to taste. Thoroughly mix in a blender or blender bottle for 45 seconds. It's perfect for replacing one or more meals a day!

Nutrition Facts

Serving Size 3 scoops (60g)
Servings per Container: 9

| | |
|---------------------------|-----|
| Amount Per Serving | |
| Calories | 240 |
| Calories from Fat | 70 |

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 7g | 11% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 310mg | 13% |
| Potassium 420mg | 12% |
| Total Carbohydrate 35g | 12% |
| Dietary Fiber 8g | 32% |
| Soluble Fiber 3g | |
| Insoluble Fiber 5g | |
| Sugars 18g | |
| Protein 15g | 30% |

| | | | |
|------------|-----|-------------|-----|
| Vitamin A | 15% | Vitamin C | 25% |
| Calcium | 25% | Iron | 15% |
| Vitamin D | 35% | Vitamin E | 20% |
| Thiamin | 30% | Riboflavin | 35% |
| Niacin | 20% | Vitamin B6 | 30% |
| Folate | 20% | Vitamin B12 | 10% |
| Phosphorus | 40% | Iodine | 30% |
| Magnesium | 20% | Zinc | 20% |
| Copper | 25% | Manganese | 20% |
| Molybdenum | 30% | | |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

| | Calories: 2,000 | 2,500 |
|--------------------|------------------------------------|---------|
| Total fat | Less than 65g | 80g |
| Sat. fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Potassium | 3,500mg | 3,500mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |
| Protein | 50g | 65g |
| Calories per gram: | Fat 9 • Carbohydrate 4 • Protein 4 | |

Ingredients: Soy Protein Isolate, Fructose, Sunflower Oil, Maltodextrin, Soy Fiber, Cane Fiber, Natural Flavors, Oligofructose, Gum Arabic, Prune Powder (Prune, Calcium Stearate), Potassium Phosphate, Calcium Phosphate, Magnesium Citrate, Sodium Caseinate (a milk derivative), Xanthan Gum, Inulin, Cellulose Gum, Soy Lecithin, Silicon Dioxide, Tocopherols (to protect flavor), Salt, Zinc Gluconate, Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Potassium Iodide, Niacinamide (Niacin), Vitamin A Palmitate, Copper Gluconate, Ferrous Fumarate, Cholecalciferol (Vitamin D), Molybdenum Citrate, Pyridoxine Hydrochloride (Vitamin B6), Manganese Citrate, Riboflavin (Vitamin B2), Cyanocobalamin (Vitamin B12), Folic Acid, Thiamin Hydrochloride (Vitamin B1).

Contains: soybean, milk.

Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, and shellfish.

*** For our customers sensitive to gluten: No gluten-containing ingredients are used in this product. However, the French Vanilla Flavor Nutrimeal is produced in a facility that manufactures other foods that do contain gluten.**

CHOCOLATE WHEY NUTRIMEAL™

A meal replacement that is nutritious and soy-protein free

Health Basics

- 15 grams of protein per serving
- Low glycemic with natural flavors and sweeteners
- Gluten-free† and soy-protein free

Did You Know?

- Whey protein has a high bioavailability rating, which means that more protein is absorbed by the body and used for growth, repair, and energy production.*



ITEM# 202

Chocolate Whey Nutrimeal™ is a soy-protein free alternative to the popular line of USANA® Nutrimeal shakes. Like the other flavors of Nutrimeal, it is a meal-replacement drink that is low glycemic and made with natural flavors and sweeteners. Chocolate Whey Nutrimeal is also gluten free†, making it a great alternative for those with wheat allergies and gluten intolerance.

THE BENEFITS OF WHEY

Protein is key to building a healthy body, and USANA's Chocolate Whey Nutrimeal is a delicious way to get 15 grams of protein every day. USANA developed Chocolate Whey Nutrimeal for those who have soy, wheat, or gluten sensitivity† and for athletes who often prefer to use whey as a protein source. It offers a healthy blend of fats, whey protein, and good carbohydrates. Also, since it is low glycemic, Chocolate Whey Nutrimeal is formulated for sustained energy to keep you satisfied longer.* With the added bonus of a delectable chocolate taste, this healthy option is not only convenient, it's a tasty treat as well.

Directions: For a rich, 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. Perfect for replacing one or more meals a day.

Nutrition Facts

Serving Size 3 scoops (61 g)
Servings per Container 9

Amount Per Serving

Calories 230
Calories from Fat 60

| | % Daily Value* |
|--------------------------------|----------------|
| Total Fat 6 g | 9% |
| Saturated Fat 1 g | 5% |
| Trans Fat 0 g | |
| Cholesterol 10 mg | 3% |
| Sodium 260 mg | 11% |
| Potassium 780 mg | 22% |
| Total Carbohydrate 33 g | 11% |
| Dietary Fiber 8 g | 32% |
| Soluble Fiber 3 g | |
| Insoluble Fiber 5 g | |
| Sugars 19 g | |
| Protein 15 g | 30% |

| | | | |
|------------|-----|---------------|-----|
| Vitamin A | 15% | • Vitamin C | 25% |
| Vitamin D | 40% | • Vitamin E | 25% |
| Thiamin | 30% | • Riboflavin | 35% |
| Niacin | 25% | • Vitamin B6 | 35% |
| Folate | 20% | • Vitamin B12 | 10% |
| Calcium | 50% | • Iron | 15% |
| Phosphorus | 50% | • Iodine | 30% |
| Magnesium | 25% | • Zinc | 20% |
| Copper | 25% | • Manganese | 15% |
| Molybdenum | 25% | | |

* % Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

| | 2,000 | 2,500 |
|--------------------|--------------------|----------|
| Total fat | Less than 65 g | 80 g |
| Sat. fat | Less than 20 g | 25 g |
| Cholesterol | Less than 300 mg | 300 mg |
| Sodium | Less than 2,400 mg | 2,400 mg |
| Potassium | 3,500 mg | 3,500 mg |
| Total Carbohydrate | 300 g | 375 g |
| Dietary Fiber | 25 g | 30 g |
| Protein | 50 g | 65 g |
| Calories per gram | | |

Fat 9 • Carbohydrate 4 • Protein 4

†For our customers sensitive to gluten: No gluten-containing ingredients are used in Chocolate Whey Nutrimeal. However, Chocolate Whey Nutrimeal is produced in a facility that manufactures other products that do use gluten-containing ingredients.

Produced on equipment that also processes peanuts, tree nuts, eggs, wheat, sesame, and shellfish.

*** 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.**

Ingredients: Protein Blend [Whey Protein Isolate, Whey Protein Concentrate, Nonfat Milk, Calcium Caseinate (a milk derivative), Milk Protein Isolate, Sodium Caseinate (a milk derivative)], Crystalline Fructose, Fiber Blend [Cane Fiber, Pea Fiber, Gum Arabic, Cellulose Gum, Oligofructose, Inulin, Xanthan Gum], High Oleic Sunflower Oil, Maltodextrin, Cocoa Powder, Natural Flavors, Potassium Phosphate, Calcium Phosphate, Magnesium Citrate, Salt, Prune Powder, Soy Lecithin, Silicon Dioxide, Natural Tocopherols, Ascorbic Acid (Vitamin C), Zinc Gluconate, D-Alpha Tocopheryl Acetate, Niacinamide (Niacin), Potassium Iodide, Vitamin A Palmitate, Molybdenum Citrate, Ferrous Fumarate, Cholecalciferol (Vitamin D3), Copper Gluconate, Manganese Citrate, Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamine Hydrochloride (Vitamin B1), Cyanocobalamin (Vitamin B12).

Contains: Milk, Soy.