

UltraMeal

Meal Planning and Weight Loss

UltraMeal is a good-tasting, natural nutritional beverage designed to support patients who need to improve body composition, maintain weight or supplement their diet.

Flavors:

Chocolate **Mocha**
Natural Vanilla **Berry**

Provides 75 – 100% U.S. RDA for all vitamins and minerals

UltraMeal is useful for nutritionally supporting patients who have a need to reduce body fat while retaining muscle, and who want to follow a simple, healthy weight loss or weight management program.

Benefits

- Good tasting
- Convenient (mixes with water)
- All natural flavor
- Source of high quality protein (Supro, a soy protein isolate and partially hydrolyzed whey protein)
- Blend of simple and complex carbohydrates
- Low in fat calories (only 1 gram fat per serving)
- Canola oil as a source of omega-3 fatty acids
- Mixture of soluble and insoluble dietary fiber
- 4 grams of dietary fiber per serving
- (When consumed three times daily:)
- It provides 75-100% of the U.S. RDA for all vitamins and minerals. It meets the suggested daily dietary intake for the trace elements manganese, chromium and molybdenum. It provides 75-100% of the Recommended dietary Allowance for vitamin K and selenium.

Soy Protein Isolate

Soy protein isolate constitutes the main source of protein and is derived primarily from Supro, a unique brand of soy protein isolate which is readily absorbed by the body and is hypoallergenic (minimizing incidence of allergic reactions)

Carbohydrates

This formula consists of an equal blend of complex and simple carbohydrates and provides 20 grams of carbohydrates per serving. Simple carbohydrates are digested more quickly than complex carbohydrates and tend to raise blood sugar level quickly. Complex carbohydrates are generally digested slowly, causing a more gradual rise in blood sugar. The combination of both forms of carbohydrates is believed to be ideal.

Fats

This formula contains only one gram of fat per serving, meaning less than one percent of the calories come from fat. The primary fat in this formula is canola oil, a monounsaturated fat similar to olive oil. Monounsaturated fats are believed to lower blood cholesterol levels with no increased risk to cancer, are nutritionally preferable to saturated fats (which are associated with increased risk to heart disease).

Fiber

Dietary fiber is important in a healthy diet and is associated with proper intestinal hygiene, decreased risk to certain forms of cancer and decreased cholesterol levels. Each serving supplies four grams of dietary fiber.

Soy Fiber

The primary fiber in this formula is a distinctive form of soy fiber known to
Decrease serum cholesterol.

Vitamins and Minerals

Calcium vitamin C Potassium vitamin E Phosphorus vitamin A Magnesium vitamin D Iron vitamin B1 Zinc
vitamin B2 Copper vitamin B3 Manganese vitamin B5 Chromium vitamin B6 Molybdenum vitamin B 12
Selenium folic acid Biotin Pantothenic acid Vitamin K