

# High Protein

## Meal Replacement

Meal replacements are recommended for medically supervised weight loss plans and for long-term weight management.<sup>1-4</sup>

**Healthy Transformation® High Protein Meal Replacement** is specially formulated to deliver 27 g of protein per serving along with fiber and 20+ essential nutrients to support a very low-calorie diet (VLCD) and low-calorie diet (LCD) plan.<sup>5,6</sup>

When clinically supervised according to established guidelines and best practices, VLCD and LCD plans help support significant healthy weight loss.<sup>7,8,9</sup>

### Each serving provides:

- + 27 g protein from 100% whey isolate
- + 11 g carbohydrate
  - 1 g sugar
  - 6 g fiber
- + 2-2½ g fat
- + 150-160 calories
- + 20+ essential vitamins & minerals
- + Gluten-free

### References:

1. Heymsfield et al. *Int J Obes Relat Metab Disord*. 2003;27(5):537-549.
2. Johansson et al. *Am J Clin Nutr*. 2014;99(1):14-23.
3. LeCheminant et al. *J Am Coll Nutr*. 2005;24(5):347-353.
4. Ames et al. *Eat Behav*. 2014;15(1):95-98.
5. SCOOP 2002. Available at: <http://www.foodedsoc.org/scoop.pdf>.
6. NIH 1993. *JAMA*. 1993;270:8.
7. DHHS 2013. *Systematic Evidence Review From the Obesity Expert Panel*. Available at: [www.nhlbi.nih.gov/guideline](http://www.nhlbi.nih.gov/guideline).
8. Raynor et al. *J Acad Nutr Diet* 2016;116:129-147.
9. Gomez-Arbelaez et al. *J Clin Endocrinol Metab* 2017;102(2):488-49.

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### Flavor/Count Options:

14-packet carton, 35-serving bag



#### Vanilla

flavored with other natural flavors



#### Chocolate

flavored with other natural flavors

➔ 800.898.6888

➔ [MyHealthyTransformation.com](http://MyHealthyTransformation.com)

**Healthy Transformation.**  
Medical Weight Management Support Program

# High Protein Meal Replacement



## Vanilla

flavored with other natural flavors

### Nutrition Facts

Serving Size 1 Packet (44g)  
Servings Per Container 1

#### Amount Per Serving

Calories 150 Calories from Fat 20

% Daily Value\*

Total Fat 2g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol <5mg <2%

Sodium 100mg 4%

Potassium 300mg 9%

Total Carbohydrate 11g 4%

Dietary Fiber 6g 24%

Sugars 1g

Protein 27g 54%

Vitamin A 50% • Vitamin C 50%

Calcium 30% • Iron 35%

Vitamin D 50% • Vitamin E 50%

Thiamin 50% • Riboflavin 50%

Niacin 50% • Vitamin B<sub>6</sub> 50%

Folate 50% • Vitamin B<sub>12</sub> 50%

Biotin 50% • Pantothenic Acid 50%

Phosphorus 30% • Iodine 50%

Magnesium 25% • Zinc 50%

Selenium 50% • Copper 50%

Chromium 50%

\*Percent Daily Values are based on a 2,000 calorie diet.

Your Daily Values may be higher or lower depending on your calorie needs:

|                    | Calories  | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Potassium          | Less than | 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:** WHEY PROTEIN ISOLATE (WHEY PROTEIN ISOLATE, SOY LECITHIN), ISOMALTO-OLIGOSACCHARIDE, CREAMER [REFINED COCONUT OIL, CORN SYRUP SOLIDS, POTASSIUM CASEINATE (MILK), SUGAR, DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES, SALT, SODIUM STEAROYL LACTYLATE, CARRAGEENAN, SODIUM SILICO ALUMINATE, ARTIFICIAL FLAVOR, ANNATTO EXTRACTS (COLOR), AND TURMERIC EXTRACT (COLOR)], MALTODEXTRIN, INULIN, SUNFLOWER LECITHIN, GUAR GUM, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, DICALCIUM PHOSPHATE, DIPOTASSIUM PHOSPHATE, SODIUM CHLORIDE, VITAMIN AND MINERAL BLEND (ASCORBIC ACID, D-ALPHA TOCOPHERYL ACETATE, D-BIOTIN, RICE MALTODEXTRIN, RETINYL PALMITATE, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, SELENOMETHIONINE, CARBONYL IRON, D-CALCIUM PANTOTHENATE, CHOLECALCIFEROL, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, POTASSIUM IODIDE, THIAMIN MONONITRATE, CHROMIUM PICOLINATE, CYANOCOBALAMIN, AND FOLIC ACID), MAGNESIUM OXIDE, SUCRALOSE (A NON-NUTRITIVE SWEETENER), AND SILICA. **CONTAINS: MILK AND SOY.**



## Chocolate

flavored with other natural flavors

### Nutrition Facts

Serving Size 1 Packet (47g)  
Servings Per Container 1

#### Amount Per Serving

Calories 160 Calories from Fat 25

% Daily Value\*

Total Fat 2.5g 4%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol <5mg <2%

Sodium 160mg 7%

Potassium 500mg 14%

Total Carbohydrate 11g 4%

Dietary Fiber 6g 24%

Sugars 1g

Protein 27g 54%

Vitamin A 50% • Vitamin C 50%

Calcium 30% • Iron 45%

Vitamin D 50% • Vitamin E 50%

Thiamin 50% • Riboflavin 50%

Niacin 50% • Vitamin B<sub>6</sub> 50%

Folate 50% • Vitamin B<sub>12</sub> 50%

Biotin 50% • Pantothenic Acid 50%

Phosphorus 30% • Iodine 50%

Magnesium 25% • Zinc 50%

Selenium 50% • Copper 50%

Chromium 50%

\*Percent Daily Values are based on a 2,000 calorie diet.

Your Daily Values may be higher or lower depending on your calorie needs:

|                    | Calories  | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Potassium          | Less than | 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:** WHEY PROTEIN ISOLATE (WHEY PROTEIN ISOLATE, SOY LECITHIN), ISOMALTO-OLIGOSACCHARIDE, DUTCH PROCESSED COCOA POWDER, CREAMER [REFINED COCONUT OIL, CORN SYRUP SOLIDS, POTASSIUM CASEINATE (MILK), SUGAR, DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES, SALT, SODIUM STEAROYL LACTYLATE, CARRAGEENAN, SODIUM SILICO ALUMINATE, ARTIFICIAL FLAVOR, ANNATTO EXTRACTS (COLOR), AND TURMERIC EXTRACT (COLOR)], INULIN, SUNFLOWER LECITHIN, GUAR GUM, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, DICALCIUM PHOSPHATE, DEXTROSE, DIPOTASSIUM PHOSPHATE, SODIUM CHLORIDE, VITAMIN AND MINERAL BLEND (ASCORBIC ACID, D-ALPHA TOCOPHERYL ACETATE, D-BIOTIN, RICE MALTODEXTRIN, RETINYL PALMITATE, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, SELENOMETHIONINE, CARBONYL IRON, D-CALCIUM PANTOTHENATE, CHOLECALCIFEROL, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, POTASSIUM IODIDE, THIAMIN MONONITRATE, CHROMIUM PICOLINATE, CYANOCOBALAMIN, AND FOLIC ACID), MAGNESIUM OXIDE, SUCRALOSE (A NON-NUTRITIVE SWEETENER), AND SILICA. **CONTAINS: MILK AND SOY.**