

Dr. Ferre's
Optimal Health

Healthy Meal+

(Natural Dutch Chocolate)

Support Your Metabolic Syndrome*

Supplement Facts:

Serving Size: 2 Scoops (50 g)
 Servings Per Container: 14

	Amount Per Serving		% RDI+
Vitamin A (retinyl palmitate)	1750	IU	35
Vitamin C (as ascorbic acid)	60	mg	100
Calcium (as calcium phosphate)	600	mg	60
Iron	3	mg	15
Vitamin D (as cholecalciferol)	200	IU	50
Vitamin E (as d-alpha tocopheryl acetate)	11	IU	35
Vitamin K	40	mcg	50
Thiamine (as thiamine hydrochloride)	750	mcg	50
Riboflavin	850	mcg	50
Niacin (as niacinamide)	10	mg	50
Vitamin B6 (as pyridoxine hydrochloride)	25	mg	1250
Folate (as folic Acid, L-5-methyl tetrahydrofolate, and 5-formyl tetrahydrofolate)	500	mcg	125
Vitamin B12 (as methylcobalamin and cyanocobalamin)	15	mcg	250
Biotin	150	mcg	50
Pantothenic Acid (as D-calcium pantothenate)	5	mg	50
Phosphorous	460	mg	45
Iodine	75	mcg	50
Magnesium (as magnesium citrate)	180	mg	45
Zinc (as zinc citrate)	9	mg	60
Selenium (as selenomethionine)	35	mcg	50
Copper (as copper gluconate)	1	mg	50
Manganese (as manganese gluconate)	1	mg	50
Chromium (as chromium polynicotinate)	100	mcg	80
Molybdenum (as molybdenum amino acid chelate)	75	mcg	100
Soy Isoflavones	17	mg	++
Plant Sterols (including beta-sitosterol and other plant sterols)	2000	mg	++



Amount Per Serving	
Calories	160
Fat	2 g
Cholesterol	0 mg
Sodium	180 mg
Potassium	510 mg
Carbohydrate	24 g
Dietary fiber	4 g
Protein	15 g

+ Percentage of Reference Daily Intakes (RDI)
 ++ Daily Value Not Established.

Other Ingredients: Soy protein isolate**, Fructose, Dutch processed cocoa, , Natural flavors, Natural chocolate flavors, Soy fiber (soy), Corn bran , Lecithin (soy), Olive oil, Cellulose gum , Xanthan, Carrageenan, and phytonadione.

Contains: Soy

Suggested Dose: Blend 2 level scoops into 8 fluid ounces of chilled water.

Warning: Excess Vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 5,000 IU of pre-formed vitamin A (retinyl acetate or retinyl palmitate) per day. It is also recommended that children under four should not regularly consume more than 2,500 IU per day.

Dr. Ferre's Optimal Health
 18800 Delaware Street, 9th Floor
 Huntington Beach, CA 92648, USA.
 Tel: (714) 848-9999, (714) 842-1777
 www.DrFerre.com, DrFerre@DrFerre.com

Dr. Ferre's Optimal Health

Patient Benefits:

Healthy Meal+ is a medical food formulated with a proprietary soy protein and plant sterol blend to nutritionally support the management of conditions associated with metabolic syndrome and cardiovascular disease such as:

- **Hypercholesterolemia**
- **Hypertriglyceridemia**
- **Hypertension***

Healthy Meal+, along with a **low-glycemic-index** dietary program and regular exercise, has been clinically tested and shown to **improve important markers of cardiovascular health** and **support a healthy body composition** (a healthy ratio of lean muscle mass to fat mass).

- ✓ Provides 15 grams of soy protein per serving from **Soy protein isolate****. Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. Soy protein has also been shown to have cholesterol-lowering effects.*
- ✓ Provides 2 grams of **plant sterols** per serving. The NIH recommends consumption

of 2 grams of plant sterols to promote healthy cholesterol levels. Foods containing at least 0.65 g per serving of plant sterol esters, eaten twice a day with meals for a daily total intake of at least 1.3 g, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.*

- ✓ Features **ActiFolate®**—a proprietary blend of active folates (folic Acid, L-5-methyl tetrahydrofolate, and 5-formyl tetrahydrofolate) for **healthy methylation and homocysteine metabolism**.*
- ✓ Delivers 17 mg of isoflavones per serving to nutritionally support **estrogen balance**.*
- ✓ Supplies a low-glycemic-index meal option of only 160 calories.
- ✓ Provides a full complement of vitamins and minerals, including **non-dairy calcium and chromium**.
- ✓ Comes with a Patient Guide for complete program guidelines.
- ✓ Available in Natural Dutch Chocolate.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnosis, treat, cure or prevent any disease

**Non-genetically engineered, identity-preserved soy protein

Dr. Ferre's Optimal Health
18800 Delaware Street, 9th Floor
Huntington Beach, CA 92648, USA.
Tel: (714) 848-9999, (714) 842-1777
www.DrFerre.com, DrFerre@DrFerre.com