

Balanced

Meal Replacement & Soup



Healthy Transformation® Balanced Meal Replacement and **Soup** are specially formulated to deliver an appropriate macronutrient ratio to complement a high-protein, moderate-carbohydrate, modified Mediterranean low-calorie diet (LCD) plan.^{1,2} Moderate carbohydrate high-protein diets have been demonstrated in large programs to reduce body weight, reduce body fat mass, and contribute to body weight maintenance.¹⁻⁶

Each serving of Healthy Transformation® Balanced Meal Replacement provides:

- + 20 g protein from 100% whey isolate
- + 4-5 g carbohydrate
 - 1-2 g fiber
- + 14 g fat
- + 3 g MCT oil
- + 18+ essential vitamins & minerals
- + Non-GMO
- + Gluten-free
- + No artificial flavors or sweeteners

Meal replacements are recommended for medically supervised weight loss plans and for long-term weight management.⁷⁻¹⁰

Flavor/Count Options:

14-packet carton



Vanilla

flavored with other natural flavors



Chocolate

flavored with other natural flavors



Chicken Soup

flavored with other natural flavors

Each serving of Healthy Transformation® Balanced Soup provides:

- + 20 g protein
- + 4 g carbohydrate
- + 14 g fat
- + Gluten-free
- + No artificial flavors or sweeteners

- ➔ 800.898.6888
- ➔ MyHealthyTransformation.com

References:

1. McAuley et al. *Int J Obes*. 2006;30(2):342-9.
2. Layman et al. *J Nutr*. 2009;139(3):514-521.
3. Layman et al. *J Nutr*. 2003;133(2):411-7.
4. Layman et al. *J Nutr*. 2005;135(8):1903-10.
5. McAuley et al. *Diabetologia*. 2005;48(1):8-16.
6. Parker et al. *Diabetes Care*. 2002;25(3):425-30.
7. Heymsfeld et al. *Int J Obes Relat Metab Disord*. 2003;27(5):537-549.
8. Johansson et al. *Am J Clin Nutr*. 2014;99(1):14-23.
9. LeCheminant et al. *J Am Coll Nutr*. 2005;24(5):347-353.
10. Ames et al. *Eat Behav*. 2014;15(1):95-98.

Healthy Transformation.
Medical Weight Management Support Program

Balanced Meal Replacement & Soup



Vanilla

flavored with other natural flavors

Nutrition Facts	
Serving Size 1 Packet (53g)	
Servings Per Container 1	
Amount Per Serving	
Calories 210	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Potassium 250mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 15g	30%
Vitamin A 25%	Vitamin C 50%
Calcium 4%	Iron 2%
Vitamin D 100%	Vitamin E 25%
Thiamin 25%	Riboflavin 25%
Niacin 25%	Vitamin B ₆ 25%
Folate 45%	Vitamin B ₁₂ 25%
Biotin 25%	Pantothenic Acid 25%
Phosphorus 10%	Iodine 25%
Magnesium 20%	Zinc 80%
Selenium 80%	Copper 80%
Manganese 80%	Chromium 100%

*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 (MILK), POTATO STARCH, SUNFLOWER OIL POWDER [HIGH OLEIC SUNFLOWER OIL, BUTTERMILK (MILK), DISODIUM PHOSPHATE, SILICA, NATURAL FLAVOR], ISOMALTO-OLIGOSACCHARIDE, ORGANIC CANE SUGAR, MALTODEXTRIN, NATURAL FLAVORS, SILICA, SODIUM CHLORIDE, L-ISOLEUCINE, L-VALINE, MAGNESIUM CITRATE, L-LEUCINE, GUAR GUM, XANTHAN GUM, VITAMIN AND MINERAL BLEND (ZINC GLUCONATE, ASCORBIC ACID, MANGANESE GLUCONATE, D-ALPHA TOCOPHERYL ACETATE, COPPER GLUCONATE, D-BIOTIN, RETINYL PALMITATE, NIACINAMIDE, CHOLECALCIFEROL, CALCIUM D-PANTOTHENATE, CHROMIUM PICOLINATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, POTASSIUM IODIDE, THIAMIN HYDROCHLORIDE, CALCIUM L-5-METHYLTHETRAHYDROFOLATE,¹ SELENOMETHIONINE, AND METHYLCOBALAMIN), AND REBAUDIOSIDE A (FROM *STEVIA REBAUDIANA* LEAF EXTRACT). **CONTAINS: MILK.**

¹As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany.



Chocolate

flavored with other natural flavors

Nutrition Facts	
Serving Size 1 Packet (55g)	
Servings Per Container 1	
Amount Per Serving	
Calories 210	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Potassium 490mg	14%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 15g	30%
Vitamin A 25%	Vitamin C 50%
Calcium 4%	Iron 8%
Vitamin D 100%	Vitamin E 25%
Thiamin 25%	Riboflavin 25%
Niacin 25%	Vitamin B ₆ 25%
Folate 45%	Vitamin B ₁₂ 25%
Biotin 25%	Pantothenic Acid 25%
Phosphorus 15%	Iodine 25%
Magnesium 20%	Zinc 90%
Selenium 80%	Copper 80%
Manganese 90%	Chromium 100%

*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 (MILK), POTATO STARCH, SUNFLOWER OIL POWDER [HIGH OLEIC SUNFLOWER OIL, BUTTERMILK (MILK), DISODIUM PHOSPHATE, SILICA, NATURAL FLAVOR], ORGANIC COCOA POWDER (PROCESSED WITH ALKALI), NATURAL FLAVORS, ORGANIC CANE SUGAR, ISOMALTO-OLIGOSACCHARIDE, DEXTROSE, L-ISOLEUCINE, L-VALINE, MAGNESIUM CITRATE, L-LEUCINE, GUAR GUM, SILICA, XANTHAN GUM, VITAMIN AND MINERAL BLEND (ZINC GLUCONATE, ASCORBIC ACID, MANGANESE GLUCONATE, D-ALPHA TOCOPHERYL ACETATE, COPPER GLUCONATE, D-BIOTIN, RETINYL PALMITATE, NIACINAMIDE, CHOLECALCIFEROL, CALCIUM D-PANTOTHENATE, CHROMIUM PICOLINATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, POTASSIUM IODIDE, THIAMIN HYDROCHLORIDE, CALCIUM L-5-METHYLTHETRAHYDROFOLATE,¹ SELENOMETHIONINE, AND METHYLCOBALAMIN), AND REBAUDIOSIDE A (FROM *STEVIA REBAUDIANA* LEAF EXTRACT). **CONTAINS: MILK.**



Chicken

flavored with other natural flavors

Nutrition Facts	
Serving Size 1 Packet (51g)	
Servings Per Container 1	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol <5mg	<2%
Sodium 600mg	25%
Potassium 200mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 15g	30%
Vitamin A 0%	Vitamin C 20%
Calcium 10%	Iron 0%

*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		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 (MILK), SUNFLOWER LECITHIN], POTATO STARCH, HIGH OLEIC SUNFLOWER OIL POWDER [HIGH OLEIC SUNFLOWER OIL, BUTTERMILK (MILK), DISODIUM PHOSPHATE, SILICA, NATURAL FLAVOR], CHICKEN MEAT FLAVOR (YEAST EXTRACT, CHICKEN STOCK, SALT, NATURAL FLAVOR, TORULA YEAST, SPICE, SILICA), ISOMALTO-OLIGOSACCHARIDE, L-ISOLEUCINE, L-VALINE, SODIUM CHLORIDE, MAGNESIUM CITRATE, L-LEUCINE, CHICKEN BROTH FLAVOR (CHICKEN STOCK, SALT, YEAST EXTRACT, NATURAL FLAVOR), GUAR GUM, XANTHAN GUM, TURMERIC (COLOR), PARSLEY FLAKES (DRIED), AND SILICA. **CONTAINS: MILK.**