



# Daily Meal

Comprehensive Nutritional Formula for Overall Health and Well-Being\*

**CHOCOLATE**

## Daily Meal Supplementation

Daily Meal is a delicious protein drink formula containing a comprehensive mix of macro- and micronutrients. Daily Meal promotes healthy body composition, muscle protein synthesis, healthy metabolic and vascular function, and overall health and well-being.\* It is an easily digested, low-carbohydrate source of pea protein isolate and organic brown rice protein with concentrated levels of BCAAs.

Key benefits and quality differences of Daily Meal include:

- Supports healthy body composition\*
- Promotes muscle protein synthesis\*
- Supports healthy metabolic function\*
- Supports healthy vascular function\*
- Supports overall health and well-being\*

## How the Ingredients in Daily Meal Work

Daily Meal contains a comprehensive mix of protein sources, BCAAs, and fiber to promote healthy body composition, assist with muscle protein synthesis, and support healthy metabolic and vascular function.\* A blend of vitamins and minerals promote overall health and well-being.\* Daily Meal is a low carbohydrate, high protein, nutrient-dense powdered formula to mix with liquid of choice.

The high protein and low carbohydrate formula is shown to have beneficial effects on lean body mass.\*<sup>1,2,3</sup> Clinical studies show high protein intake promotes healthy body composition, thermogenesis, and satiety.\*<sup>2,3</sup> Targeted protein-based nutritional drink formulas can help promote numerous health benefits such as healthy metabolic and vascular function.\*<sup>4,5</sup>

Daily Meal includes comprehensive amino acids and branch-chained amino acids (BCAAs) that play a critical role in metabolism and thermogenesis.\*<sup>5,6,7</sup> BCAAs are more rapidly absorbed into skeletal muscle and promote healthy muscle protein synthesis.\*<sup>8</sup>

Daily Meal also contains dietary fiber in the form of gum arabic oleo resin powder and glucomannan known for their role in promoting healthy body composition.\*<sup>9,10</sup> The formula is rounded out with a comprehensive mix of vitamins and minerals to support overall health and well-being.\*



For more information, visit: [www.8ww.com](http://www.8ww.com)

## Why Use Daily Meal?

Daily Meal is an ideal nutritional supplement that supports healthy lifestyle choices with evidence-based ingredients.\* Daily Meal contains a comprehensive mix of proteins, amino acids, BCAAs, and fiber to support numerous health benefits.\* Daily Meal contains no artificial sweeteners, gluten, GMOs, or added sugars; only stevia and natural flavors.

## Supplement Facts

Serving Size: About 1 Scoop

Servings Per Container: 14

Ingredients:	Amount	%DV*
Calories	160	
Total Fat	3 g	4%*
Saturated Fat	1 g	4%*
Total Carbohydrate	10 g	4%*
Dietary Fiber	4 g	14%*
Protein	21 g	
Vitamin A (as retinyl palmitate)	375 mcg RAE	42%
Vitamin C (ascorbic acid)	30 mg	33%
Vitamin D3 (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopheryl acetate)	5 mg	33%
Thiamin (as thiamine HCl)	0.375 mg	31%
Riboflavin	5 mg	385%
Niacin (as niacinamide)	10 mg NE	63%
Vitamin B6 (as pyridoxal-5-phosphate)	5 mg	294%
Folate	200 mcg DFE	50%
(as L-5-methyltetrahydrofolate calcium)		
Vitamin B12 (as methylcobalamin)	125 mcg	5,208%
Biotin	250 mcg	833%
Pantothenic Acid (as calcium-d-pantothenate)	50 mg	1,000%
Calcium	56 mg	4%
Iron	8.35 mg	46%
Iodine (as potassium iodide)	37.5 mcg	25%
Magnesium (as magnesium citrate)	150 mg	36%
Zinc (as zinc gluconate)	11.25 mg	102%
Selenium (as L-selenomethionine)	52.5 mcg	95%
Copper (as copper gluconate)	1.5 mg	167%
Chromium (as chromium picolinate)	120 mcg	343%
Sodium	255 mg	11%
Potassium	277 mg	6%
Gum Arabic Oleo Resin Powder	1.5 g	**
Glucomannan (from umbrella arum root extract)	1.5 g	**
L-Leucine	1.02 g	**
L-Threonine	950 mg	**
L-Lysine (as lysine HCl)	600 mg	**
L-Valine	570 mg	**
L-Isoleucine	425 mg	**

## Amino Profile

Typical Amino Acid Composition in Milligrams Per Serving

Ingredients:	Amount
Alanine	879 mg
Arginine	1,678 mg
Aspartic Acid	2,126 mg
Cystine	206 mg
Glutamic Acid	3,413 mg
Glycine	739 mg
Histidine	546 mg
Isoleucine	951 mg
Leucine	1,642 mg
Lysine	1,469 mg
Methionine	208 mg
Phenylalanine	1,103 mg
Proline	839 mg
Serine	981 mg
Threonine	706 mg
Tryptophan	183 mg
Tyrosine	599 mg
Valine	1,070 mg

**Other Ingredients:** Pea Protein Isolate, Cocoa Bean Powder processed with Alkali, Isomalt Powder, Organic Brown Rice Protein Concentrate, Natural Flavor, Silicon Dioxide, Stevia Leaf Extract.

**Directions:** Shake canister before scooping. Mix 1 scoop in 8 ounces of water one to two times daily or as recommended by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

### References:

- Gilbert, J. A., Bendsen, N. T., Tremblay, A., & Astrup, A. (2011). Effect of proteins from different sources on body composition. *Nutrition, Metabolism and Cardiovascular Diseases*, 21(2), B16-B31.
- Leidy, H. J., Clifton, P. M., Astrup, A., Wycherley, T. P., Westerterp-Plantenga, M. S., Luscombe-Marsh, N. D., Woods, S. C., & Mattes, R. D. (2015). The role of protein in weight loss and maintenance. *The American Journal of Clinical Nutrition*, 101(6), 1320S-1329S.
- Halton, T. L., & Hu, F. B. (2004). The effects of high protein diets on thermogenesis, satiety and weight loss: A critical review. *Journal of the American College of Nutrition*, 23(5), 373-385.
- Westerterp-Plantenga, M. S., Nieuwenhuizen, A., Tome, D., Soenen, S., & Westerterp, K. R. (2009). Dietary protein, weight loss, and weight maintenance. *Annual Review of Nutrition*, 29, 21-41.
- Layman, D. K., & Baum, J. I. (2004). Dietary protein impact on glycemic control during weight loss. *The Journal of Nutrition*, 134(4), 968S-973S.
- Layman, D. K. (2003). The role of leucine in weight loss diets and glucose homeostasis. *The Journal of Nutrition*, 133(1), 261S-267S.
- Layman, D. K. (2013). Protein quantity and quality at levels above the RDA improves adult weight loss. *Journal of the American College of Nutrition*, 23(6), 631S-636S.
- Shimomura, Y., Murakami, T., Nakai, N., Nagasaki, M., & Harris, R. A. (2004). Exercise promotes BCAA catabolism: Effects of BCAA supplementation on skeletal muscle during exercise. *The Journal of Nutrition*, 134(6), 1583S-1587S.
- Slavin, J. L. (2005). Dietary fiber and body weight. *Nutrition*, 21(3), 411-418.
- Keithley, J., & Swanson, B. (2005). Glucomannan and obesity: A critical review. *Alternative Therapies*, 11(6).

\* 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.



For more information, visit: [www.8ww.com](http://www.8ww.com)