

FUTURE OF PLANT BASED NUTRITION!



Ingredients: Pea Protein*, Brown Rice Solids*, Hemp Seed Protein*, Banana Fruit Powder*, Coconut Oil Powdered Creamer*, Coconut Milk Powder*, Spinach Leaf Powder*, Pumpkin Seed Protein*, High Linoleic Safflower Oil*, Date Powder*, Flaxseed Powder*, Red Beet Juice Powder*, Kale Powder*, Natural Flavors*, Brown Rice Protein*, Sweet Potato Powder*, Carrot Powder*, Lentein™ Complete Protein (Water, Lentil Protein), Papaya Fruit Concentrate, Seaweed Extract, Steviol Glycosides (Reb A)*, Citric Acid, Malic Acid, Peppermint Powder*, Fruit & Vegetable Blend (Spinach*, Broccoli*, Carrot*, Beet*, Tomato*, Apple*, Cranberry*, Orange*, Blueberry*, Strawberry*, Shiitake Mushroom*), Kelp Powder*, *Lactobacillus plantarum* (1 billion cfu/serving).

***Organically grown ingredients.**

Contains: Coconut.



Nutrition Facts	
15 servings per container	
Serving size	2 scoops (64g)
Amount Per Serving	260
Calories	<small>% Daily Value*</small>
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 8g Added Sugars	16%
Protein 25g	
Vitamin D 2mcg	10%
Calcium 230mg	20%
Iron 10.9mg	60%
Potassium 400mg	8%
Vitamin A 500mcg	60%
Vitamin C 26mg	30%
Vitamin E 5.6mg	35%
Riboflavin 0.51mg	40%
Niacin 4.3mg	27%
Vitamin B ₆ 0.02mg	1%
Folate 105mcg DFE (60mcg folic acid)	25%
Vitamin B ₁₂ 0.77 mcg	30%
Biotin 84.8mcg	280%
Pantothenic acid 2.7mg	50%
Phosphorus 450mg	35%
Iodine 95mcg	60%
Magnesium 115mg	25%
Zinc 4.7mg	45%
Selenium 38mcg	70%
Copper 0.59mg	70%
Manganese 1.62mg	70%
Chromium 10.2mcg	30%
Molybdenum 77.8mcg	170%

* The % Daily Value tells how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.

MEAL REPLACEMENT COMPARISON	HEAL	Ensure Original	BOOST	vega one	WHEY
Made with Organic & Non-GMO ingredients	✓	✗	✗	✗	✗
Vegan	✓	✗	✗	✓	✗
Vitamins & Minerals from whole foods	✓	✗	✗	✓	✗
Complete Meal Replacement	✓	✓	✓	✗	✗
Dairy Free	✓	✗	✗	✓	✗
No artificial flavors	✓	✗	✗	✓	✓
Added probiotics for improved digestion	✓	✗	✗	✓	✗

FOR MORE INFO ABOUT HEAL IN A MEAL

www.healinameal.com





LINDA'S STORY

The reason why we created HEAL.
Giving health & hope to everyone.

Linda had the spirit of a Fox. Full of love and happiness, representing all the wonderful things that make up life. When Linda was diagnosed with ALS, her health quickly declined. She became reliant on feeding tubes that funneled synthetic ingredients into her body.

That's why her husband, Paul took his home formula and along with Dr. Stacy Mitchell Doyle M.D., and a top Canadian food scientist, created HEAL. This all natural solution provides protein, vitamins, probiotics and phyto-nutrients, and is exactly what Linda deserved to have!