

# FUTURE OF PLANT BASED NUTRITION!



**Ingredients:** Coconut Oil Powdered Creamer\*, Pea Protein\*, Brown Rice Syrup Solids\*, Hemp Seed Protein\*, Coconut Milk Powder\*, Date Powder\*, High Linoleic Safflower Oil\*, Brown Rice Protein\*, Banana Fruit Powder\*, Natural Flavours\*, Papaya Fruit Concentrate, Seaweed Extract, Sweet Potato Powder\*, Stevia Leaf Extract\*, Citric Acid, Malic Acid, Fruit & Vegetable Fruit Blend (Broccoli\*, Spinach\*, Kale\*, Pumpkin\*, Sweet Potato\*, Sunflower Seed\*, Cranberry\*, Chlorella\*, Maitake Mushroom\*, Shitake Mushroom\*), Carrot Powder\*, Natural Flavour, Peppermint Powder\*, Kelp Powder\*, *Lactobacillus Plantarum* (1 Billion/serving).

\*Organically ingredients.




## Nutrition Information

Serving size	82g	
	Per 100g (before round off)	Per 332mL Prepared** (before round off)
<b>Calories</b>	<b>488kcal</b>	<b>399.212kcal</b>
<b>Total Fat</b>	<b>24.501 g</b>	<b>20.022 g</b>
Linoleic Acid	1.568g	1.281g
Sodium	623.172mg	509.254mg
Potassium	135.838mg	111.006mg
Total Carbohydrate	34.244g	27.984g
Dietary Fiber	2.932g	2.396g
Protein	34.070g	27.842g
Vitamin A	1170.947IU	956.895IU
Vitamin D	249.229IU	203.670IU
Vitamin E	3.202IU	2.617IU
Vitamin C	28.576mg	23.352mg
Thiamine	0.413mg	0.337mg
Riboflavin	0.416mg	0.340mg
Niacin	5.358mg	4.378mg
Vitamin B6	0.574mg	0.469mg
Folate	137.631mcg	112.472mcg
Vitamin B12	0.748mcg	0.611mcg
Pantothenic Acid	1.560mg	1.274mg
Biotin	9.346mg	7.637mg
Calcium	409.720mg	334.823mg
Phosphorus	371.642mg	303.705mg
Magnesium	73.740mg	60.260mg
Iron	15.853mg	12.955mg
Zinc	3.889mg	3.178mg
Iodide	95.677mg	78.187mcg
Selenium	17.145mcg	14.011mg
Copper	0.312mg	0.255mg
Manganese	1.266mg	1.035mg
Chromium	10.904mg	8.910mg
Molybdenum	14.019mg	11.456mg

\*\*Each 82g serving mixed with 250ml water yields 332ml of prepared formula.

## ENTERAL FEEDING COMPARISON

					
100% Real Food	✓	✗	✗	✗	✗
Sole Source Nutrition	✓	✓	✗	✓	✓
Organic/Non-GMO	✓	✓	✗	✓	✓
Vegan	✓	✗	✗	✗	✗
Free of Synthetic Vitamins & Minerals	✓	✗	✗	✗	✗
Contains Probiotics for Digestion & Gut Health	✓	✗	✗	✓	✓
Gluten Free	✓	✓	✗	✓	✓
Non-Pasturized, Powdered Formula	✓	✗	✗	✗	✗
Oral & Feeding Tube Formula	✓	✗	✗	✗	✓
Proactive & Reactive*	✓	✗	✗	✗	✗

FOR MORE INFO ABOUT HEAL IN A MEAL

[www.healinameal.com](http://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!