GNC SuperFoods Spiru-Meal™ delivers a robust blend of vitamins and minerals typically found in wholesome super foods, protein and other key nutrients necessary for maintaining optimal health and wellness. Each easy-to-mix serving contains spirulina and bee pollen, which provide beneficial vitamins and minerals to support optimal nutrition and health. This premium formula is also loaded with 14 grams of protein derived from non-GMO (genetically modified organism), vegetarian sources such as soy protein, brown rice protein and pea protein, as well as food-based enzymes to support digestive health. Great-tasting, nutrient-dense SuperFoods Spiru-Meal™ offers a hearty helping of natural goodness in every delicious, easy-to-mix serving.

#### **ESSENTIAL VITAMINS & MINERALS**

Provides 100% Daily Value of an array of essential vitamins and minerals typically responsible for the health benefits of the most wholesome super foods.

### **NATURAL PROTEIN BLEND**

Contains 14g of protein derived from non-GMO, vegetarian sources including soy protein, brown rice protein and pea protein to support energy production.

#### NATURAL DIGESTIVE ENZYME BLEND

Features digestive enzymes including papain from papaya and bromelain from pineapple, plus lipase and cellulase to help improve digestion of protein, fat and carbohydrates.

#### **DIETARY FIBER**

Includes 3g of dietary fiber from oat bran, cellulose and apple pectin to support digestive health.



For More Information: 1-888-462-2548

Distributed by: General Nutrition Corporation Pittsburgh, PA 15222 USA



# SPIRU-MEAL<sup>TM</sup>

## HIGH PROTEIN ENERGY SHAKE

- 14 grams of vegetarian, non-GMO protein per serving
- Features spirulina, digestive enzymes, 3 grams of dietary fiber and all 9 essential amino acids

Provides 100% Daily Value of an array of vitamins & minerals



CODE 350915 ERG

**Directions:** Mix two scoops (29.5g) with 6 fl. oz. of milk, juice, water or your favorite beverage.

Dally Dose	Protein	Fiber	Benefit		
2 scoops with or between meals	14 g	3 g	Good source of fiber & helps cleanse the colon, supports energy production, helps meet daily protein needs, plus antioxidants to		
2-3 scoops with or between meals	14-21 g	3-4.5 g	protect against free-radicals		
3-4 scoops with or between meals	21-28 g	4.5-6 g	Excellent source of fiber to help eliminate toxins, more nutrients to support energy production & increase fullness with additional antioxidants to protect cells		

Nutrition	Footo			% D	aily Value†
Nutrition	гасіз	Niacin			100%
Serving Size Two Scoops (29.5g)		Vitamin B-6			100%
Servings Per Container 30		Folic Acid			100%
Amount Per Serving		Vitamin B-12			100%
Calories 100		Biotin			100%
Calories from Fat 5		Pantothenic Acid			100%
	% Daily Valuet	Phosphorus			20%
Total Fat 0.5g	1%	lodine			100%
Saturated Fat Og	0%	Magnesium			20%
Trans Fat Og	0/0	Zinc			100%
Cholesterol Oma	0%	Selenium			20%
Sodium 230mg	10%	Manganese			250%
Potassium 130mg	4%	Chromium			15%
Total Carbohydrate 10g	3%	Molybdenum			25%
Dietary Fiber 3g	12%	Chloride			2%
Sugars 7g	12/0	† Percent Daily Value	s are based on a 2.0	000 calorie diet.	Your daily
Protein 14a		values may be higher or lower depending on your calorie needs:			
· ·			Calories:	2,000	2,500
Vitamin A	100%	Total Fat	Less than	65g	80g
Vitamin C	100%	Sat Fat	Less than	20g	25g
Calcium	30%	Cholesterol Sodium	Less than Less than	300mg 2.400mg	300mg 2,400mg
Iron	25%	Potassium	Less man	3,500mg	3,500mg
Vitamin D	100%	Total Carbohydrate		300g	375g
Vitamin E	100%	Dietary Fiber		25g	30g
Thiamin	80%	Calories per gram:			
Riboflavin	100%	Fat 9 •	Carbohydrate 4		Protein 4

INGREDIENTS: Non-GMO Protein Blend (Soy Protein Isolate, Brown Rice Protein, Pea Protein), Crystalline Fructose, Vitamin and Mineral Blend (Tricalcium Phosphate, Dimagnesium Phosphate, Calcium Lactate, Ascorbic Acid, Zinc Sulfate, Vitamin E, Niacinamide, Ferric Pyrophosphate, Manganese Sulfate, Calcium D-Pantothenate, Pyridoxine HCI, Riboflavin, Thiamin Mononitrate, Vitamin A, Folic Acid, D-Biotin, Potassium Iodide, Chromium Chloride, Sodium Molybdate, Sodium Selenite, Vitamin D3, Vitamin B12), Natural Flavors, Cellulose Powder, Xanthan Gum, Lecithin, Salt, Apple Pectin, Natural Vanillin, Reb A (Natural Stevia Leaf Sweetener), Choline Bitartrate, Inositol, Oat Bran, Bee Pollen, Enzyme Blend (Lipase, Cellulase, Papain, Bromelain), Spirulina.

#### CONTAINS: Soybeans and Whea

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

No Crustaceans, No Eggs, No Fish, No Peanuts, No Artificial Colors, No Artificial Flavors.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction. Significant product settling may occur.

Store in a cool, dry place.

