

**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.

**GNC**  
**SUPERFOODS**

# SPIRU-MEAL™

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*



NATURAL & DELICIOUS  
**CHOCOLATE FLAVOR**  
SUPERIOR MIXABILITY

**NET WT 32.3 OZ (2.02 LBS) 915 g**

CODE 350914

**Directions:** Mix two scoops (30.5g) with 6 fl. oz. of milk, juice, water or your favorite beverage.

Daily 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 protect against free-radicals
2-3 scoops with or between meals	14-21 g	3-4.5 g	
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 Facts

		% Daily Value†	
Serving Size	Two Scoops (30.5g)	Niacin	100%
Servings Per Container	30	Vitamin B-6	100%
<b>Amount Per Serving</b>		Folic Acid	100%
Calories	110	Vitamin B-12	100%
Calories from Fat	10	Biotin	100%
		Pantothenic Acid	100%
		Phosphorus	20%
		Iodine	100%
<b>Total Fat</b> 1g		Magnesium	20%
Saturated Fat 0.5g		Zinc	100%
Trans Fat 0g		Selenium	30%
<b>Cholesterol</b> 0mg		Manganese	250%
<b>Sodium</b> 200mg		Chromium	15%
<b>Potassium</b> 250mg		Molybdenum	25%
<b>Total Carbohydrate</b> 10g		Chloride	2%
Dietary Fiber 3g			
Sugars 5g			
<b>Protein</b> 14g			
Vitamin A	100%	Calories:	2,000 2,500
Vitamin C	100%	Total Fat	Less than 65g 80g
Calcium	30%	Sat Fat	Less than 20g 25g
Iron	25%	Cholesterol	Less than 300mg 300mg
Vitamin D	100%	Sodium	Less than 2,400mg 2,400mg
Vitamin E	100%	Potassium	3,500mg 3,500mg
Thiamin	80%	Total Carbohydrate	300g 375g
Riboflavin	100%	Dietary Fiber	25g 30g
		Calories per gram:	
		Fat 9	• Carbohydrate 4 Protein 4

**INGREDIENTS:** Non-GMO Protein Blend (Soy Protein Isolate, Brown Rice Protein, Pea Protein), Crystalline Fructose, Cocoa (Processed with Alkali), 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 HCl, Riboflavin, Thiamin Mononitrate, Vitamin A, Folic Acid, D-Biotin, Potassium Iodide, Chromium Chloride, Sodium Molybdate, Sodium Selenite, Vitamin D3, Vitamin B12), Cellulose Powder, Natural Flavors, 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 Wheat.**

**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 Peanuts, No Fish, 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.



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**For More Information:**  
1-888-462-2548

**Distributed by:**  
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