

The Trusted Nutrition of
UltraMeal Combined with
High Quality Whey Protein

Suitable for
Lactose-
Intolerant
Patients

UltraMeal® WHEY

Nutritional Support for Healthy Body Composition

Over 60% of Americans have an altered body composition (excess body fat). The UltraMeal line of products has been used successfully in clinics worldwide for over 13 years to promote healthy body composition and is now available with a base of high quality whey protein. Whey protein has the highest biological value of any naturally occurring protein, as well as one of the highest protein digestibility-corrected amino acid scores (PDCAAS)—a measure of protein-bioavailability.^{1,2}

Patient Benefits:

- Specifically formulated to provide:
 - ☆ 15 grams per serving of purity-certified, high quality whey protein blend that is over lactose free
 - ☆ 4 grams of fiber per serving
 - ☆ ActiFolate™—a proprietary blend of body-ready folates
 - ☆ A healthy meal option of only 150 calories
 - ☆ A full complement of vitamins and minerals, including high potency B vitamins and 600 mg of calcium
 - ☆ Only 1 gram of fat from olive oil as a preferred source of fat
- May help to promote a healthy immune system and boost antioxidant defenses^{1,3}
- Available in 2 delicious flavors for a convenient, healthy meal
- Comes with easy-to-follow program instructions and dietary recommendations

A nutritionally advanced formula and comprehensive program to promote a healthy body composition—*naturally*.

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What Sets UltraMeal WHEY Apart?

Purity-Certified Whey Protein

This proprietary whey protein blend— isolate and pre-digested hydrolysates—contains a complete amino acid profile that makes it an excellent protein source for protein-repletion diets.

Body-Ready Folate—ActiFolate™

A proprietary blend of body-ready folates—including L-5-methyltetrahydrofolate, 5-formyl tetrahydrofolate, and folic acid—to promote healthy homocysteine levels for healthy cholesterol and estrogen metabolism, as well as optimal cardiovascular health.⁴⁻⁹

600 mg of Calcium (60% RDI)

Healthy intake of calcium, along with regular exercise and a healthy diet, can play a significant role in reducing the rate of bone loss or bone thinning, protecting bone strength, and protecting against osteoporosis.

Dietary Fiber

Two servings of UltraMeal WHEY provide almost half the minimum daily fiber recommendation to support cardiovascular and gastrointestinal health, as well as healthy insulin management and body composition.¹⁰⁻¹³

Optimal Foundation Nutrition

Each serving provides high quality protein, carbohydrates, dietary fiber, a preferred source of fat exclusively from olive oil, and an enhanced micronutrient profile to supply 35% or more of the RDI for most vitamins and minerals.

Taste and Variety

Available in Vanilla and Dutch Chocolate—the most popular flavors of regular UltraMeal.

Nutrient Profile of UltraMeal WHEY:

Caloric Distribution	Percent of Total Energy
Protein	40% of calories
Carbohydrate	54% of calories
Fat	6% of calories

Nutritional Information per Serving (Vanilla)

Serving size	2 scoops (47 g)
Servings per container	14
Calories	150
Fat	1 g
Cholesterol	10 mg
Sodium	170 mg
Potassium	510 mg
Total Carbohydrate	24 g
Simple	15 g
Complex	9 g
Dietary Fiber	4 g
Protein	15 g

Each Serving Contains:

	% U.S. RDI
Vitamin A (as retinyl palmitate)	1,750 IU 35
Vitamin D (as cholecalciferol)	200 IU 50
Vitamin C (as ascorbic acid)	60 mg 100
Vitamin E (as d-alpha tocopheryl acetate)	11 IU 35
Thiamin (as thiamin hydrochloride)	750 mcg 50
Riboflavin	850 mcg 50
Niacin (as niacinamide)	10 mg 50
Pantothenic Acid (as D-calcium pantothenate)	5 mg 50
Vitamin B ₆ (as pyridoxine hydrochloride)	25 mg 1250
Vitamin B ₁₂ (as methylcobalamin & cyanocobalamin)	30 mcg 500
Biotin	150 mcg 50
Folate [†] (as folic acid, L-5-methyltetrahydrofolate ^{††} , and 5-formyl tetrahydrofolate)	500 mcg 125
Vitamin K	40 mcg 50
Calcium (as calcium phosphate)	600 mg 60
Iron (as ferrous fumarate)	3 mg 15
Phosphorus	600 mg 60
Iodine (as potassium iodide)	75 mcg 50
Magnesium (as magnesium citrate)	160 mg 40
Zinc (as zinc citrate)	9 mg 60
Copper (as copper gluconate)	1 mg 50
Manganese (as manganese gluconate)	1 mg 50
Molybdenum (as molybdenum amino acid chelate)	75 mcg 100
Chromium (as chromium polynicotinate)	100 mcg 80
Selenium (as selenomethionine)	35 mcg 50

Other Ingredients (Vanilla): Proprietary pure whey blend (whey protein isolate, whey protein hydrolysate), fructose, rice syrup solids, maltodextrin, corn bran, natural flavors, cellulose, olive oil, guar gum, xanthan gum.

UltraMeal WHEY contains no gluten, wheat, yeast, egg, soy protein, or artificial colors, sweeteners, or flavors.

Directions: Blend, shake, or briskly stir two level scoops into eight ounces of chilled water.

Form: 23.2 oz. (658 g) Powder Container

[†] Featuring ActiFolate™—a proprietary blend of active folates.

^{††} As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.

UltraMeal WHEY is researched, developed, and manufactured by Metagenics, Inc.

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