

# Power Meal™

Vegetarian, Brown Rice-Based Meal Replacement



## Product Summary

A delicious, satisfying, rice-based meal replacement, Power Meal is rich in calcium, antioxidants, and amino acids, and delivers an impressive 20 grams of protein per serving plus a complete vitamin, mineral, and enzyme profile.

## Product Story

No matter where you're from, what your profession, gender, or socioeconomic status, most of us are seeking the same thing: a healthier, better lifestyle. While we may have the same goal, we often differ on our dedication and methodology. Young Living recognizes our differences and also recognizes our shared nutritional needs.

As part of Young Living's quality line of meal replacement and dietary supplements, Power Meal is a revolutionary meal replacement with a broad range of essential nutrients, vitamins, minerals, and complete proteins. Now with an improved taste and texture, Power Meal is a healthy and delicious meal replacement approved for a vegetarian diet.

Power Meal's brown rice protein has a high glutamine and alanine content, making it a great protein for cellular hydration. With 20 grams of protein per serving, Power Meal provides your body with the key ingredients it needs to build and repair tissue, make enzymes, hormones, and other body chemicals.

Power Meal is an unparalleled blend of science and nature. Not only is it a complete, pre-digested, dairy and sugar-free, low-fat vegetarian protein drink, but it's also packed with vitamins, trace minerals, amino acids, essential oils, *Ginkgo biloba*, inositol, selenium, and digestive enzymes. It's redefining the term "meal replacement."

## Primary Benefits

- + Dairy and allergen free
- + Enhances natural detoxification process
- + Builds lean muscle mass
- + Multi-nutrient Meal Replacement Complex
- + Provides sustained energy release
- + Supplies 20 grams of protein per serving
- + Supports healthy, normal cholesterol levels

## What Makes This Product Unique?

Power Meal is a vegetarian protein meal replacement formulated without soy, dairy, or animal products. Combining wolfberries with concentrated rice protein, Power Meal is rich in the branched-chain amino acids L-leucine, L-isoleucine, and L-valine, which are crucial for building healthy muscles. It includes arabinoxylan, one of the most powerful immune stimulators known. Power Meal contains *Ginkgo biloba*, which promotes circulation in peripheral blood vessels; eleuthero to improve performance; and enzymes to support the digestion and assimilation of protein. Power Meal contains choline, inositol, MSM, L-carnitine, zeaxanthin, and chromium. And lastly, Power Meal boasts Young Living's therapeutic-grade essential oils.

## How To Use

Add two scoops of Power Meal to 8–10 ounces of cold water or the milk of your choice. Shake, stir, or blend until smooth. For added flavor, add fruit or essential oils.

# Power Meal

Low in calories, take 1 to 2 times daily as a healthy, satisfying meal. Ideal as a high-protein strength-training boost. For best results, take in place of a meal or immediately before or after a workout.

## Did You Know?

- + Rice protein has no allergenic type of constituents that occur in soy and dairy.
- + Several studies suggest that cinnamon essential oil may have a regulatory effect on blood sugar.
- + Whole Ningxia wolfberry powder supplies clinically proven immune boosting wolfberry protein-polysaccharides, is 16 percent protein by volume, and contains zeaxanthin, an antioxidant critical for eye health.
- + A high-protein diet can lead to greater fat loss than a low-calorie, high carbohydrate diet.

## Key Ingredients

Brown rice-based protein, wolfberry powder, calcium, choline, essential oils, enzyme complex

## Who Should Use This Product?

Power Meal is perfect for anyone interested in improving health or for those with weight management and fitness goals. Power Meal is best suited for dieters looking for high-protein, low-carb, low-calorie, and low-fat options.

## Caution

Do not exceed recommended dosage. Consult a healthcare practitioner prior to use if taking medication or have a medical condition.

## Frequently Asked Questions

**Q** If Power Meal is a vegetarian formula, is it also considered vegan friendly?

*A* *Vegan diet, in addition to being vegetarian, excludes any animal products and byproducts such as dairy, eggs and honey. We believe that Power Meal meets the criteria to be “vegan friendly.”*

**Q** Why do I need Power Meal’s brown-rice protein?

*A* *Proteins are made up of amino acids. Unlike fats or carbohydrates, the body doesn’t store amino acids. The body needs a daily supply of amino acids to make new protein, that’s why Power Meal’s 20 grams of complete protein per serving, contains all of the amino acids necessary to build new proteins in your body.*

**Q** What is the difference between Young Living’s Power Meal, Pure Protein Complete and Balance Complete?

*A* *Refer to the chart below:*

	Power Meal	Balance Complete	Protein Complete
Serving Size	52 grams	52 grams	45 grams
Usage	Vegetarian solution for a filling snack or as a complete meal replacement	For use as a filling snack or as a complete replacement for a meal	Ideal for use as a snack or to supplement protein intake
Protein Sources	Brown Rice	Whey (dairy derived)	Whey (Dairy derived)
Protein Per Serving	20.6 grams	11 grams	20 grams
Fiber Per Serving	7.1 grams total 3.2 grams insoluble	11.02 grams total 2.27 grams insoluble	5 grams total 0.10 gram insoluble
Meal Replacement	Yes	Yes	No
Total Fat	3.32 grams	6.17 grams	2.85 grams
Saturated Fat	1.1 grams	2.78 grams	1.27 grams
Carbohydrates	24.2 grams	26.11 grams	16.68 grams
Vegetarian/Vegan	Yes	No	No