

# TOTAL MEAL

## Nutrition Facts

Serving Size: 2 scoops (46g)  
Servings Per Container: 30

Amount per Serving

Calories	200	Calories from Fat	50	% Daily Values**
<b>Total Fat</b>	6 g			<b>9%</b>
Saturated Fat	1.5 g			<b>7%</b>
Trans Fat	0 g			
<b>Cholesterol</b>	55 mg			<b>19%</b>
<b>Sodium</b>	170 mg			<b>7%</b>
<b>Potassium</b>	190 mg			<b>5%</b>
<b>Total Carbohydrate</b>	12 g			<b>4%</b>
Dietary Fiber	5 g			<b>20%</b>
Sugar	3 g			
<b>Protein</b>	24 g			<b>49%</b>
Vitamin A	1276 IU			<b>25%</b>
Vitamin C	16 mg			<b>25%</b>
Calcium	110 mg			<b>10%</b>
Iron	0.86 mg			<b>4%</b>
Vitamin E	8.06 IU			<b>25%</b>
Thiamin	0.38 mg			<b>25%</b>
Riboflavin	0.43 mg			<b>25%</b>
Niacin	5 mg			<b>25%</b>
Vitamin B6	0.5 mg			<b>25%</b>
Folic Acid	100 mcg			<b>25%</b>
Vitamin B12	1.5 mcg			<b>25%</b>
Biotin	75 mcg			<b>25%</b>
Pantothenic Acid	2.5 mg			<b>25%</b>
Phosphorus	140.16 mg			<b>15%</b>
Iodine	37.5 mcg			<b>25%</b>
Magnesium	19.69 mg			<b>4%</b>
Zinc	3.77 mg			<b>25%</b>
Copper	0.5 mg			<b>25%</b>
Manganese	0.5 mg			<b>25%</b>
Chromium	30 mcg			<b>25%</b>

\*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

### Vanilla Ingredients:

Sta-Protein Cold Filtered Proprietary Blend (Whey Protein Concentrate, Milk Protein Concentrate, Whey Protein Isolate, Egg White, Chia Seed), Sunflower Powder, (Chicory) Inulin, Natural Flavoring, Stevia Extract, Medium Chain Triglycerides, Cellulose Gum, Vitamin A Palmitate, Ascorbic Acid, Ferrous Sulfate, dl-Alpha Tocopheryl Acetate, Thiamine Hydrochloride, Riboflavin, Niacinamide, Pyridoxine Hydrochloride, Folic Acid, Cyanocobalamin, Biotin, Calcium D-Pantothenate, Potassium Iodide, Zinc Sulfate, Copper Amino Acid Chelate, Manganese Sulfate, Chromium Amino Acid Chelate, Sodium Chloride, Papain, Protease, Luo Han Guo extract, Lecithin (derived from soy).

### Chocolate Ingredients:

Sta-Protein Cold Filtered Proprietary Blend (Whey Protein Concentrate, Milk Protein Concentrate, Whey Protein Isolate, Egg White, Chia Seed), Sunflower Powder, (Chicory) Inulin, Cocoa Powder with Alkali, Natural Flavoring, Stevia Extract, Medium Chain Triglycerides, Cellulose Gum, Vitamin A Palmitate, Ascorbic Acid, Ferrous Sulfate, dl-Alpha Tocopheryl Acetate, Thiamine Hydrochloride, Riboflavin, Niacinamide, Pyridoxine Hydrochloride, Folic Acid, Cyanocobalamin, Biotin, Calcium D-Pantothenate, Potassium Iodide, Zinc Sulfate, Copper Amino Acid Chelate, Manganese Sulfate, Chromium Amino Acid Chelate, Sodium Chloride, Papain, Protease, Luo Han Guo extract, Lecithin (derived from soy).

**Allergen Warning:** contains Eggs, Whey derived from Milk and Lecithin derived from Soy.

# TMR SUCCESS STORIES

"TMR in Chocolate OR Vanilla is truly my "GO-TO" for the protein I need to fuel my body. The journey I'm



on takes consistent stamina and discipline, TMR makes that task easy. Since adding the TMR to my daily routine, it has helped me lose OVER 300+ POUNDS. I'm so thankful for this product.

It is creamy smooth, easy to mix, tastes wonderful in water. I KNOW that I'm giving my body essential nutrition it needs to become healthy and well!"

-Caryl Parsons, Oklahoma

- ✓ **24g Protein per Serving**
- ✓ **5 Different Proteins**
- ✓ **Only 7 Net Carbs**

Rick has been an insulin-dependent diabetic all his life. TMR has helped him improve his sleep at night, and he feels great when he wakes up in the morning; TMR has also helped maintain his sugar levels, lose 55 pounds and has eliminated that "hunger feeling."



Results not typical.

# SHAKE OFF THE WEIGHT



JOIN THE

# TMR PHENOMENON

LEARN HOW TO LOSE WEIGHT NATURALLY →

# REPLACEMENT



FOR MORE INFORMATION



"I lost 80 pounds in 5 months with Sta-Natural's TMR shake! It's so easy!" -Doug, Ohio



"TMR helped me shed 46 pounds and go from a size 24 to a size 16!" -Pam, Oregon



"Sta-Natural's TMR shake helped me shed 35 pounds!" -Taneka, Oklahoma



Results not typical.



## IMPROVE YOUR BUSY LIFESTYLE

*Sta-Natural's TMR shake has helped numerous people improve blood sugar levels, those wanting to lose weight and those wanting a healthier lifestyle.*

## TOTAL MEAL REPLACEMENT

### NATURAL & EFFECTIVE

Sta-Natural's TMR is a natural meal replacement made from high-quality ingredients like chia seed, egg white, aminogen, inulin, stevia extract and LuoHan Guo fruit. It does not contain soy protein, artificial flavors, fillers, added sugars or preservatives and is also gluten free. TMR uses an ingenious formula that can be used by nearly anybody, including people with blood sugar problems. TMR is different from other shakes on the market. It has five different kinds of protein that include slow, medium and fast-releasing proteins, keeping you fuller longer. Most go 5-6 hours without even thinking about food after drinking a TMR.

All that is needed with TMR is 8oz of cold water. You don't have to worry about adding flavors, milk or calories. Simply mix two scoops with a cup of water and enjoy! No lumps or chalky aftertaste - just a smooth and delicious shake.



**NO** ARTIFICIAL SWEETENERS

**NO** FRUCTOSE OR MSG

**NO** SOY PROTEIN

**NO** GLUTEN

CONVENIENTLY  
**REPLACE  
1-2 MEALS  
A DAY!**



When replacing 2 meals, if the weight drops too quickly, back down to 1 TMR a day.