# TOTAL MEAL

### **Nutrition Facts**

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

Amount per Serving		
Calories 200	Calories from Fat 50	
	% Daily Values**	
Total Fat	6 g	1 Fat 50 Values** 9% 7% 19% 5% 4% 20%
Saturated Fat	1.5 g	7%
Trans Fat	0 g	
Cholesterol	55 mg	19%
Sodium	170 mg	7%
Potassium	190 mg	5%
Total Carbohydrate	12 g	4%
Dietary Fiber	5 g	20%
Sugar	3 g	/ / /
Protein	24 g	49%
Vitamin A	1276 IU	25%
Vitamin C	16 mg	25%
Calcium	110 mg	10%
Iron	0.86 mg	4%
Vitamin E	8.06 IU	25%
Thiamin	0.38 mg	25%
Riboflavin	0.43 mg	25%
Niacin	5 mg	10% 4% 25% 25% 25% 25% 25% 25%
Vitamin B6	0.5 mg	25%
Folic Acid	100 mcg	25%

Vitamin B12

Phosphorus

Magnesium

Manganese

Chromium

Pantothenic Acid

Biotin

Indine

Zinc

Copper

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

Proprietary Blend (Whey Protein Concentrate, Milk Protein Concentrate, Whey otein Isolate, Egg White, nia Seed), Sunflower wder, (Chicory) Inulin, atural Flavoring, Stevia tract, Medium Chain glycerides, Cellulose orbic Acid. Ferrous tassium Iodide, Zinc fate, Copper Amino Acid elate, Manganese Sulfate pain, Protease, Luo an Guo extract, Lecithir rived from sov).

colate Ingredients:

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

25%

25%

25%

15%

25%

4%

25%

25%

1.5 mcg

2.5 mg

140.16 mg

19.69 mg

0.5 mg

0.5 mg

30 mca

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

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FOR MORE INFORMATION

"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**

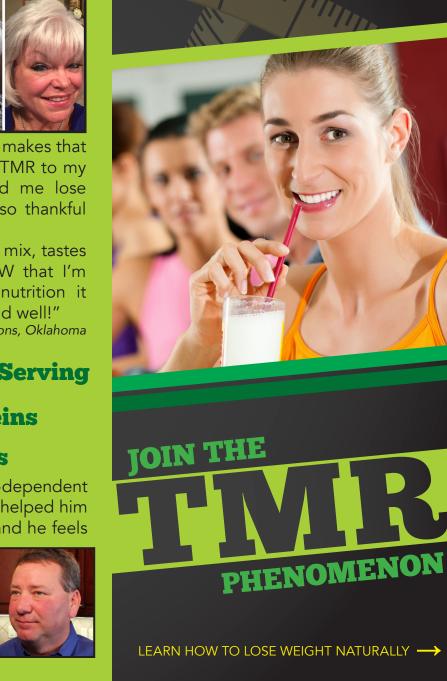
## 5 Different Proteins

## 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 elimated that "hunger feeling."





SHAKE OFF THE

"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





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



### URAL & FFFF

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.





drops too quickly, back down to 1 TMR a day.