

Power Meal™

Frequently Asked Questions



Q. What is the intended age range for consumption of Power Meal?

A. While age was not a consideration in the formulation, Power Meal should be safe for consumption by teens and adults needing a plant-based protein meal replacement. We recommend reviewing the product with your health care provider prior to use to determine if this product meets your specific needs.

Q. How often should Power Meal be consumed?

A. Since Power Meal is intended as a meal replacement, we suggest using it once per day.

Q. What is the shelf life of Power Meal?

A. Power Meal has an intended shelf life of two years; however, once the bag is opened, the product should be used within two months.

Q. What ingredients assist in preserving the formula?

A. The Power Meal formula includes no preservatives, as none are needed to keep it fresh. Please store Power Meal in a cool, dry location to maintain its optimal shelf life. A desiccant is added to the included scoop. This desiccant scoop will also help the product remain dry.

Q. Is Power Meal vegetarian and/or vegan friendly?

A. Yes, Power Meal is both vegetarian and vegan friendly.

Q. Are there any gluten-derived ingredients in Power Meal?

A. There is no gluten in Power Meal. Any ingredients that could possibly contain gluten were tested to ensure that they are gluten free. Please be aware that it is possible that this product may be manufactured in a facility that uses gluten in other product formulations. Though there may be gluten processed in the same facility, please rest assured that according to cGMPs (current good manufacturing practices), the machinery is cleansed and sanitized between productions to prevent contamination. If you have additional concerns about this product, we encourage you to speak to your health care provider.

Q. Are there any corn-derived ingredients in Power Meal? Are they GMO?

A. Non-GMO corn-derived ingredients are used as carriers in the following ingredients: vitamin D3 (carrier), beta carotene (carrier), amylase, and protease. If you have further concerns, please speak to your health care provider prior to use.

Q. Are there any soy-derived ingredients in Power Meal? Are they GMO?

A. There is no soy in Power Meal. Please be aware that it is also possible that this product is manufactured in a facility that uses soy in other product formulations. Though there may be soy processed in the same facility, please rest assured that, according to cGMPs (current good manufacturing practices), the machinery is cleansed and sanitized between products to prevent contamination. If you have additional concerns about this product, we encourage you to speak with your health care provider.

Q. Are there any palm/coconut-derived ingredients in Power Meal?

A. Medium-chain triglycerides (MCT) oil is derived from coconut or palm; however, the oil is refined to eliminate coconut protein, often the cause for allergen concerns. If you have further concerns, please speak to your health care provider prior to use.

Q. Are there any tree nut-derived ingredients in Power Meal?

A. Other than MCTs (medium-chain triglycerides) derived from palm and/or coconut, there are no other tree nut-derived ingredients in Power Meal. Please be aware that while this product does not contain any tree nut-derived ingredients, it is possible that this product may be manufactured in a facility that uses tree nuts in other product formulations. Though there may be tree nuts processed in the same facility, please rest assured that, according to cGMPs (current good manufacturing practices), the machinery is cleansed and sanitized between products to prevent contamination. If you have additional concerns about the use of this product, we encourage you to speak with your health care provider.

Q. When is the best time of day for consumption?

A. Power Meal can be used to replace any meal.

Q. Should Power Meal be taken with or without food?

A. As Power Meal is a complete meal-replacement product, it is not necessary to consume additional food.

Q. Why was Power Meal reformulated?

A. Power Meal was reformulated to offer a vegan, plant-based protein meal-replacement option.

Q. Is a scoop included? What size is the scoop and what is it made of?

A. Yes, a scoop is included. The scoop is a 48 cc short-handle scoop with desiccant incorporated into the material. Two scoops are required for a single serving size. 48 cc is roughly 3.25 tablespoons. If you happen to misplace your scoop, a full serving of Power Meal is about 6.5 tablespoons.

Q. With what kinds of liquid should the product be used?

A. Power Meal can be mixed with water or your favorite plant-based milk.

Q. What are the primary benefits associated with this product?

A. Power Meal is a vegan, keto-friendly, plant-based protein meal-replacement powder drink mix with zero added sugar.

Q. How many servings are there per bag?

A. There are 15 servings per bag of Power Meal.

Q. What is Reb M sweetener and how does it differ from Reb A?

A. Both Reb M and Reb A are steviol glycosides found in the leaves of the *Stevia rebaudiana* plant, but Reb M is sweeter than Reb A and does not have the same bitter aftertaste. Reb M is present only in extremely low concentrations in the stevia leaves, which makes isolation challenging, unfeasible, and unsustainable, so an innovative method has been developed to replicate the Reb M molecule from the stevia leaf via fermentation of sugarcane. It is a zero-calorie sugar alternative to enhance flavor and taste.

Q. Which ingredients contribute to the sugar content of Power Meal?

A. The sugar content of Power Meal is a result of the naturally occurring sugars in the fruit powders of the formulation.

Q. Are wolfberries still used in Power Meal?

A. Yes, wolfberries (goji berries) are still used in Power Meal.

Q. What is the source of vitamin C in Power Meal?

A. Ascorbic acid is the primary source of vitamin C in Power Meal.

Q. Does Power Meal contain lactose or dairy products?

A. No, Power Meal is a vegan-friendly product and does not contain any dairy-derived ingredients.

Q. Is there a large amount of amino acids in Power Meal?

A. Power Meal contains 20 grams of protein per serving. These proteins are then broken down in the body into amino acids.

Q. Once mixing up my Power Meal, does it need to be refrigerated or can it be left out at room temperature?

A. Power Meal is a nutrient-rich product. As with similar products, refrigeration is necessary if not consuming immediately after mixing.

Q. Is Power Meal considered a complete protein supplement (containing all eight essential amino acids)?

A. Yes, Power Meal is a complete protein supplement containing all eight essential amino acids.

Q. What are the natural flavors in Power Meal?

A. All ingredients are approved for use per the FDA or are listed as GRAS. They are considered food and able to be labeled as natural.