



Doctor Formulated PERFECT AMINO® POWER MEAL

Complete Meal-Replacement Protein Shake

PerfectAmino Power Meal combines the highly-utilized protein of PerfectAmino®, with powerful Carb10, MCT oil, vitamins, minerals and superfoods to create an advanced and complete meal replacement shake. If you're looking for better performance, optimum health, or a convenient way to get the proper nutrition, PerfectAmino® Power Meal is the answer!

968 Grams | 20 Servings



PERFECT AMINO POWER MEAL PROVIDES:

- A High-Quality Protein Source
- Low Glycemic Carbohydrate Energy to Naturally Boost Your Energy Level Quickly
- Vitamins and Minerals for Optimal Health
- Powerful Superfood Blend for Full-Spectrum Nutrition MCT Oil Providing Long Lasting Energy That Will Keep You Full for Hours
- Only 150 calories
- No Added Sugars
- Delicious, Creamy and Rich Flavors
- A Complete Meal Replacement

PerfectAmino Power Meal was designed by Dr. David Minkoff to be a complete meal replacement. When we say complete, we really mean complete.

Power Meal combines the latest developments in nutrition and energy with the powerful and proven PerfectAmino formula to deliver everything your body needs to power you through the day.

Available in two delicious flavors - the classic Chocolate flavor everyone loves and Vanilla. Both flavors are sweetened with monk fruit and each is delicious and creamy.

Nutrition Facts

Amount per serving		% DV†
Calories 150		
Total Fat 3 g		4%
Saturated Fat 2 g		10%
Trans Fat 0 g		0%
Cholesterol 0 g		0%
Sodium 0 mg		0%
Total Carbohydrate 14 g		6%
Dietary Fiber 5 g		20%
Total Sugars 0 g		
Includes 0g Added Sugars		0%
Protein 12.5 g		
Vitamin A 1800 mcg		200%
Vitamin C 300 mg		333%
Vitamin D3 80 mcg		400%
Vitamin E 75 mg		500%
Vitamin K1 75 mcg		63%
Vitamin B1 1.5 mg		125%
Vitamin B2 1.7 mg		131%
Vitamin B3 20 mg		125%
Vitamin B6 3 mg		176%
Folate (5-MTHF) 680 mcg DFE		170%
Vitamin B12 100 mcg		4167%
Biotin 300 mcg		1000%
Pantothenic Acid (Vitamin B5) 20 mg		400%

Nutrition Facts Continued...		% DV†
Amount Per Serving		
Iron 5 mg		28%
Iodine 120 mcg		80%
Magnesium 125 mg		30%
Zinc 24 mg		218%
Selenium 80 mcg		145%
Copper 0.2 mg		22%
Manganese 2 mg		87%
Chromium 100 mcg		286%
Molybdenum 1.5 mcg		3%
Medium Chain Triglycerides (MCT): 2000mg		**
Proprietary Amino Acid Blend: 7500mg		**
L-Leucine, L-Valine, L-Isoleucine, L-Lysine, L-Phenylalanine, L-Threonine, L-Methionine, L-Tryptophan		
Organic Green Superfoods: 3635 mg		**
Plant Sterols, Fructooligosaccharides, Organic Spirulina, Saw Palmetto Berry Extract, Organic Wheatgrass Juice Powder, Organic Green Tea Powder (Matcha), Organic Moringa Leaf Powder, Organic Alfalfa Juice Powder and Katemfe Fruit Extract		
† Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
** Daily Value not established.		
Other Ingredients: Organic Pea Protein, Pea Starch (as Carb10™), Pea Fiber, Xanthan Gum, Natural Flavor, Sunflower Lecithin, Organic Natural Vanilla Flavor, Pure Monk Fruit Extract (Luo Han Guo).		

There is NO ADDED SUGAR. The sugar is naturally derived from the fruits, vegetables and plant sources.

Manufactured in a cGMP FDA registered facility.

Packaged by weight, not volume. Settling may occur. Store in a cool, dry place.

Chocolate Other Ingredients: Organic Pea Protein, Pea Starch (as Carb10™), Pea Fiber, Natural Flavors, Xanthan Gum, Sunflower Lecithin, Pure Monk Fruit Extract (Luo Han Guo).

Vanilla Other Ingredients: Organic Pea Protein, Pea Starch (as Carb10™), Pea Fiber, Xanthan Gum, Natural Flavor, Sunflower Lecithin, Organic Natural Vanilla Flavor, Pure Monk Fruit Extract (Luo Han Guo).

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Suggested Use: Mix 1 scoop into 14–16 oz of cold water or almond milk. For best results, mix in a shaker bottle or blend with your favorite fruit smoothie ingredients. Visit our website for more recipe ideas.

Ingredients

PerfectAmino® – The Perfect Protein Source

Power Meal includes 7500mg of BodyHealth's flagship product PerfectAmino®. It is the ultimate protein source that has been powering the world's most competitive performance athletes for over two decades.

Protein makes up your body's entire functional structure: bones, muscles, cells, and enzymes and without the building blocks of protein, your health, performance and quality of life can suffer.

With a utilization over 99%, PerfectAmino® is the best possible source for all your body's needs.

Medium Chain Triglycerides (MCT) Oils are metabolized by your body into ketones, which are the most efficient energy source for your body and brain. A few grams of MCTs are like rocketfuel for your whole system and can keep you energized, focused, and full longer. Our high-quality MCT oil is comprised of only caprylic (C6) and capric acids (C8), the two most effective MCTs there are.

Carb10 are carbohydrates are the fastest source of biofuel our bodies have and are important for maintaining your energy over the course of the day. Unfortunately, most carbs spike your blood sugar and insulin, crashing your energy levels and promoting fat accumulation. Carb 10 is the latest innovation in nutrition. Derived from peas, its unique structure allows for easy absorption and quick energy without raising insulin or blood sugar levels. All the energy and benefits without any of the downside.

Vitamins and Minerals – formulated specially by Dr. Minkoff, this blend contains 22 essential vitamins and minerals everything you need to keep your system running smooth. This includes a full complement of essential

B-vitamins, selenium, magnesium, just to name a few. And because Power Meal includes MCT oil, fat soluble vitamins like A and Kare actually absorbed and used by your body, unlike most multivitamins.

Our Superfood Blend contains 11 different

antioxidant-rich and phytonutrient-rich superfoods to give you all the nutrition you need for optimal health and peak performance. Including moringa powder and wheatgrass juice, two of the most nutrient-dense plant in the world, along with cacao, green tea powder, spirulina, and saw palmetto, this blend supports all of your biological processes from energy and focus to hormonal balance and stress management.*

How to Use PerfectAmino Power Meal

Mix two scoops into almond milk (or substitute) or water and power on! Enjoy for breakfast, before a workout, or for an afternoon pick-me-up. Throw in a blender with your favorite smoothie ingredients to SUPERCHARGE your protein shake!

When first using PerfectAmino Power Meal, we recommend beginning with a half scoop and working your way up to 2 scoops.

While MCT oil is a powerful energy source, it can take some time for your digestive system to adjust to a full dose. If you take too much too quickly, you may experience a loose stool emergency or "disaster pants" for a short time.

Try not to use other protein supplements at the same time as PerfectAmino Power Meal, as it will reduce the effectiveness of the formula.

Protein Equivalence

One serving of PerfectAmino is equivalent to consuming:

