



DYNAMIC

DAILY MEAL

Comprehensive Nutritional Formula for Overall Health and Well-Being*

CHOCOLATE



Dynamic Daily Meal Supplementation

Dynamic Daily Meal is a delicious protein drink formula containing a comprehensive mix of macro- and micronutrients. Dynamic Daily Meal promotes healthy body composition, muscle protein synthesis, healthy metabolic and vascular function, and overall health and well-being.* It is an easily digested, low-carbohydrate source of pea protein isolate and organic brown rice protein with concentrated levels of BCAAs.

Key benefits and quality differences of Dynamic Daily Meal include:

- Supports healthy body composition*
- Promotes muscle protein synthesis*
- Supports healthy metabolic function*
- Supports healthy vascular function*
- Supports overall health and well-being*
- Comes in two delicious flavors; chocolate and vanilla

How the Ingredients in Dynamic Daily Meal Work

Dynamic Daily Meal contains a comprehensive mix of protein sources, BCAAs, and fiber to promote healthy body composition, assist with muscle protein synthesis, and support healthy metabolic and vascular function.* A blend of vitamins and minerals promote overall health and well-being.* Dynamic Daily Meal is a low carbohydrate, high protein, nutrient-dense powdered formula to mix with liquid of choice.

The high protein and low carbohydrate formula is shown to have beneficial effects on lean body mass.*^{1,2,3} Clinical studies show high protein intake promotes healthy body composition, thermogenesis, and satiety.*^{2,3} Targeted protein-based nutritional drink formulas can help promote numerous health benefits such as healthy metabolic and vascular function.*^{4,5}

Dynamic Daily Meal includes comprehensive amino acids and branch-chained amino acids (BCAAs) that play a critical role in metabolism and thermogenesis.*^{5,6,7} BCAAs are more rapidly absorbed into skeletal muscle and promote healthy muscle protein synthesis.*⁸

Dynamic Daily Meal also contains dietary fiber in the form of gum arabic oleo resin powder and glucomannan known for their role in promoting healthy body composition.*^{9,10} The formula is rounded out with a comprehensive mix of vitamins and minerals to support overall health and well-being.*

For more information, visit: www.nutridyn.com

Why Use Dynamic Daily Meal?

Dynamic Daily Meal is an ideal nutritional supplement that supports healthy lifestyle choices with evidence-based ingredients.* Dynamic Daily Meal contains a comprehensive mix of proteins, amino acids, BCAAs, and fiber to support numerous health benefits.* Dynamic Daily Meal contains no artificial sweeteners, gluten, GMOs, or added sugars; only stevia and natural flavors.

Supplement Facts

Serving Size: About 1 Scoop

Servings Per Container: 14

| Ingredients: | Amount | %DV* |
|---|-------------|--------|
| Calories | 160 | |
| Total Fat | 3 g | 4%* |
| Saturated Fat | 1 g | 4%* |
| Total Carbohydrate | 10 g | 4%* |
| Dietary Fiber | 4 g | 14%* |
| Protein | 21 g | |
| Vitamin A (as retinyl palmitate) | 375 mcg RAE | 42% |
| Vitamin C (ascorbic acid) | 30 mg | 33% |
| Vitamin D3 (as cholecalciferol) | 10 mcg | 50% |
| Vitamin E (as d-alpha tocopheryl acetate) | 5 mg | 33% |
| Thiamin (as thiamine HCl) | 0.375 mg | 31% |
| Riboflavin | 5 mg | 385% |
| Niacin (as niacinamide) | 10 mg NE | 63% |
| Vitamin B6 (as pyridoxal-5-phosphate) | 5 mg | 294% |
| Folate | 200 mcg DFE | 50% |
| (as L-5-methyltetrahydrofolate calcium) | | |
| Vitamin B12 (as methylcobalamin) | 125 mcg | 5,208% |
| Biotin | 250 mcg | 833% |
| Pantothenic Acid (as calcium-d-pantothenate) | 50 mg | 1,000% |
| Calcium | 56 mg | 4% |
| Iron | 8.35 mg | 46% |
| Iodine (as potassium iodide) | 37.5 mcg | 25% |
| Magnesium (as magnesium citrate) | 150 mg | 36% |
| Zinc (as zinc gluconate) | 11.25 mg | 102% |
| Selenium (as L-selenomethionine) | 52.5 mcg | 95% |
| Copper (as copper gluconate) | 1.5 mg | 167% |
| Chromium (as chromium picolinate) | 120 mcg | 343% |
| Sodium | 255 mg | 11% |
| Potassium | 277 mg | 6% |
| Gum Arabic Oleo Resin Powder | 1.5 g | ** |
| Glucosannan (from umbrella arum root extract) | 1.5 g | ** |
| L-Leucine | 1.02 g | ** |
| L-Threonine | 950 mg | ** |
| L-Lysine (as lysine HCl) | 600 mg | ** |
| L-Valine | 570 mg | ** |
| L-Isoleucine | 425 mg | ** |

Amino Profile

Typical Amino Acid Composition in Milligrams Per Serving

| Ingredients: | Amount |
|---------------|----------|
| Alanine | 879 mg |
| Arginine | 1,678 mg |
| Aspartic Acid | 2,126 mg |
| Cystine | 206 mg |
| Glutamic Acid | 3,413 mg |
| Glycine | 739 mg |
| Histidine | 546 mg |
| Isoleucine | 951 mg |
| Leucine | 1,642 mg |
| Lysine | 1,469 mg |
| Methionine | 208 mg |
| Phenylalanine | 1,103 mg |
| Proline | 839 mg |
| Serine | 981 mg |
| Threonine | 706 mg |
| Tryptophan | 183 mg |
| Tyrosine | 599 mg |
| Valine | 1,070 mg |

Other Ingredients: Pea Protein Isolate, Cocoa Bean Powder processed with Alkali, Isomalt Powder, Organic Brown Rice Protein Concentrate, Natural Flavor, Silicon Dioxide, Stevia Leaf Extract.

Directions: Shake canister before scooping. Mix 1 scoop in 8 ounces of water one to two times daily or as recommended by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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



NON-GMO



GLUTEN-FREE



DAIRY-FREE



PRODUCED IN A cGMP FACILITY

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