

SMARTMEAL

The intelligent choice for ideal results.

Item No. SY22733
15 Servings (810 g) per container

SmartMeal is your delicious meal-replacement shake mix bursting with essential vitamins, minerals, fiber, and amino acids, plus 24 grams of powerful protein. Conveniently replace typical, detrimental meals with SmartMeal to enjoy a satisfying, intelligent path to wellness. Featuring a tasty vanilla flavor and vegan ingredients, SmartMeal is eco-friendly, packaged in a bio-based, petroleum-free, recyclable container.

Remember, smart nutrition and regular exercise help more than just your waistline. These healthy habits support your whole body and mind.

FEATURES

- Provides 24 vitamins and minerals
- Delivers 24 grams of protein per serving
- Vegan
- Gluten-Free
- Non-GMO
- Quality source of fiber
- Eco-friendly packaging

BENEFITS

SmartMeal, with its vegan protein and vitamin blend, offers excellent support for:

- Maintenance of muscle mass
- Energy-yielding metabolism
- Reduction of tiredness and fatigue
- Normal immune system function
- Normal homocysteine metabolism
- Normal protein and glycogen metabolism

RECOMMENDED USE

Mix 2 scoops (54 g) of powder with 400 ml of water. Shake or stir vigorously and drink immediately.

SmartMeal® Nutritional Shake is formulated for use as a healthy substitute for one or two daily meals, or as a snack to help curb your appetite. For weight management: Replace one or two meals per day with a SmartMeal Shake.

For best results, use in conjunction with Synergy weight management and microbiome supplements. Exercise and proper nutrition are key components of any weight management effort. Consult a physician before beginning any weight management program, especially if you are pregnant, nursing or if you have been or are receiving treatment for any medical condition.

Notice: This natural product may exhibit color, taste and density variations from lot to lot.



Product Information / Produktinformation	Per 100 g		Serving Size	
	Pro 100 g	%NRV*	54 g (2 scoops) 54 g (2 Messlöffel)	%NRV**
Energy / Energie	1662 kJ / 394 kcal	20%	897 kJ / 213 kcal	11%
Fat / Fett	7.99 g	11%	4.31 g	8%
Saturated Fatty Acids / gesättigte Fettsäuren	1.43 g	7%	0.77 g	4%
Carbohydrates / Kohlenhydrate	33.67 g	18%	18.2 g	7%
Sugars / Zucker	0.93 g	2%	0.46 g	1%
Fibre / Ballaststoffe	5.14 g	**	3 g	**
Protein / Eiweiß	44.25 g	86%	24 g	48%
Salt / Salz	2.87 g	48%	1.55 g	26%
Vitamin A	450.18 µg	65%	243.01 µg	30%
Vitamin D	3.00 µg	60%	1.62 µg	32%
Vitamin E	7.47 mg	62%	4.03 mg	34%
Vitamin K1	42.53 µg	57%	22.97 µg	31%
Vitamin C	44.56 mg	56%	24.06 mg	30%
Thiamin (Vitamin B1)	0.79 mg	72%	0.42 mg	39%
Riboflavin (Vitamin B2)	0.88 mg	63%	0.48 mg	34%
Niacin	10.00 mg	62%	5.40 mg	34%
Vitamin B6	1.23 mg	88%	0.66 mg	47%
Folic Acid / Folsäure	114.00 µg	57%	61.56 µg	31%
Vitamin B12	1.60 µg	64%	0.86 µg	35%
Biotin	53.16 µg	106%	28.71 µg	57%
Pantothenic acid / Pantothensäure	3.50 mg	58%	1.89 mg	31%
Calcium	597.37 mg	75%	322.58 mg	40%
Magnesium	376.79 mg	100%	203.47 mg	54%
Potassium / Kalium	1123.40 mg	56%	606.63 mg	30%
Phosphorus / Phosphor	904.51 mg	129%	488.44 mg	70%
Manganese / Mangan	1.49 mg	75%	0.80 mg	40%
Copper / Kupfer	0.97 mg	97%	0.53 mg	53%
Iron / Eisen	15.86 mg	113%	8.58 mg	61%
Zinc / Zink	8.95 mg	39%	4.83 mg	48%
Selenium / Selen	44.61 µg	81%	24.01 µg	44%
Chromium / Chrom	72.26 µg	181%	24.57 µg	61%
Iodine / Jod	84.73 µg	56%	45.76 µg	31%

*RI = Reference Intake for an average adult (8,400 kJ / 2,000 kcal) / **NRV = Nährstoffbezugswerte der Vitamine und Mineralstoffe sowie die Referenzmengen der Nährwerte (Referenzmenge für einen durchschnittlichen Erwachsenen (8 400 kJ / 2 000 kcal))
**no value established / **kein Wert festgelegt

Ingredients: Pea protein, Tapioca starch, Sunflower oil fat powder, Chickpea Protein Isolate, Starch, Flavouring, Calcium salts of orthophosphoric acid, Potassium chloride, Thickeners (Guar gum and Xanthan gum), Rice protein, Whole grain quinoa powder, Magnesium salts of orthophosphoric acid, Calcium carbonate, Sodium chloride, Magnesium oxide, Sweetener (Steviol glycosides), Vitamin blend (Ascorbic acid, D-Alpha Tocopherol, Folic acid, Nicotinamide, D-Calcium Pantothenate, Retinyl Palmitate, Cyanocobalamin, Pyridoxine hydrochloride, Cholecalciferol, Thiamine hydrochloride, Riboflavin, Phylloquinone, and D-Biotin), Multi-enzyme blend (amylase, protease, cellulase, lipase and lactase), Chromium picolinate, Ferrous fumarate, Zinc citrate, Maltodextrin, Potassium iodate, Manganese gluconate, Sodium selenite, Copper gluconate.