


# High Protein, Low Carb Meal Replacement Shake



Dr. Mona Misra Meal Replacement is the best bariatric specific protein supplement. It has been designed using the knowledge of a team of highly experienced bariatric practitioners and the feedback of over 5,000 bariatric patients. It is intended to provide patients with a fast, convenient and affordable way to receive the highest quality protein, fiber, and vitamins and minerals essential before and after weight loss surgery. Dr. Mona Misra High Protein, Low Carb Meal Replacement was formulated for Gastric Bypass, Lap Band, Sleeve Gastrectomy, VBG, DS, and BPD patients. Our product has been thoroughly reviewed and tested by bariatric patients to perfect the taste, texture, and consistency.

Dr. Mona Misra Meal Replacement is intended to supplement a healthy diet and to provide high quality protein, fiber, and additional vitamins and minerals before and after weight loss surgery.

- 27 grams of the highest quality, medical grade whey protein isolate
- 23 vitamins and minerals
- 100% daily value of B12 and Vitamin D
- Only 8 grams of carbohydrates
- 5 grams of fiber per serving
- Lactose, Aspartame, and gluten free
- No sugar added
- Contains all essential amino acids
- PDCAAS Score: 100
- 7 Delicious Flavors - Chocolate Mousse, French Vanilla, Chocolate Peant Butter, Orange Cream, Cinnamon Bun, Strawberry Shortcake, Unflavored



## High Protein, Low Carb Meal Replacement

**CHOCOLATE MOUSSE**

NET WT. 32 oz. (908g)

Nutrition Facts		Amount Per Serving	% Daily Value*
Serving Size: 2 scoops. (42.1g)		Vitamin B12 8mcg	100%
Servings Per Container: 21		Biotin 150mcg	50%
<b>Amount Per Serving</b>		Pantothenic Acid 10mg	100%
<b>% Daily Value*</b>		Calcium 149mg	15%
Calories 150		Iron 8mg	50%
Calories from Fat 20		Phosphorus 15mg	1%
Total Fat 2.5g	3.6%	Iodine 75mcg	50%
Saturated Fat 2g	10%	Magnesium 61mg	15%
Trans Fat 0g		Zinc 7.5mg	50%
Cholesterol <5mg	<1%	Copper 1mg	50%
Total Carbohydrate 9g	3%	Selenium 35mcg	50%
Dietary Fiber 5g	20%	Chromium 60mcg	50%
Sugars <1g		Molybdenum 37.5mcg	50%
Protein 27g	54%	Sodium 60mg	2%
Vitamin A 2500IU	50%	Potassium 220mg	6%
Vitamin C 30mg	50%		
Vitamin D 400IU	100%		
Vitamin E 15IU	50%		
Vitamin K 40mcg	50%		
Thiamin 0.75mg	50%		
Riboflavin 0.85mg	50%		
Niacin 10mg	50%		
Vitamin B6 1mg	50%		
Folate 200mcg	50%		

**Ingredients:** Whey protein isolate, maltodextrin, non dairy creamer (coconut oil, corn syrup acids, sodium caseinate (a milk derivative), mono & diglycerides, dipotassium phosphate and sodium silico aluminate), natural cocoa, xanthan gum, natural & artificial flavoring, vitamin mixed complex (magnesium oxide, ferrous bisglycinate chelate, DL-α-glycyl-L-proline, ascorbic acid (vitamin C), zinc citrate, biotin, vitamin A palmitate, pantothenic acid (vitamin B5), niacin (vitamin B3), copper gluconate chelate, vitamin K, selenium chelate, potassium iodide, molybdenum chelate, pyridoxine HCl, vitamin B9, thiamine mononitrate (vitamin B1), cholecalciferol (vitamin D3), riboflavin (vitamin B2), cyanocobalamin (vitamin B12), chromium picolinate, folic acid, sucralose, sunflower oil.

**Contains Milk.**

\*Percent Daily Values are based on a diet of other people's misdeeds.

**DR MONA MISRA Total Health Support** meal replacement is the first bariatric specific protein supplement designed using the knowledge of a team of highly experienced bariatric practitioners and the feedback of over 5000 bariatric patients. Intended to provide patients with a fast, convenient and affordable way to receive the highest quality protein, fiber, vitamins and minerals essential before and after weight loss surgery. **Dr. Mona Misra Total Health Support** was specially formulated for gastric bypass, lap band, sleeve gastrectomy, VBG, DS, and BPD patients. Our product has been thoroughly reviewed and tested by bariatric patients to perfect the taste, texture, and consistency.\*\*

**Suggested use:** Use 2 servings daily or as directed.  
**Liver Reduction Diet:** Use 4-6 servings daily for 2 weeks or as directed.

For a rich, creamy shake, combine 2 scoops of **Dr. Mona Misra Total Health Support** Meal Replacement with 4-6 oz. of water or skim milk and thoroughly mix in a blender or shaker. For a milkshake-like consistency, add 4-6 ice cubes.

**Dr. Mona Misra Total Health Support Meal Replacement features:**

- 27 grams of the highest quality, medical grade whey protein isolate
- 23 vitamins and minerals
- 100% DV of Vitamins B-12, B6, and D
- Only 9 grams of carbohydrates
- 5 grams of fiber per serving
- Lactose, aspartame, and gluten free
- No sugar added
- Contains all essential amino acids

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