

MEGA  
MALYAAYA  
Organic Meal Replacements  
Protein Shake  
Ingredients

**Whey, or Egg White or Soy Protein Powder-30 grams per serving  
(Available in assorted flavors)**

**Nutritional Value Per Serving:**

Calories 120, Calories From Fat 10, Protein 30g, Total Fat 3g, Cholesterol 15Mg, 170Mg, Potassium 170Mg, Carbohydrate 3g, Sugars 1g, Vitamin-C 500g, L-Carnitine 500g, L-Glutamine 500g, L-Lysine 100g, B-12, B-6, B-3 100g each, Wheat grass 1 tspn, (equals the same nutritional value of 2 lbs of green veggies), Fiber 11g, Omega-3 Fish Oil 3g, Coral Calcium 25g, 32 Minerals, Cinnamon, Stevia, Sea Greens 1 tspn

**Health Direct "Optimum Nutrition" Liquid Vitamin Packet  
Supplement Facts-Serving Size: 2 tbsp (30 ml/1 Fl Oz)**

Daily Value (DV): Calories 45, Total Carbohydrate 11g, Vitamin A (as 75% mixed carotenoids and 25% beta-carotene)5000-IU 100% Vitamin C (as ascorbic acid)150mg, Vitamin D 400 IU 100% Vitamin E 30-IU 100%-Vitamin K 80mcg, Thiamine (Vitamin B1) 8 mg, Riboflavin (Vitamin B2) 4.25mg, Niacin 20 mg, Vitamin B6 5mg, Folate 400 mcg, Vitamin B-12 100 mcg, Biotin 120 mcg, Pantothenic Acid (Vitamin B5) 10mg, Calcium 28mg, Magnesium 6mg, Zinc 15mg, Selenium 80mcg, Copper 2mg, Manganese 3mg, Chromium 50mcg, Potassium 100, Proprietary Lipotropic Factors Blend, Choline bitartrate Inositol Dimethylglycine 103mg

**Proprietary Plant-Mineral Blend:**

70 ionic plant-derived fulvic minerals from Plant Iceland Moss (Centraria islandica Extract 10:1) and alfalfa. Includes: Macro Minerals: Magnesium, Sodium, Potassium, Calcium, Silicon, Phosphorus, Iron, Copper, Zinc Micro Minerals: Selenium, Chromium, Manganese, Cobalt, Molybdenum, Nickel, Vanadium, Gold Trace Minerals: Boron, Titanium, Rubidium, Antimony, Strontium, Tungsten, Germanium, Scandium, Tellurium, Lanthanum, Yttrium, Silver, Cadmium, Gallium, Bismuth, Cerium, Cesium, Hafnium, Samarium, Terbium, Europium, Gadolinium, Dysprosium, Thorium, Holmium, Lutetium, Thulium, Erbium, Ytterbium, Neodymium, Praseodymium, Niobium, Tantalum, Thallium, Rhenium, Palladium, Platinum Electrolytes: Chloride, Sulfate, Bromide, Iodide 9000 mcg

**Proprietary Activated Bioflavonoid Complex:**

Sago Palm and Calcium Ascorbate with Bioflavonoids from Rosehips, Acerola, and Camu Fruit 400mg, Proprietary Botanical Antioxidant Blend with Grape Seed, Pine Bark and Phenalgin™ Provides polyphenols & proanthocyanadins from Grape Seed, Pine Bark, Grape Skin, Green Tea and Phenalgin™ (phlorotannin extract of Canary Island Cystoseira canariensis marine algae), Alpine Tea 110mg, Proprietary Energy Activator Blend with Coenzyme Q-10, Bee Pollen and Royal Jelly, Bee Pollen, Royal Jelly, Potassium, Magnesium, Sodium & Coenzyme Q-10.235mg Proprietary Essential Fatty Acid Complex, Glycerine, Soy Lecithin, Sorbitol Fatty Acid Esters, Flax Oil (source of omega 3 fatty acids), Borage Oil and Evening Primrose Oil 600mg

**Proprietary Super Green Food Complex:**

Wheat Grass, Barley Grass, Spirulina, Dunallia salina red algae (source of b-Carotene), Pectin Apple Fiber, Sprouted Barley Malt, Brown Rice Bran (source of B-vitamins), Nova, Scotia Dulse, Fructooligosaccharides, Chlorella, Oat Grass,

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**Health Direct “Optimum Nutrition” Liquid Vitamin Packet (continued)  
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Proprietary Amino Acid Matrix from Non-GMO Soy Rye Grass, Rhubarb 200mg, Glycine, Glutamic Acid, Aspartic Acid, Leucine, Arginine, Lysine, Serine, Phenylalanine, Proline, Isoleucine, Valine, Alanine, Threonine, Tyrosine, Histidine, Methionine, Cystine, Tryptophan 600mg, Exclusive Phytonutrient Fruit and Vegetable Blend, Whole Juice Concentrates: (apricot, mango, apple, tangerine, cranberry, lime, beets, green bell peppers and parsley); Carotenoid Concentrate: (carrot, peach, yellow squash, cantaloupe, red pepper and tomato); Flavonoid Concentrate: (orange, lemon, celery, grapefruit); Phenolic Acid Concentrate (red grape, strawberry, cherry, pear); Cruciferous/Thioallyl Concentrate (broccoli, cabbage, cauliflower, brussel sprouts, mustard greens); Lutein concentrate (spinach, kale, asparagus, alfalfa); Isoflavone Concentrate (soy genistein, daidzein) 600mg, Proprietary Herbal Extract Blend with Pau D’Arco and Aloe Vera, Pau D’Arco (Tabebuia heptaphylla), Garlic (Allium sativum), King Solomon Seed (Polygonatum multiflorum wattell), Black Seed (Nigella sativa), Eleuthero Root Extract (Eleutherococcus senticosus), Yerba Mate Leaf (Ilex paraguariensis), Astragalus Root (Astragalus membranaceus), Nettle Leaf (Urtica dioica), Marigold Flower (Calendula officinales), Echinacea Root (echinacea purpurea), Hawthorne Berry (Crataegus oxycantha), Alfalfa Leaf (Medicago sativa), Dandelion Root (Taraxicum officinale), Clove Bud (Syzygium aromaticum), Cayenne Pepper (Capsicum frutescens), Saw Palmetto Berries (Serenoa repens), Red Clover Blossom (Trifolium pratense), Peppermint Leaf (Mentha piperita), Pumpkin Seed (Curcubita pepo), Cinnamon Bark (Cinnamomum verum), Ginger Root (Zingiber officinale), Licorice Root (Glycyrrhiza glabra), Chicory Root (Chichorium intybus), Ginkgo Biloba Leaf (Ginkgo biloba), Macca (Lepidium Meyenii), Bilberry, Scullcap (Scutellaria lateriflora), Wild Yam (Dioscorea villosa) and Aloe Vera Concentrate (200:1). Fruit (Myrtilli fructus), Valerian (Valeriana Officinalis), 175mg, Proprietary Active Plant Enzyme Concentrate Blend, Papaya, Pineapple, Kiwi Extract, Soy Extract of Aspergillus (Amylase, cellulase, esterase, hemicellulase, lactase, lipase and protease)10mg.

**Preparation: Pour into a 6oz cup or 8oz water bottle**

BLENDER, 4 ICE CUBES, 1 CUP PURIFIED OR SPRING WATER  
ADD 1 SHAKE PACKET, 1 LIQUID VITAMIN SERVING  
MIX ALL TOGETHER IN BLENDER FOR 2 MINUTES POUR INTO  
CUP OR BOTTLE AND DRINK!

\*no more than one packet of liquid vitamins daily!

**Protein Oats Preparation:**

Boil 1/4 cup of water, add 1 packet of the Protein Oats, mix well, add 1 teaspoon of soy or peanut or almond butter mix well again and eat! ½ cup of fresh berries optional!

**Protein Pancake Preparation:**

6 egg whites in blender, add protein pancake packet mix well. Spray non-stick pan w/Pam on low-med heat stove top cook each side for 1 minute or till done to your taste!

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