

PHARMANEX®

TRME™ MEAL BALANCE



MEET TRME MEAL BALANCE

Our top-tier, delicious, mango-flavoured protein shake takes all the stress and guesswork out of enjoying balanced, satisfying nutrition anytime, anywhere. Each serving of Meal Balance is packed with premium protein, critical for your body to function normally and helping you maintain important lean muscle. Lean muscles do much more than just give you a toned look. They also use more calories than fat, meaning keeping them strong further supports your weight wellness efforts. Unfortunately, when your body undergoes a caloric deficiency, it breaks down these muscle cells as an energy source, leaving you worse off. But if you fortify your diet with high-quality protein like that included in Meal Balance, you can help your body maintain muscle. Protein also helps you feel fuller and satiated after meals, making it essential for a well-rounded, nutritious shake like ours. We take premium Pea Protein and enhance it with fats, carbohydrates, vitamins and minerals, and more, including the wisdom of the ages distilled in a unique Pharmanex Botanical Fusion Blend. And to top things off, Meal Balance is even Prysm Level I approved, so you can know nutrients are being absorbed and working as it helps increase your Prysm Score. With all this, there's never been a better, more convenient way to add premium protein and other essential nutrients to your weight wellness diet.

WHY YOU'LL LOVE IT

- Makes it easy and delicious to fulfil the protein and carbohydrate recommendations listed in the TRMe Balanced Eating Plan.
- Helps provide a nutritious blend of high-quality pea protein, fats, carbohydrates, vitamins, minerals, and fibre.
 - Protein contributes to the maintenance of muscle mass.
 - Helps contribute to your daily protein needs.

- Delivers a well-rounded variety of key macro and micronutrients that helps you stay the course on your weight wellness journey.
 - Features a proprietary Pharmanex Botanical Fusion Blend that combines ancient botanical wisdom with modern science to support your Prysm Score over time.
 - Prysm Level I approved—helpful in increasing your Prysm Score.
 - By tracking your score over time, you will know the antioxidants in your supplements are being absorbed and available to support your health.
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WHAT POWERS IT

- **Pea Protein**—a quality source of protein packed with essential amino acids. It contains Leucine, a branched-chain amino acid that has been shown to play a role in supporting muscle protein synthesis in your body. Getting sufficient protein with each meal also helps with satiety so you feel less hungry throughout the day.
 - **Vitamins and Minerals**—essential for a more nutritious shake to help with your weight management journey.
 - **Fiber and Fats**—important macronutrients included for a well-rounded formula.
 - **Pharmanex Botanical Fusion Blend**—combines thousands of years of traditional botanical wisdom and cutting-edge modern science to support your Prysm Score over time.
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HOW TO USE IT

Add one (1) scoop of Meal Balance to 125 ml of cold water or milk. Blend or shake vigorously.

TRY THESE WITH IT

- TRMe™ Shape Spark
- TRMe™ ThermaBoost

- TRMe™ NuSteady
- TRMe™ MyVictory

LEARN MORE ABOUT IT

How does Meal Balance support healthy weight management?

Meal Balance is a delicious, convenient shake with essential macro and micronutrients. The macronutrients include protein, carbohydrates, and fats, while the micronutrients include vitamins and minerals. Meal Balance makes it easy for you to get the protein, carbohydrates, and various other nutrients recommended by the TRMe Balanced Eating Plan, without falling for more high-calorie or unhealthy options.

What is the benefit of getting enough protein during weight loss?

Getting enough protein every day is important because it helps to maintain lean muscle. This is particularly critical during weight loss, when people typically want to lose weight without losing muscle mass. Protein is much more effective at supporting lean muscle than carbs or fats, which means that it is the key macronutrient to support lean muscle. However, it is important to divide your intake of protein evenly throughout the day to maximize this effect, because there is a limit to how much protein your body utilizes from a single meal to support muscle protein synthesis. Additionally, getting sufficient protein with each meal helps with satiety, which is a key factor in controlling hunger and feeling full during the day.

How does Meal Balance fit into the TRMe eating plan?

Each Meal Balance serving is designed to fill a serving of protein and a serving of carbohydrates recommended as part of the TRMe Balanced Eating Plan. The shake contributes to daily protein intake, which helps promote satiety and support lean muscle mass.

Can I take Meal Balance after I reach my weight wellness goals?

We recommend that you continue to incorporate the TRMe Balanced Eating Plan as part of your lifestyle even after you reach your goals. You can use Meal Balance to help ensure that you continue to get adequate protein throughout the day and help support metabolically active lean tissue.

Can I take Meal Balance even if I'm not interested in weight management?

Yes. You can use Meal Balance anytime as a nutritious drink to add more protein to your diet.

Why are diet and exercise important parts of the TRMe System?

There is no magic pill when it comes to weight wellness. To achieve results, you need to combine TRMe products with healthy, sustainable habits, including a balanced diet and regular exercise. TRMe is designed to help you make those important changes as you work toward your weight management goals.

What is the benefit of the Pharmanex Botanical Fusion Blend?

The Pharmanex Botanical Fusion Blend combines key botanicals selected to reflect traditional botanical wisdom and enhanced by modern nutritional science. This blend supports your Prysm Score over time.

Should I use the entire TRMe Weight Management System together to see the best results?

We believe that most consumers will get the most benefits from using all our TRMe products together along with our simple yet effective exercise and eating plan. TRMe is a complete, holistic weight management program designed to address many of the common stumbling blocks that inevitably come up when pursuing a healthier lifestyle. You'll certainly also benefit, however, from using fewer products for just what you consider your specific needs and goals.

SCIENCE THAT SUPPORTS IT

1. Astbury NM, Piernas C, Hartmann-Boyce J, Lapworth S, Aveyard P, Jebb SA. A systematic review and metaanalysis of the effectiveness of meal replacements for weight loss. *Obes Rev.* 2019 Apr;20(4):569–587.
2. Layman DK. Dietary Guidelines should reflect new understandings about adult protein needs. *Nutr Metab (Lond).* 2009 Mar 13;6:12.
3. Moon J, Koh G. Clinical Evidence and Mechanisms of High-Protein Diet-Induced Weight Loss. *J Obes Metab Syndr.* 2020 Sep 30;29(3):166–173.

WHAT'S IN IT

Nutritional Information (approximate values)				
Serving size: 50 g				
Nutrients	Units	Number of servings per container: 10		
		Amount	Per Serve	% RDA**
		per 100g	(50g)	
Energy	kcal	411.55	205.77	10.28
Protein	g	40.00	20.00	42.48
Carbohydrate	g	34.89	17.44	#
Total sugars	g	8.93	4.46	#
Added sugars	g	0.00	0.00	0.00
Total Fat	g	11.11	5.55	8.28
Monounsaturated fatty acids	g	7.60	3.80	#
Polysaturated fatty acids	g	2.07	1.04	#
Saturated Fat	g	1.46	0.73	3.32
Trans Fat	g	0.00	0.00	0.00
Cholesterol	mg	1.99	0.70	#
Dietary Fibre	g	6.00	3.00	12.00
Sodium†	mg	320.00	160.00	8.00
Vitamins*				
Vitamin A	mcg	420.00	210.00	25.00
Vitamin D2	mcg	7.50	3.75	25.00
Vitamin E	mg	5.00	2.50	25.00
Vitamin K1	mcg	27.50	13.75	25.00
Vitamin C	mg	32.50	16.25	25.00
Folic acid	mcg	64.71	32.36	25.00
Vitamin B1	mg	0.70	0.35	25.00
Vitamin B2	mg	0.95	0.48	25.36
Vitamin B6	mg	0.95	0.48	25.36
Vitamin B12	mcg	1.10	0.55	25.00
Niacin	mg	5.50	2.75	25.00
Pantothenic acid	mg	2.50	1.25	25.00
Biotin	mcg	20.00	10.00	25.00
Minerals**				
Potassium-	mg	1050.00	525.00	15.00
Calcium-	mg	287.00	143.50	14.35
Magnesium-	mg	130.00	65.00	17.57
Iron-	mg	12.00	6.00	20.69
Zinc-	mg	7.20	3.60	27.27
Manganese	mg	1.20	0.60	15.00
Copper	mg	0.51	0.26	15.19
Iodine-	mcg	42.00	21.00	15.00
Selenium	mcg	12.00	6.00	15.00
Chromium	mcg	15.00	7.50	15.00
Molybdenum	mcg	13.50	6.75	15.00
Others				
Lutein	mg	6.00	3.00	#
Beta Carotene	mg	4.00	2.00	#
Piper nigrum (Black Pepper) Extract (standardized with 95% piperine)	mg	10.00	5.00	#
Zeaxanthin	mg	8.00	4.00	#
Ocimum sanctum (Tulsi) Extract	mg	10.00	5.00	#
Curcuminoid Extract	mg	10.00	5.00	#

**% RDA (Recommended Dietary Allowance) calculated per serve (50g) basis 2000 kcal energy for average adult per day and ICMR guidelines, 2020 for Adult Women (Sedentary Work). RDA are within range for Adult Men (Sedentary work) as well. # %RDA not established. † Minerals partially derived from protein source. ‡ Mineral completely derived from protein source. Appropriate overages of vitamins are added to compensate the losses during storage.

† This is only a brand name and does not represent its true nature.



TRMETM

MEAL BALANCE[®]

Pea Protein Concentrate with Vitamins & Minerals Powder

MANGO FLAVOUR

FOOD FOR SPECIAL DIETARY USE
Food for Weight Management
Meal Replacement for Weight Control/Management
This product is to be taken under Medical Advice.



FOR ADULTS (MEN & WOMEN)

NET WEIGHT: 500 g



INGREDIENTS: Pea Protein Concentrate, Maltodextrin, High Oleic sunflower Fat Base Powder (High Oleic Sunflower Oil, Maltodextrin, Sodium Caseinate, Emulsifier (INS 471), Antioxidant (INS 305)), Partially Hydrolysed Guar Gum(† 2%), Mango Powder, Natural Mango Flavour, Minerals** Curcumin Powder, Thickener (INS 466), Acidity Regulator (INS 330), Digezyme[®] Sweeteners (INS 960, INS 950 & INS 955), Lutein, Zeaxanthin, Vitamins*, Curcuminoid Extract, Piper nigrum (Black Pepper) Extract, Ocimum Sanctum (Tulsi) Extract, Beta Carotene. *Digezyme is a multi-enzyme complex which includes Alpha-amylase, Protease, Lipase, Cellulase and Lactase.

RECOMMENDED USAGE LEVEL: Replace any one meal of the day (preferably Lunch/ dinner) with 1 serving (50g), for adults or as advised by physician/certified dietician/ nutrition professional.

INSTRUCTIONS FOR USE: Mix 50 g (approx. 2 scoops) of powder with 250 ml of cold water. Blend or shake vigorously.

This TRME Meal Balance contains an admixture of Steviol Glycosides, Acesulfame Potassium, Sucralose.

Not recommended for children, pregnant and lactating mothers.

CONTAIN NON-CALORIC SWEETENERS.

ALLERGEN INFORMATION: Contains Milk. May Contain Soy & Nuts. Do not use if allergic to any of the ingredients.

NOT FOR MEDICINAL USE. Not to exceed the recommended daily usage. Product is required to be stored out of reach of children. This product is not intended to treat, cure or prevent any disease, disorder or medical condition. In case of accidental overdose, contact a physician. If on any medications, consult your medical practitioner before consumption. This product is not to be used by pregnant, nursing and lactating women or children under 5 years, adolescents and elderly except when medically advised by physician or certified dietician or nutrition professional. The product is for oral consumption only. Store below 25° C. Protect from direct sunlight. Keep the container tightly closed.

Manufactured By: **Trinapti Wellness Private Limited**
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Marketed By: **Ma Skin India Private Limited**
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