



NEW SPIRIT
NATURALS

MEAL IN A GLASS

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Meal in a Glass provides you with all the essentials

Nutrition: A satisfied feeling is essential to staying on any weight reduction program long enough to see lasting results. With *Meal in a Glass* you will enjoy balanced, complete nutrition that will keep you satisfied throughout the day. One serving contains 12 grams of protein.

Convenience: *Meal in a Glass* is the ideal “Fast Food”. Simple to prepare as it mixes easily with your favorite beverage. *Meal in a Glass* will become your choice for high energy and good health long after your desired weight has been obtained.

Taste: The delicious taste sets *Meal in a Glass* apart. Yet, all ingredients are natural and nutritious. *Meal in a Glass* contains no sugar no sucrose, no glucose, no artificial sweeteners. It is flavored naturally (Vanilla, Chocolate, and Strawberry flavors available).

Results: *Meal in a Glass* provides you with an effective, nutritionally balanced program that if faithfully followed, leads to a safe, steady reduction in body weight, without sacrificing lean body protein.

The Perfect Companion Products: Seldom can one product meet your varied lifestyle. Use *Meal in a Glass* with New Spirit’s *Green Magic™* for heightened energy, along with *Vita Trim Pro™*, an all natural supplement that naturally curbs the appetite and assists the body to be more effective at utilizing energy.

To Maximize your Weight Reduction:

- **Drink Plenty of Liquids.** Eight-10 ounce glasses of water per day are recommended. For best results, drink purified water or herbal teas (no caffeine), because the water you drink significantly contributes to your good health. Always choose water that has been purified of dangerous chemicals.
- **Do not skip a meals.** *Meal in a Glass* is designed to provide your body with what it needs. Prolonged nutritional deficiency can cause fatigue, low blood sugar, and stress your body’s immune system. The bulk provided in your “regular” meal will insure your continued good health and lasting results. When you require an exceptionally “fast” food and want to stay on your reduction program, try a *Green Magic™ Superfood Bar*.
- **Supplement each meal with Vita Balance 2000+.** This complete Vitamin/ Mineral/ Herbal Complex will make a significant difference in how you feel. Long after you have reached your desired weight, *Vita Balance 2000+* will provide a phenomenal nutritional foundation for your diet.
- **Insure that your digestive system is functioning at its peak.** **Probiotic Complex** and **Phyto Opti-Zymes™** will enhance both your digestion and the elimination of toxins released by weight reduction.
- Add additional, natural fibers to your shake. Choose from **Magic Fiber CLR™**, **White Chia™**, **Nutri-Grand Flax Seed** or **NutriCleanse™**.
- If you add fruits to your shake, use only low glycemic, whole fruits such as pears, apples, or berries.
- **Acquaint yourself with other health products available from New Spirit Naturals.** These dynamic natural products are designed to assist you in your pursuit of exuberant health.



NUTRITION WITH INTENTION™



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Suggested High Energy Weight Reduction Program

- **Thirty to sixty minutes prior to a meal, take one Vita Trim Pro™.** This unique formula not only curbs your appetite, it will dramatically increase your weight loss results, particularly when you are following a low fat, low calorie diet.
- **Replace two meals each day with Meal in a Glass.** For the ultimate great tasting, nutritional shake: Blend 1 serving of *Meal in a Glass* and 1 serving of *Green Magic™* with 8 oz. juice or purified water and fresh, low glycemic fruit such as apples, pears, or berries. Ice cubes can be added to thicken the shake.
- **Supplement each meal with one or two Vita Balance 2000+.** A full spectrum Vitamin/ Mineral/ Herbal Complex.
- **Follow each meal** with 8 ounces of purified water or herbal tea.

Remember: Weight loss depends upon a negative calorie balance. It takes a reduction or approximately 3,500 calories to lose one pound of body fat (equivalent to the size of one pound of butter). If you normally burn 4,000 calories a day and now consume 1,000 calories a day, you can lose approximately a pound a day. In no case should you consume less than 800 calories per day without the express direction of your doctor.

Supplement Facts		
Serving Size: 1 scoop or 2 rounded Tbl. (16g)		
Servings per container: 30		
	Amt Per Serving	%DV*
Calories: 75		
Calories from Fat: 18		
Total Fat	2 g	4%
Saturated Fat	<1 mg	0%
Cholesterol	4 mg	1%
Sodium	96 mg	4%
Total Carbohydrate	<2 g	<1%
Dietary Fiber	2 g	8%
Sugars	1.5 g	
Protein	12 g	24%
Vitamin A (Palmitate)	2000 IU	40%
Vitamin C (Ascorbic acid)	26 mg	43%
Calcium	100 mg	10%
Vitamin E (Alpha tocopheryl acetate)	120 IU	400%
Vitamin B1 (Thiamine)	0.67 mg	44%
Vitamin B2 (Riboflavin)	0.75 mg	44%
Vitamin B3 (Niacinamide)	9 mg	43%
Vitamin B6 (Pyridoxine)	0.91 mg	45%
Folic acid	176 mcg	44%
Vitamin B12 (Cyanocobalamin)	2 mcg	33%
Iron (Protein succinylate)	50 mcg	<1%
Magnesium (AA chelate)	16 mg	4%
Zinc	8 mg	53%

*Percent Daily Value are based on a 2000 calorie diet.

Directions: Mix one scoop (16g) of Meal in a Glass™ and 8 ounces of non fat milk or New Spirit's Aloe Papaya/Acai juice or Pomegranate Red™ juice. For a great tasting Meal In a Glass™ blend with one serving of Green Magic™, 1/2 cup of fresh fruit, and ice cubes to desired consistency.

Each serving provides the following typical amino acid profile:

Alanine	521mg
Arginine	834 mg
Aspartic acid	347mg
Cysteine	166 mg
Glutamic acid	2253mg
Glycine	487 mg
Histidine	300 mg
Isoleucine***	601mg
Leucine***	1016mg
Lysine*	784mg
Methionine	175mg
Phenylalanine	588mg
Proline	634mg
Serine	622mg
Threonine*	488mg
Tryptophan*	163mg
Tyrosine	445mg
Valine***	597mg

***Branch Chain Amino Acids
*Essential Amino Acids

Ingredients: Isolated soy protein, Whey protein, Calcium caseinate, De-oiled lecithin, Natural vanilla flavor, Soybean oil, Soy fiber, Organic oat fiber, Xanthan gum, Vit. C (Ascorbic acid), Vit. E (Alpha tocopherol acetate), Iron (from Protein succinylate), Magnesium amino acid chelate, L- Selenomethionine, Rice bran, Apple pectin, Flaxseed, Vit. B3 (Niacinamide), Zinc, Calcium pantothenate, Calcium (Coral), Vit. A (Palmitate), Papain, Bromelain, Kelp (Macrocystis pyrifera), Vit. B6 (Pyridoxine) , Vit. B2 (Riboflavin), Vit. B1 (Thiamine), Folic acid, Vit. B2 (Riboflavin), Vit. B12 (Cyanocobalamin), Spirulina, Valerian root (Valeriana officinalis), Chickweed powder (Stellaria media), Hawthorn berry (Crataegus monogyra), Damiana powder (Turnera diffusa), Fenugreek seed (Trigonella foenum-graecum), Chamomile (Chamomilla vulgaris), Gotu kola (Centella asiatica), Marigold flower (Tagetes lucida), NSN sweetener complex (Barley malt & Lo han guo ext. (Momordica) & Oligofructose, Vegetable protein isolate, Natural flavors,)

These statements have not been evaluated by the FDA. Information contained in this bulletin is for informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. In all cases, it is recommended that you consult with your healthcare professional before initiating a supplement program.

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