



DYNAMIC

DAILY MEAL

Comprehensive Nutritional Formula for Overall Health and Well-Being*

CHOCOLATE



Dynamic Daily Meal Supplementation

Dynamic Daily Meal is a delicious protein drink formula containing a comprehensive mix of macro- and micronutrients. Dynamic Daily Meal promotes healthy body composition, muscle protein synthesis, healthy metabolic and vascular function, and overall health and well-being.* It is an easily digested, low-carbohydrate source of pea protein isolate and organic brown rice protein with concentrated levels of BCAAs.

Key benefits and quality differences of Dynamic Daily Meal include:

- Supports healthy body composition*
- Promotes muscle protein synthesis*
- Supports healthy metabolic function*
- Supports healthy vascular function*
- Supports overall health and well-being*
- Comes in two delicious flavors; chocolate and vanilla

How the Ingredients in Dynamic Daily Meal Work

Dynamic Daily Meal contains a comprehensive mix of protein sources, BCAAs, and fiber to promote healthy body composition, assist with muscle protein synthesis, and support healthy metabolic and vascular function.* A blend of vitamins and minerals promote overall health and well-being.* Dynamic Daily Meal is a low carbohydrate, high protein, nutrient-dense powdered formula to mix with liquid of choice.

The high protein and low carbohydrate formula is shown to have beneficial effects on lean body mass.*^{1,2,3} Clinical studies show high protein intake promotes healthy body composition, thermogenesis, and satiety.*^{2,3} Targeted protein-based nutritional drink formulas can help promote numerous health benefits such as healthy metabolic and vascular function.*^{4,5}

Dynamic Daily Meal includes comprehensive amino acids and branch-chained amino acids (BCAAs) that play a critical role in metabolism and thermogenesis.*^{5,6,7} BCAAs are more rapidly absorbed into skeletal muscle and promote healthy muscle protein synthesis.*⁸

Dynamic Daily Meal also contains dietary fiber in the form of gum arabic oleo resin powder and glucomannan known for their role in promoting healthy body composition.*^{9,10} The formula is rounded out with a comprehensive mix of vitamins and minerals to support overall health and well-being.*

For more information, visit: www.nutridyn.com

Why Use Dynamic Daily Meal?

Dynamic Daily Meal is an ideal nutritional supplement that supports healthy lifestyle choices with evidence-based ingredients.* Dynamic Daily Meal contains a comprehensive mix of proteins, amino acids, BCAAs, and fiber to support numerous health benefits.* Dynamic Daily Meal contains no artificial sweeteners, gluten, GMOs, or added sugars; only stevia and natural flavors.

Supplement Facts

Serving Size: About 1 Scoop

Servings Per Container: 14

Ingredients:	Amount	%DV*
Calories	160	
Total Fat	3 g	4%*
Saturated Fat	1 g	5%*
Total Carbohydrate	10 g	4%*
Dietary Fiber	4 g	14%*
Protein	21 g	
Vitamin A (as retinyl palmitate)	375 mcg RAE	42%
Vitamin C (ascorbic acid)	30 mg	33%
Vitamin D3 (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopheryl acetate)	5 mg	33%
Thiamin (as thiamine HCl)	0.375 mg	31%
Riboflavin	5 mg	385%
Niacin (as niacinamide)	10 mg NE	63%
Vitamin B6 (as pyridoxal-5-phosphate)	5 mg	294%
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	200 mcg DFE	50%
Vitamin B12 (as methylcobalamin)	125 mcg	5,208%
Biotin	250 mcg	833%
Pantothenic Acid (as calcium-d-pantothenate)	50 mg	1,000%
Calcium	56 mg	4%
Iron	8.35 mg	46%
Iodine (as potassium iodide)	37.5 mcg	25%
Magnesium (as magnesium citrate)	150 mg	36%
Zinc (as zinc gluconate)	11.25 mg	102%
Selenium (as L-selenomethionine)	52.5 mcg	95%
Copper (as copper gluconate)	1.5 mg	167%
Chromium (as chromium picolinate)	120 mcg	343%
Sodium	255 mg	11%
Potassium	277 mg	6%
Gum Arabic Oleo Resin Powder	1.5 g	**
Glucosmannan (from umbrella arum root extract)	1.5 g	**
L-Leucine	1.02 g	**
L-Threonine	950 mg	**
L-Lysine (as lysine HCl)	600 mg	**
L-Valine	570 mg	**
L-Isoleucine	425 mg	**

Amino Profile

Typical Amino Acid Composition in Milligrams Per Serving

Ingredients:	Amount
Alanine	879 mg
Arginine	1,678 mg
Aspartic Acid	2,126 mg
Cystine	206 mg
Glutamic Acid	3,413 mg
Glycine	739 mg
Histidine	546 mg
Isoleucine	951 mg
Leucine	1,642 mg
Lysine	1,469 mg
Methionine	208 mg
Phenylalanine	1,103 mg
Proline	839 mg
Serine	981 mg
Threonine	706 mg
Tryptophan	183 mg
Tyrosine	599 mg
Valine	1,070 mg

Other Ingredients: Pea Protein Isolate, Cocoa Bean Powder processed with Alkali, Isomalt Powder, Organic Brown Rice Protein Concentrate, Natural Flavor, Silicon Dioxide, Stevia Leaf Extract.

BioFolate® is a federally registered trademark of MTC Industries, Inc.

Directions: Shake canister before scooping. Mix 1 scoop in 8 ounces of water one to two times daily or as recommended by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

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* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



NON-GMO



GLUTEN-FREE



DAIRY-FREE



PRODUCED IN A cGMP FACILITY

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Research Review: Dynamic Daily Meal

Comprehensive Nutritional Formula for Overall Health & Well-Being*

Dynamic Daily Meal contains a comprehensive mix of protein sources, BCAAs, and fiber to promote healthy body composition, assist muscle protein synthesis, and support healthy metabolic and vascular function.* A blend of vitamins and minerals promotes overall health and well-being.* Dynamic Daily Meal is a low carbohydrate, high protein, nutrient-dense powdered formula to mix with your liquid of choice.

Dietary Protein

Research shows a high protein and low carbohydrate diet has beneficial effects on lean body mass.*^{1,2} Dynamic Daily Meal contains only 10 grams of carbohydrates but 21 grams of pea protein isolate and organic brown rice protein concentrate to promote the thermogenesis and satiety needed to support lean body mass.*^{3,4}

Numerous clinical studies and meta-analyses demonstrate how high protein diets promote healthy body composition.² Wycherley et al. (2013) conducted a meta-analysis on 24 clinical trials that compared the impact of high protein and low protein diets on promoting lean body mass.⁵ The meta-analysis included 1,063 overweight individuals aged 18-80 years of age. The findings revealed a 95% confidence interval that high protein diets promote lean body mass.*⁵

Dong (2013) and Santesso (2012) conducted similar meta-analyses on 9 controlled-feeding clinical studies and 74 randomized clinical trials, respectively.^{6,7} Their findings also showed a consistent 95% confidence interval on high protein diets promoting lean body mass.*^{6,7}

These meta-analyses also revealed that high protein diets could help support healthy cardio-metabolic and vascular functions.*^{5,6,7} Research conducted by Layman & Baum (2004) and Layman (2004) found that high protein and low carbohydrate diets also supported healthy blood glucose levels already in a normal range as well as healthy blood lipid levels already in a normal range.*^{8,9}

Amino Acids and Branched-Chain Amino Acids

High protein diets have a metabolic advantage by supporting the role of amino acids and branched-chain amino acids (BCAAs) in muscle protein synthesis and thermogenesis.^{8,9} Amino acids are the building blocks of proteins with numerous roles in supporting health and well-being.* BCAAs help to promote exercise performance and support lean body mass.*^{10,11}

Amino Acids

Dynamic Daily Meal includes a comprehensive profile of amino acids that play a critical role in building muscle, supporting metabolism, promoting healthy hormonal balance, and supporting healthy immune function.*¹²

Research also shows essential amino acids may help promote muscle protein synthesis in the elderly.*^{13,14} Ferrando et al. (2010) conducted a 10-day study of 22 elderly patients on bed

rest with results showing that amino acid supplementation helped to maintain muscle protein synthesis while the placebo group showed a 30% decrease in muscle protein synthesis.*¹³

Branched-Chain Amino Acids

BCAAs have been widely studied for their ability to boost exercise performance, reduce delayed onset muscle soreness, and support lean body mass.*¹⁵

Waldron et al. (2017) conducted a study on 16 resistance-trained athletes consuming a BCAA supplement versus a placebo group.

The supplement group showed improved athletic performance and more efficient muscle recovery.*¹⁶ Similarly, Rahimi et al. (2017) conducted a meta-analysis on 8 randomized clinical trials and found that BCAAs promote healthy muscle recovery.*¹⁷

Research also shows that BCAA supplementation promotes lean body mass.*^{18,19} Qin et al. (2011) conducted a cross-sectional epidemiological investigation across Eastern and Western populations and found that higher BCAA intake was associated with lean body mass.*¹⁹

Another study on 36 resistance-trained male athletes who consumed 14 grams of BCAAs over eight weeks showed a significant decrease in body mass compared to the other study subjects who consumed whey protein or a sports drink.*²⁰

Dietary Fiber

Dynamic Daily Meal also contains dietary fiber in the form of gum arabic oleo resin powder and glucomannan, known for their role in promoting healthy body composition.*^{21,22} Studies show that dietary fiber intake is inversely associated with healthy body composition by promoting a feeling of satiety.*^{21,22}

Gum arabic oleo resin powder and glucomannan have highly soluble fiber content that forms a gel-like substance in the intestines which promotes healthy bacterial growth beneficial to digestive health and promoting healthy body weight.*^{23,24,25}

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