



# PRODUCT INFORMATION

## Medical Foods

### ULTRA MEAL CARDIO 360 574G



#### UltraMeal Cardio 360 -Helps to maintain proper heart muscle function

The Canadian government estimates that 9 in 10 Canadians over the age of 20 have at least one risk factor for heart disease, the second leading cause of death in Canada. These are many factors that can affect the risk of heart disease- some can be controlled, and some cannot. Risk factors that can be controlled include diet and exercise, managing stress, and managing blood pressure and cholesterol levels. In addition to developing healthy habits and managing controllable risk factors, natural health supplements may also play a role in supporting wellness goals.

#### Why ultra Meal 360?

Helps to maintain proper muscle function, including the heart muscle  
Source of antioxidants that help reduce free radicals and lipid oxidation in body tissues  
Helps in the normal function of the immune system  
Delivers targeted nutritional support with specific combination of plant sterols, macronutrient (proteins, carbohydrates, and fats) and micronutrient ( vitamins and minerals) Profile, soluble fibre, and plant –derived omega-3s  
Available in pea and rice protein options with natural vanilla, chocolate, or pear flavours.  
Formula is non-GMO and gluten -free

**Recommended Dose:** Adults blend (for no longer than 15 seconds), shake, or briskly stir 2 level scoops (39 grams) of UltraMeal Cardio 360° in 237 mL (8 fl. oz.) of chilled water daily or as directed by your healthcare practitioner. Consume within 10 minutes of reconstitution. Take a few hours before or after taking other medications or natural health products.

**Recommended Use:** Helps to maintain proper muscle function, including the heart muscle. Source of antioxidants that help to reduce free radicals and lipid oxidation in body tissues. Helps in the normal function of the immune system.

**Caution:** Do not use this product if you are pregnant or breastfeeding. Consult a healthcare practitioner before using this product if you have liver or kidney disease. Folate supplementation can mask a vitamin B<sub>12</sub> deficiency. If you are unsure whether you are taking enough vitamin B<sub>12</sub>, consult a healthcare practitioner prior to use. Hypersensitivity, such as an allergy, has been known to occur in rare cases; in which case, discontinue use. Ensure to drink enough fluid before, during, and after exercise. Consult a healthcare practitioner for use beyond 8 weeks.

#### Ingredients:

##### Information per serving

One Serving (2 Level Scoops)

.....39g  
Calories.....150  
Fat.....5g  
Sodium.....130mg  
Carbohydrates.....14g  
Dietary Fiber.....5g

#### Medical Ingredients:

Pea Protein.....11g  
Rice Protein.....2g  
Flaxseed.....2g  
L-Leucine.....1,830mg  
L-Lysine.....1,820mg  
L-Valine.....1,150mg  
Free Plant Sterols(contains 90% beta-sitosterol).....873mg  
L-isoleucine.....810mg  
Phosphorus(dicalcium phosphate),..... 280mg  
Hops Polyphenols-Rice Protein Complex.....248mg  
Calcium(dicalcium phosphate)/Calcium.....150mg  
Magnesium (magnesium citrate).....80mg  
Vitamin C (ascorbic acid).....30mg  
Free Plant Stanols ( containing 87.5% beta-sitostanol).....27mg

Zinc.....13mg  
Niacinamide.....5mg  
Vitamin E.....5mg  
Manganese.....2mg  
Pantothenic Acid .....2,5mg  
Copper.....2mg  
Vitamin B6.....0.5mg  
Riboflavin.....0.425mg  
Thiamin.....0.375mcg  
Vitamin A.....375mcg  
Folate.....200mcg  
Chromium.....120mcg  
Biotin.....75mcg  
Selenium.....52.5mcg  
Iodine.....37.5mcg  
Vitamin D.....10mcg  
Vitamin B12.....3mcg

**Non-Medicinal Ingredients:** Isomaltooligosaccharides, natural flavours, sugarcane juice, sunflower oil, silicon dioxide, guar gum, monk fruit extract, xanthan gum, and rosemary extract.