



OPTIMALL
Nutrition

daily indulge™ MEAL REPLACEMENT

Optimal Weight Solution & Nutritional Protein Shake Mix Vanilla Cream

Your One Perfect Meal of the Day! Delicious meets healthy. Optimal Nutrition™ daily indulge™ is a mouthwatering blend of body-beneficial ingredients including Optimal Nutrition™ PWRProtein™—a proprietary blend that maximizes protein delivery and absorption. Scientifically formulated to support your body’s nutritional needs as well, this efficacious shake mix can improve your overall health. With less calories and more nutrition.

Product Features

- Gluten Free
- Optimal Nutrition™ PWRProtein™ - a proprietary blend that maximizes protein delivery and absorption
- Optimal Nutrition™ Calor-E-Control™ - a proprietary blend that increases satiety, helping you feel full—longer
- Optimal Nutrition™ DigestWel™ - a proprietary blend that promotes digestive health
- Great Tasting - So good, you’ll forget it’s not a Milk Shake
- A Perfect Meal - Great Taste, Nutrition and Price provides your body a perfect low calorie, nutritious meal at half the cost of some unhealthy alternatives
- Along with sustain™, provides your body with essential nutrition to sustain your youthful vibrancy



KEY BENEFITS

- **Optimal Nutrition™ PWRProtein™**
A proprietary formula that maximizes protein delivery and absorption
- **Optimal Nutrition™ Calor-E-Control™**
A proprietary formula that increases satiety, helping you feel full—longer
- **Optimal Nutrition™ DigestWel™**
A proprietary formula that promotes digestive health
- **Vitamins and Minerals**
A complete set of required vitamins and minerals for optimal vitality

*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.





OPTIMAL Nutrition

daily indulge™ MEAL REPLACEMENT

Ingredient Information

Optimal Nutrition PWRProtein™

Proteins are composed of building blocks known as amino acids. Proteins were first isolated in the early 1900's. However, our understanding of protein has come a long way since then. We use about 22 amino acids. Isolating these compounds can help our bodies absorb these nutrients quickly and provide a focused approach to nutrition. Although, as a warning and especially since it's been the case recently, scientists thought that if we isolate and introduce one or more of the building blocks to good nutrition that health could be increased. And, although this is somewhat true, the reality is that if we filter too much from natural sources, then we miss out on many other benefits and other compounds that can lead to good nutrition. With this in mind, Avisae has focused on various types of protein sources that we feel will increase your absorption of these vital nutrients that will help you reach your goals.

High Quality Whey Protein Concentrate

Concentrates are one of the most basic forms of protein. This includes Casein protein, which will breakdown slowly over time. One of whey's major effects is its apparent ability to raise glutathione (GSH). The importance of GSH for the proper function of the immune system cannot be overstated. GSH is arguably the most important water-soluble antioxidant found in the body. The concentration of intracellular GSH is directly related to lymphocytes (an important arm of the immune system) reactivity to a challenge, which suggests intracellular GSH levels are one way to modulate immune function. GSH is a-tripeptide made up of the amino acids: L-cysteine, L-glutamine and glycine. Of the three, cysteine is the main source of the free sulfhydryl group of GSH and is a limiting factor in the synthesis of GSH (though the effects of whey on GSH is more complicated than simply its cysteine content). Because GSH is known to be essential to immunity (oxidative stress, general well-being, and reduced levels of GSH are associated with a long list of diseases) whey has a place in anyone's nutrition program. Modern concentrates now contain as high as 70-80% protein with reduced amounts of lactose and fat. Many people are under the impression that a WPC is inherently inferior to an isolate. This is simply untrue. Though WPCs will contain less protein on a gram for gram basis than an isolate, a high-quality WPC contains all sorts of interesting compounds not found in the isolates. Good concentrates contain far higher levels of growth factors, such as IGF-1 and TGF. They contain much higher levels of various phospholipids, and various bioactive lipids, such as conjugated linoleic acid (CLA), and they often contain higher levels of immunoglobulins and lactoferrin. Although data is lacking as to whether or not these compounds found in a good WPC will affect an athlete's muscle mass or performance, studies do suggest these compounds can improve immunity, intestinal health, and have many other effects that both athletes and "normal" people alike may find beneficial.

Key Ingredients

ACTIVE INGREDIENTS:

- Amylase (5000SKB)
- Protease (40000 HUT)
- Protease (100 SAPU)
- Glucoamylase (10 AGU)
- Invertase (500 SU)
- Lipase (1000 LU)
- Maltase (1000 DP)
- Bromelain (100 PC)
- Papain (100 PC)

OTHER INGREDIENTS:

- Xylitol
- Natural Flavor
- Microcrystalline Cellulose
- Silica
- Citric Acid
- Magnesium Stearate
- Stevia leaf extract
- Malic Acid



*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.



OPTIMAL
Nutrition

daily **indulge**™ MEAL REPLACEMENT

Whey Protein Isolate

Whey Protein Isolates generally contain as much as 90 - 96% protein. Research has found that only whey proteins in their natural undenatured state (i.e. native conformational state) have biological activity. Processing whey protein to remove the lactose, fats, etc. without losing its biological activity takes special care by the manufacturer. Maintaining the natural undenatured state of the protein is essential to its immune-stimulating activity. The protein must be processed under low temperature and/or low acid conditions as not to “denature” the protein and this becomes an even greater concern when making high grade isolates vs. concentrates. WPIs contain >90% protein contents with minimal lactose and virtually no fat.

Whey Protein Hydrolysate

This is the second fastest absorbed protein. It can be “Hydrolyzed” which basically means the protein has been ‘broken down’ partially into peptides of different lengths. Because the protein is already partially “broken down” it is absorbed faster, which may have positive effects under certain circumstances and certain metabolic conditions (i.e., burn victims or people with certain digestive disorders and pre-term infants).

Optimal Nutrition Calor-E-Control™

Fibersol®-2 Digestion Resistant Maltodextrin

Fibersol® has a number of inherent benefits including providing over 90% of your minimum daily intake of dietary fiber. It has a high solubility, disperses rapidly, is clear, has a very low viscosity as well as binds very well to water which improves overall body texture. Fibersol® helps to create the milk shake feel, without the added calories.

Sunflower Oil Creamer

Sunflower oil creamer is a natural creamer that further helps you feel full, longer. It is comprised of sunflower oil, maltodextrin, sodium caseinate, mono & diglycerides, dipotassium phosphate, soy lecithin, sodium silicoaluminate and tocopherols. Tocopherol is also known as vitamin E and is key for strong immunity and healthy skin and eyes. Vitamin E supplements have become popular as antioxidants.

Cellulose and Xanthan Gum

Cellulose and Xanthan Gum are long chain polysaccharides composed of the sugars glucose, mannose, and glucuronic acid. The backbone of xanthan is very similar to cellulose, with added sidechains of tri-saccharides (three sugars in a chain). A polysaccharide is a chain of sugars. Some familiar polysaccharides are starch and cellulose. These ingredients further help you with satiety so you will feel full longer.

Recommended Usage

Add 1 scoop of Daily Indulge Shake Mix to 8 ounces of water or milk until well blended for your breakfast and/or lunch.

*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.





Optimal Nutrition DigestWel™

Papain

Papain is an ingredient that helps digest and break down compounds into more readily accessible nutritional units. Its utility is in breaking down tough meat fibres and has been used for thousands of years in its native South America. Papain also known as papaya proteinase I, is a cysteine protease enzyme present in papaya (*Carica papaya*) and mountain papaya (*Vasconcellea cundinamarcensis*).

Bromelain

Bromelain is an extract derived from the stems of pineapples, although it exists in all parts of the fresh plant and fruit, which has many uses. The extract has a history of folk and modern medicinal use. As a supplement, it is thought to have anti-inflammatory effects. It is also used as a tenderizer, which means it helps break down nutritional supplements into more accessible units.

Vitamins and Minerals

For an explanation of the importance of the various vitamins and minerals in Daily Indulge™ please refer to the Avisae Sustain™ white paper and references [insert link].

References

- 1 "Fibersol®-2" Clin Microbiol Infect, 2012, 18(Suppl. 4), 62-66, Gut microbiota correlates with energy gain from dietary fibre and appears to be associated with acute and chronic intestinal diseases, M Ukhanova, T Culpepper, D Baer, D Gordon, S Kanahori, J Valentine, J Neu, Y Sun, X, Wang, V Mai
- 2 "Fibersol®-2" Medicine, 1994, 34(Abstract from Meeting), 97, Effectiveness of Dietary Fiber on Irritable Bowel Syndrome (IBS), Fukuoka Takano Hospital/Coloproctology Center, Takano Hospital, Jpn J Psychosomatic
- 3 "Tocopherol" Wagner, Karl-Heinz; Afaf Kamal-Eldin, Ibrahim Elmadfa (2004). "Gamma-tocopherol--an underestimated vitamin?". Annals of nutrition and metabolism 48 (3): 169-88. doi:10.1159/000079555. PMID 15256801.
- 4 "Papain" Rawlings ND, Barrett AJ (1994). "Families of cysteine peptidases". Meth. Enzymol.244: 461- 486. doi:10.1016/0076-6879(94)44034-4. PMID 7845226.
- 5 "Bromelain". WebMD. Retrieved 2011-09-09.
- 6 "Bromelain" Hale LP, Chichlowski M, Trinh CT, Greer PK (2010). "Dietary supplementation with fresh pineapple juice decreases inflammation and colonic neoplasia in IL-10-deficient mice with colitis". Inflamm Bowel Dis 16 (12): 2012-21. doi:10.1002/ibd.21320. PMC 2991605. PMID 20848493.



*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.