

Numetra is a unique blend of macro nutrients with varied rates of digestion plus essential micronutrients to support healthy weight management

Unique Scientifically-Designed Formulations

- Blend of whey, caseinate and micellar casein for a steady supply of amino acids
- 2.5 mg of leucine per serving to support protein synthesis and lean muscle mass
- Protein sparing carbohydrates – including isomaltulose – to support healthy glycemic control
- Prebiotic fibers and a patented strain of probiotics to support the microbiome and optimize gut health
- Excellent source of Vitamin K2 to support bone health and to reduce the risk of cardiovascular disease
- Ground flax seed, a beneficial source of heart healthy omega-3 alpha linoleic essential fatty acid
- Medium Chain Triglycerides (MCT) to support ketogenic thermogenesis

Numetra Features

- 20 grams of high quality protein and a minimum of three grams of dietary fiber per serving
- Less than 10 grams of available carbohydrates in powders and 12 grams in bars
- Four servings provide 100% of the daily value for 25 vitamins and minerals
- No soy, aspartame, artificial colors or gluten ingredients in shakes, puddings, beverages or smoothies
- Contains B. coagulans, 250,000 CFU, that survives in stomach acid to have active microbiome benefits in the large intestine and which clears the body within a few days of discontinued use

TYPICAL NUTRITION FACTS	
Serving size 1 Packet	
Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3g	10%
Trans Fat 0g	
Cholesterol 5mg	5%
Sodium 310mg	15%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes Added Sugars 3g	3%
Protein 20g	40%

Plus a minimum of 25% of the daily value for
25 Vitamins and Minerals per serving

Flavors

Pudding Shakes: Chocolate, Chocolate Salted Caramel, Cookies & Cream, Lemon Meringue, Mocha, Spiced Carrot Cake, Vanilla

Smoothie: Strawberry, Strawberry Banana

Beverage: Pineapple Apricot, Caramel Coffee

Frappé, Chocolate Banana Frappé Orange Mango Drink

Hot Drinks: Hot Cocoa, Cappuccino

Savory: Beef Flavored Stew, Buffalo Chicken Soup, Chicken

Flavored Alfredo Pasta, Creamy Chicken Soup, Sloppy Joe,

Tortilla Soup, Vegetarian Beefy Mac & Cheese

Bars (15g protein): Caramel Cocoa, Cinnamon, Dark Chocolate

S'mores, Fudge Graham, Peanut, Peppermint Cocoa,

Shortbread Cookie



<https://weightlossphysicians.net/>