

PaleoMeal™



Complete Protein Powder in Great Tasting Vanilla, Chocolate,
and now..... Strawberry



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PaleoMeal is our powdered nutrition formula designed to promote peak wellness by optimizing patients' intake of proteins, fats, carbohydrates, and micronutrients. The ingredients make this formula ideal for patients needing support with weight control, GI health, detoxification, immune issues, heavy metals, and muscle gain. PaleoMeal is made with exceptional quality whey protein, which comes from herds that graze on pesticide-free, chemical-free natural grass pastures. These milking cows are never given bovine growth hormone or any other hormones (No rBST or rBGH), genetically modified organisms or injected pathogens. This whey protein is never exposed to high heat temperatures. The result is the highest quality protein supplement, rich in immunoglobulins and lactoferrin. Free of artificial flavors and sweeteners, PaleoMeal is available in natural vanilla, chocolate, and strawberry flavors. Chocolate PaleoMeal has 3 mg of caffeine per serving naturally from the chocolate.

BENEFITS OF PROTEIN

Protein raises HDL, lowers triglycerides, benefits insulin resistance, promotes lean muscle growth, promotes satiety and gluconeogenesis. Animal studies show that whey protein increases longevity in aging mice and enhances liver and heart glutathione concentrations.¹ Whey protein provides a good source of the amino acids, cysteine and leucine, which support the production of detoxifying elements needed to eliminate mercury from the body.^{2, 3} DFH chose whey protein not just because it is an outstanding source of complete protein, but also for its host of other benefits, including immune-boosting.

SUMMARY OF WHEY PROTEIN RESEARCH:

- The lactoferrin and lactoferricin it contains are bacteriostatic⁷
- Due to its high cysteine content it raises glutathione levels by 40-64%⁶
- Suppresses appetite via CCK (Cholecystokinin) stimulation (caused by glycomacropeptides)⁸
- Increases osteoblastic bone formation and reduces osteoclastic bone resorption⁹
- Shown to increase bone density and to improve urine and serum metabolic indices for osteoporosis¹⁰
- Shown to improve intestinal permeability and protect from GI radiation damage^{11, 12}
- Shown to reduce E. coli, H. pylori and cryptosporidium infection in the GI tract^{13, 7}

PHOSPHATIDYL CHOLINE

PaleoMeal contains 840 mg of phosphatidyl choline per serving, which is the most important nutrient for liver support. This is because liver cell membranes are made of phosphatidyl choline. Supporting the liver is important whenever a patient is working with toxic chemicals or lives in a polluted area, takes prescription or over the counter medications, or has any form of hepatitis.

FLAXSEED POWDER

Flaxseeds contain lignans which have shown positive effects in relieving menopausal hot flashes. Lignans also have anticancer, antibacterial, antifungal, and antiviral activity.¹⁴

PaleoMeal in Combination Therapies for:

- Weight Loss
- Lipid Management
- Type II Diabetic Control
- Blood Sugar Balance
- Hypoglycemia
- Mercury Toxicity
- Weight Training
- Yeast Overgrowth

GLUTAMINE

Glutamine is an amino acid which is essential for the health of the immune system and digestive tract. It also helps promote optimal muscle growth and strength. PaleoMeal can be used as part of a protocol for leaky gut syndrome and poor immune function especially with the extra 900 mg of added glutamine contained in the formula.

FOLIC ACID

Folic acid has been shown in research to lower homocysteine levels. Homocysteine is a toxic by-product of amino acid metabolism that has been linked to atherosclerosis,⁴ depression, schizophrenia, multiple sclerosis, Parkinson's and Alzheimer's disease.⁵ PaleoMeal contains 200 mcg of folic acid per serving.

GLUTATHIONE

Glutathione is the body's master antioxidant. Maintaining an adequate supply in the body gives more fuel towards the fight against free radicals which are found in everything including our air, food, and water. Studies show that supplementation with whey protein increases plasma glutathione levels of HIV-infected patients by up to 44%.⁶

PALEOMEAL FREQUENTLY ASKED QUESTIONS

Q: *If I have allergies to soy can I take phosphatidyl choline found in your Phosphatidyl choline powder, softgels and your PaleoMeal?*

A: Phosphatidyl choline is a phospholipid and contains no protein parts from soy. Proteins are the part of the food that most people are allergic to. Those very sensitive to soy should try phosphatidyl choline in small doses at first to see if they tolerate the product.

Q: *I understand only the Vanilla PaleoMeal is unsweetened. What sweeteners are used in the other PaleoMeal products?*

A: The "Science First" philosophy of Designs for Health dictates that we use no artificial sweeteners such as sucralose, saccharine, or Nutrasweet, as well as not use natural sweeteners like sucrose and fructose which negatively impact metabolic syndrome and other health conditions. In the sweetened PaleoMeal products we use only beneficial sweeteners like xylitol and stevia. Our natural flavors **DO NOT contain MSG**.

Q: *Will the xylitol or stevia have any effect on insulin?*

A: No

Q: *Are both flavors good for children, pregnant and lactating women?*

A: PaleoMeal has detoxifying nutrients, and should be used by pregnant or lactating women cautiously with permission from their medical doctor. For children, adjust serving size appropriate for weight.

Q: *Can this be used as a meal replacement?*

A: Yes it can. PaleoMeal contains adequate protein (17g per scoop of Vanilla and 11 g per scoop of Chocolate) for a meal and very little carbohydrates, making it ideal for low carbohydrate dieting. The carbohydrates contained in PaleoMeal come only from fiber and natural, low glycemic index, xylitol sweetener.

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