

Diet trends may come and go, but good nutrition is a constant. CarbRite Diet's™ Meal Mix provides complete nutrition in a delicious, creamy, ketogenic drink mix that you can use as an indulgent dessert or a nutritious meal replacement. Our special recipe uses only the finest ingredients without fillers or harmful additives.

Each serving contains **12 essential vitamins and minerals** that will support your health and well being, while helping you manage your carb and sugar intake. When you add in your preferred fat source (we like heavy whipping cream), Meal Mix will help you meet your daily macros with **34g of the highest quality protein** and **4g of net impact carbs**.

Following a carb conscious lifestyle shouldn't mean having to sacrifice flavor or giving up tasty snacks. With CarbRite Diet™, you don't have to. There are good carbs and there are bad carbs—we help you choose the “Rite” ones.

CarbRite Diet™
For carb conscious lifestyles

Find us online:
info@carbriediet.com
carbriediet.com
#carbriediet



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ERC UNIVERSAL STARTS WITH U.™
Universal Nutrition
New Brunswick, New Jersey 08901 USA
800-USA-0101 • 732-545-3130
www.UniversalUSA.com

CarbRite Diet™

For carb conscious lifestyles

Meal Mix

Dessert / Snack / Meal Replacement

chocolate
shake

High Protein | Maltitol Free | Keto Friendly

4g
NET CARBS

Meal Replacement Powder | Net Wt. 2.3lb (1.1kg)

Nutrition Facts

Serving Size 2 Heaping Scoops (50g*, 165g**)
Servings Per Container 21

Amount Per Serving	Mix*	Prepared with heavy cream**
Calories	145	565
Calories From Fat	9	405
% Daily Value †		
Total Fat 1g*, 45g**	2%	69%
Saturated Fat 0.5g*, 28g**	3%	140%
Trans Fat 0g, 0g		
Cholesterol 20mg*, 185mg**	7%	62%
Sodium 840mg*, 880mg**	35%	37%
Potassium 1270mg*, 1350mg**	36%	39%
Total Carbs 3g*, 6g**	1%	2%
Fiber 2g*, 2g**	8%	8%
Sugars 0g*, 0g**		
Protein 31g*, 34g**	62%	67%

Vitamin A	108%	108%
Vitamin C	131%	131%
Calcium	74%	82%
Iron	8%	8%
Riboflavin	109%	109%
Phosphorous	51%	51%
Iodine	4%	4%
Magnesium	47%	47%
Manganese	47%	47%
Chloride	44%	44%

*Amount in Mix
**Amount in Meal Mix using Basic Recipe
†Percent Daily Values are based on a 2,000 calorie diet.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium	Less than	3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

4g
Net Impact
CARBS

Carb Facts

Amount in Prepared Shake

Total Carbs 6g
- Fiber, 2g
= Net Impact Carbs 4g

*For “carb conscious” dieters:
Each shake contains 4g of carbs (Net Impact Carbs) that should be counted towards your daily carbohydrate intake. Net Impact Carbs include only those carbs that cause a noted impact on blood sugar. Fiber is excluded.

INGREDIENTS: Milk protein isolate, cocoa, potassium chelate, sodium chloride, natural & artificial chocolate flavors, cellulose, potassium chloride, magnesium chelate, Meal Mix Vitamin Blend (Ascorbic acid, magnesium oxide, potassium phosphate, niacinamide, d-alpha tocopheryl succinate, folic acid, beta carotene, d-calcium pantothenate, zinc oxide, para-aminobenzoic acid, cholecalciferol, manganese sulfate, sodium selenite, phytonadione, pyridoxine hcl, cupric oxide, thiamine mononitrate, riboflavin, biotin, cyanocobalamin, vitamin a acetate, chromium chloride, potassium iodide), cellulose gum, xanthan gum, carrageenan, sucralose, lutein, lycopene. Contains: milk, soy, sulfites. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

DIRECTIONS FOR BASIC RECIPE

For best results, add the following in a mixing container or blender:

- 2 heaping scoops of CarbRite Diet™ Meal Mix
- 1½ cup (14oz/414ml) water
- ½ cup (4oz/118ml) heavy whipping cream

Shake/blend until all ingredients are combined. You may drink the shake immediately or store in the refrigerator until ready to drink.