

NEW SPIRIT NATURALS, INC.
615 West Allen Avenue, San Dimas, CA 91773, USA

MANUFACTURING CERTIFICATE

We hereby certify the following by the best of our knowledge and belief. "Meal in a Glass (Vanilla, Chocolate, Strawberry)" is a trademark of New Spirit Naturals, Inc. and is manufactured in the United States of New Spirit Naturals, Inc. All products are retailed in the United States by New Spirit Naturals, Inc. and supplied by New Spirit Naturals, Inc. for distribution in the International Market. New Spirit Naturals, Inc. has been producing and supplying nutritional supplements and vitamins for many years without any problems. All products are manufactured in a GMP (Good Manufacturing Practice) FDA Registered Establishment (#2032763). New Spirit Naturals is also licensed by the California Department of Health Services, Food and Drug Branch (Drug Manufacturing License #18941). We have strict quality control, and we are monitored and licensed by the State of California, Department of Health Services, Food and Drug Branch.

I	U.S. Supplier:	New Spirit Naturals, Inc. 615 W. Allen Ave. San Dimas, CA 91773, USA
II	Manufacturer:	New Spirit Naturals, Inc. 615 W. Allen Ave. San Dimas, CA 91773, USA
III	Distributor:	"Company Vitamax"
IV	Product Name:	Meal in a Glass (Vanilla, Chocolate, Strawberry)
	A) Composition:	See Attached
	B) State:	Powder
	C) Classification:	Nutritional Supplement
	D) Effect:	Dietary Supplement
	E) Directions:	Use per label directions
	F) Precautions:	None
	G) Package Size & Type:	1.05 lbs. (480 g) in a container, 30 servings
	H) Storage:	Cool dry place, 15°C-25°C
	I) Expiration:	Appears on each label and is based on a 3 years period from date of manufacture

CONTAINS NO DRUG (NARCOTIC) & GENETICALLY MODIFIED INGREDIENTS BASED ON CERTIFICATE OF ANALYSIS


Dr. Larry J. Milam H.M.D., Ph.D. (President)



Date: *October 15, 2020*

NEW SPIRIT NATURALS, INC.
615 West Allen Avenue, San Dimas, CA 91773, USA

CERTIFICATE OF ANALYSIS

The Certificate of Analysis and all the contents herein remains the property of New Spirit Naturals, Inc. and is not to be disclosed to any third party, except Government Agencies, without the expressed written permission of New Spirit Naturals, Inc. of San Dimas, California, U.S.A. This certificate is considered intellectual property of New Spirit Naturals, Inc. Any violation of use of this certificate as stated above may subject the violator to civil and criminal penalties and actions to the full extent of the laws of the United States of America and the State of California. By accepting this Certificate the accepting party/parties agree to the above conditions.

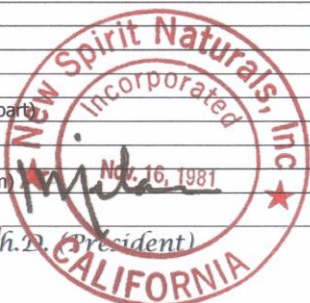
MANUFACTURER: New Spirit Naturals, Inc.
PRODUCT NAME: Meal in a Glass (Vanilla, Chocolate, Strawberry)
PRODUCT #: 4012
PHYSICAL FORM: Powder
COLOR: Beige
ASSAY METHOD: By input
COMPOSITION: Formula
MANUFACTURING METHOD:

1. Ensure that all manufacturing equipment is clean and sanitized.
2. Pre-mix ingredients.
3. Feed ingredients through machine.
4. Dry all products at cool temperature.
5. Submit all samples of pre-mix and finished products to Quality Control.
6. Bottle, label and lot code

ACTIVE:	INGREDIENTS PER SERVING	WEIGHT	% CONTENT
Vitamin A (Retinyl Palmitate) 2,000 IU		8.00 mg	0.05 %
Vitamin C (Ascorbic acid)		26.00 mg	0.16 %
Coral Calcium		100.00 mg	0.63 %
Vitamin E (D-Alpha tocopheryl acetate) 120.00 IU		171.00 mg	1.07 %
Vitamin B1 (Thiamine mononitrate)		0.672 mg	0.004 %
Vitamin B2 (Riboflavin)		0.75 mg	0.005 %
Vitamin B3 (Nicotinamide)		9.00 mg	0.06 %
Vitamin B6 (Pyridoxine hydrochloride)		0.91 mg	0.01 %
Folic Acid (Pteroilmonoglutamic acid)		0.176 mg	0.001 %
Vitamin B12 (Cyanocobalamine)		0.002 mg	0.00001 %
Iron (fumarate)		0.05 mg	0.0003 %
Magnesium (Oxide)		15.92 mg	0.10 %
Zinc (Mono L-Methionine sulfate)		8.00 mg	0.05 %
Isolated soy protein		1,000.00 mg	6.25 %
Whey protein		12,067.20 mg	75.42 %
Calcium Caseinate		735.92 mg	4.60 %
De-oiled Soylecithin		246.536 mg	1.54 %
Natural Vanilla/Strawberry/Chocolate Flavor		320.00 mg	2.00 %
Soybean Oil		290.60 mg	1.82 %
Soy Fiber		171.20 mg	1.07 %
Organic Oat Fiber		244.80 mg	1.53 %
Xanthan Gum		77.57 mg	0.48 %
L-Selenomethionine		16.432 mg	0.10 %
Rice bran		16.432 mg	0.10 %
Apple Pectin		0.16 mg	0.001 %
Flaxseed		160.00 mg	1.00 %
Papain		16.432 mg	0.10 %
Bromelain		16.432 mg	0.10 %
Kelp (Macrocystis pyrifera)		8.048 mg	0.05 %
Calcium D-Panthenate		4.96 mg	0.03 %
Spirulina		0.016 mg	0.0001 %
Valerian Root (Valerina officinalis)		0.16 mg	0.001 %
Chickweed Powder (Stellaria media) (Aerial part)		3.072 mg	0.02 %
Hawthorn Berry (Crataegus monogyna)		0.16 mg	0.001 %
Damiana Powder (Turnera diffusa) (leaf)		0.16 mg	0.001 %
Fenugreek Seed (Trigonella foenum-graecum)		7.872 mg	0.05 %

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Chamomile (<i>Chamomilla vulgaris</i>) (flower)	7.072 mg	0.04 %
Gotu Kola (<i>Centella asiatica</i>)	15.92 mg	0.10 %
Marigold Flower (<i>Tagetes lucida</i>)	1.712 mg	0.01 %
NSN sweetener complex:		
Barley Malt & Lohan guo extract (<i>Momordica</i>)	0.116 mg	0.001 %
Oligofructose	17.12 mg	0.11 %
Vegetable protein isolate	200.00 mg	1.25 %
Natural flavors (Natural creamy vanilla flavor from <i>Vanilla planifolia</i>)	12.80 mg	0.08 %
TOTAL:	16.00 G	100.00 %

No preservatives, color, flavoring or fragrance added

INSTRUCTIONS FOR USE: As a needed replacement for dieter's. Blend or mix one scoop (16 grams) of Meal In A Glass and 8 ounces (one cup) of cold nonfat milk or water or your favorite juice. Add ice cubes to blender if a thick, frosty consistency is desired. Follow with an additional glass of water.

CONTRA-INDICATIONS: Daily intake of calories should not be less than 800. Since this is a low calorie meal replacement, it is suggested that the person using the product eat at least one regular meal per day.

STORAGE: Keep in a cool dry condition away from light and heat, 15°C-25°C

SHELF LIFE: 3 years

This is to certify that the above particulars in this certificate are true and correct.



 Dr. Larry J. Milam *M.D., Ph.D. (President)*

Date: *October 15, 2020*

NEW SPIRIT NATURALS, INC.
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QUALITY CONTROL CERTIFICATE

PRODUCT: Meal in a Glass (Vanilla, Chocolate, Strawberry)
PRODUCT#: 4012
LOT#: 202163

ANALYSIS PER SERVING	CLAIM	FOUND*
Vitamin A (Retinyl Palmitate) 2,000 IU	8.00 mg	100.00 %
Vitamin C (Ascorbic acid)	26.00 mg	100.00 %
Coral Calcium	100.00 mg	100.00 %
Vitamin E (DAlpha tocopheryl acetate) 120.00 IU	171.00 mg	100.00 %
Vitamin B1 (Thiamine mononitrate)	0.672 mg	100.00 %
Vitamin B2 (Riboflavin)	0.75 mg	100.00 %
Vitamin B3 (Nicotinamide)	9.00 mg	100.00 %
Vitamin B6 (Pyridoxine hydrochloride)	0.91 mg	100.00 %
Folic Acid (Pteroilmonoglutamic acid)	0.176 mg	100.00 %
Vitamin B12 (Cyanocobalamine)	0.002 mg	100.00 %
Iron (fumarate)	0.05 mg	100.00 %
Magnesium (Oxide)	15.92 mg	100.00 %
Zinc (Mono L-Methionine sulfate)	8.00 mg	100.00 %
Isolated soy protein	1,000.00 mg	100.00 %
Whey protein	12,067.20 mg	100.00 %
Calcium Caseinate	735.92 mg	100.00 %
De-oiled Soylecithin	246.536 mg	100.00 %
Natural Vanilla/Strawberry/Chocolate Flavor	320.00 mg	100.00 %
Soybean Oil	290.60 mg	100.00 %
Soy Fiber	171.20 mg	100.00 %
Organic Oat Fiber	244.80 mg	100.00 %
Xanthan Gum	77.57 mg	100.00 %
L-Selenomethionine	16.432 mg	100.00 %
Rice bran	16.432 mg	100.00 %
Apple Pectin	0.16 mg	100.00 %
Flaxseed	160.00 mg	100.00 %
Papain	16.432 mg	100.00 %
Bromelain	16.432 mg	100.00 %
Kelp (Macrocystis pyrifera)	8.048 mg	100.00 %
Calcium D-Panthenate	4.96 mg	100.00 %
Spirulina	0.016 mg	100.00 %
Valerian Root (Valerina officinalis)	0.16 mg	100.00 %
Chickweed Powder (Stellaria media) (Aerial part)	3.072 mg	100.00 %
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Damiana Powder (Turnera diffusa) (leaf)	0.16 mg	100.00 %
Fenugreek Seed (Trigonella foenum-graecum)	7.872 mg	100.00 %
Chamomile (Chamomilla vulgaris) (flower)	7.072 mg	100.00 %
Gotu Kola (Centella asiatica)	15.92 mg	100.00 %
Marigold Flower (Tagetes lucida)	1.712 mg	100.00 %
NSN sweetener complex:		100.00 %
Barley Malt & Lohan guo extract (Momordica)	0.116 mg	100.00 %
Oligofructose	17.12 mg	100.00 %
Vegetable protein isolate	200.00 mg	100.00 %
Natural flavors (Natural creamy vanilla flavor from Vanilla planifolia)	12.80 mg	100.00 %

DESCRIPTION:
IDENTIFICATION:

Beige powder
Positive

*Based on manufacturer certificate of analysis

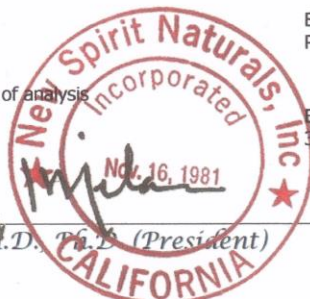
ASSAY METHOD:

By input
3 August, 2023

EXPIRATION DATE:

Dr. Larry J. Milam H.M.D., Ph.D. (President)

Date: October 15, 2020



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TOTAL MICROBIOLOGICAL

STANDARDS:		RESULTS:	
Plate count:	<30	Plate count:	<10
Yeast & mold:	<10	Yeast & mold:	<10
Salmonella:	Negative	Salmonella:	Negative
Staphylococcus A:	Negative	Staphylococcus A:	Negative
Pseudomonas Aeruginosa:	Negative	Pseudomonas Aeruginosa:	Negative
E. coli:	Negative	E. coli:	Negative

BASED ON PHYSICAL EXAMINATION

LABORATORY MANAGER _____

Willie D.

CERTIFICATE

Larry Milam



Dr. Larry J. Milam H.M.D., Ph.D. (President)

Date: *October 15, 2020*