

WHY MEAL?

Mammoth MEAL took over two years of passionate, uncompromising product development.

This premium-quality, all-in-one superfood shake, is designed to complement and enhance your busy lifestyle. We have made Mammoth MEAL in a range of great-tasting, easy-to-mix flavours that will keep you craving more!



BANNED SUBSTANCE FREE



GLUTEN FREE



PEANUT FREE



EASY DIGESTION



FRUIT & GREENS COMPLEX



NO ARTIFICIAL COLOURS OR DYES



4.1 g BCAAs / 4.6 g EAAs



NATURALLY OCCURRING ELECTROLYTES



GREEK YOGURT PROBIOTICS



NO SOY

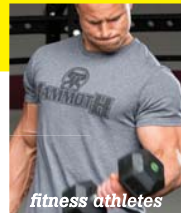


NO MALTODEXTRIN

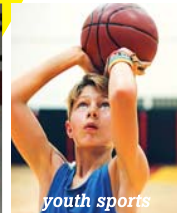


WHO USES MAMMOTH MEAL?

Mammoth MEAL was designed with a broad range of users in mind. Whether you're a strength athlete or a busy professional looking for healthy alternatives, our delicious superfood shake is the right choice for you!



fitness athletes



youth sports



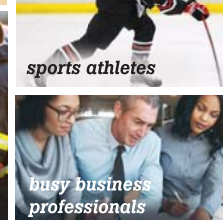
families on the go



boomers



first responders



busy business professionals



sports athletes

WEIGHT MANAGEMENT



If you're looking to lose weight, MEAL can make an excellent companion to your weight-loss plan. Most weight-loss programs require a strict adherence to, and knowledge of specific caloric intake amounts. Our "E-Z Dose" system makes it simple to keep track of specific macronutrients and calories. In addition, MEAL uses a low-glycemic carbohydrate blend and high-quality fat sources, which have the ability to curb your appetite and keep your blood sugar levels stable throughout the day. All of these features make MEAL an ideal part of most weight-loss programs.

STACK AND BURN WITH MAMMOTH



HOW DOES MEAL COMPARE?

	Mammoth MEAL	Brand "A"	Brand "B"
Versatile E-Z Dose System	✓	✗	✗
Gut Health Probiotics	✓	✗	✗
Balanced Protein to Carbohydrate Ratio	✓ 1:1	✗ 1:0.63	✗ 1:1.94
100% Whole Food Carbohydrate Sources	✓	✗	✗
Super Foods Complex	✓	✗	✗
Corn Syrup Free	✓	✗	✗
Sugar per Serving	2 g	3 g	5 g
Maltodextrin, Fructose and Dextrose Free	✓	✗	✗
Soy Free	✓	✗	✗
Natural Electrolyte Blend	✓	✗	✗
Peanut Free	✓	?	?
Full Disclosure Amino Acid Profile	✓	✗	✗

WHEN TO USE HOW MUCH TO USE

Dosing will vary from person to person. Factors such as age, weight, height and activity level all need to be considered, but because Mammoth MEAL is essentially a superfood, it is safe to use in most scenarios. The following doses are only recommendations. ***

When to use #1: Mammoth MEAL is an excellent first meal of the day. The quick convenience of MEAL will ensure you never miss breakfast again!

How much to use #1: Adults 2-4 scoops, Teens 2-3 scoops.

When to use #2: Mammoth MEAL has the ideal protein, carb and fat ratio for your post-workout shake. Consume immediately after your workout to help repair muscle tissue and retain lean muscle mass.

How much to use #2: Adults 2-4 scoops, Teens 2-3 scoops.

When to use #3: Mammoth MEAL can be used in between meals throughout the day to ensure you do not miss out on consistent fuel needed to recover and grow new muscle tissue. No time to eat every 3 hours? No problem! Mammoth MEAL is a quick and convenient way to get the protein, carbs and fats you need.

How much to use #3: Adults 3-4 scoops, Teens 2-3 scoops (add one scoop if you are completely replacing a main meal).

When to use #4: Mammoth MEAL is ideal for athletes young and old, who need the proper fuel in between and after sporting events. Perform at your best each and every day with Mammoth MEAL.

How much to use #4: Adults 3-4 scoops, Teens 2-3 scoops.

*** This general information is not intended to diagnose any medical condition or to replace your health-care professional. Always consult your physician before beginning any exercise or nutrition program.



AWESOME TASTE



The Most Advanced & Complete Nutritional Shake!

Available in 3 Delicious Flavours!
Chocolate Fudge Brownie, Vanilla Ice Cream,
Strawberry Shortcake.

www.MammothSupplements.com

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★★★★★

BUILT TO A STANDARD,
NOT A PRICE

When we sat down to design Mammoth MEAL, we didn't follow what our competitors were doing. We weren't trying to be like everyone else. We made a decision early on to make the best meal replacement in the industry. With over two years of research and revision, we are confident you will enjoy this quality-infused, delicious-tasting nutrition shake.

MACRONUTRIENT BLEND

CALORIE BREAKDOWN

40% : 40% : 20%

PROTEIN : CARB : FAT

MACRO SPLIT

The 40/40/20 approach to macronutrients was first established by Arnold Schwarzenegger as the ultimate blueprint diet plan for physique and performance success. It is viewed as a perfect baseline macronutrient ratio to build a foundation for your daily nutritional intake.

TRI-PRO, THE ULTIMATE
SUSTAINED-RELEASE
PROTEIN BLEND



Mammoth MEAL contains a unique blend of three proteins named "Tri-Pro" which is formulated to optimize both immediate and sustained amino acid release for optimal recovery of lean muscle tissue. The first two proteins in Mammoth MEAL include Whey Protein Concentrate and Micellar Casein, which are both sustained release proteins. Milk Protein Isolate is the third protein used in the Tri-Pro blend and it provides a source of quickly absorbed protein. This precise blend can kickstart the recovery process while still providing a release of amino acids hours after consumption to help you achieve your health and fitness goals.

CONVENIENCE WITH NO SHORTCUTS AND PERFECT SUPPORT
FOR TODAY'S BUSY LIFESTYLES.

ONLY WHOLE FOOD
SOURCED CARBOHYDRATES
(C.A.R.B.)*

The Mammoth MEAL C.A.R.B* complex is a premium, whole food and organic-based carbohydrate blend designed to maximize sustained energy levels with the perfect blend of low-glycemic carbohydrates. You won't find cheap, sugar spiking carb sources such as dextrose in this formulation. Refer to the "What is in Mammoth MEAL" ingredient list section on this brochure for more details.

*C.A.R.B. = Carbohydrate Assimilation Regeneration Blend

HEALTHY FATS
ESSENTIAL NUTRIENTS
AND SUPPORTING INGREDIENTS

MEAL provides healthy fats from a vast array of whole food sources as well as technologically advanced sources such as MCTs**. These fats provide amazing cardiovascular health benefits and sustained energy levels throughout the day. Refer to the "What is in Mammoth MEAL" ingredient list section on this brochure for more details.

**MCT = Medium Chain Triglycerides

AVAILABLE IN
3 DELICIOUS FLAVOURS



VANILLA ICE CREAM



CHOCOLATE FUDGE BROWNIE



STRAWBERRY SHORTCAKE

E-Z Mix

Guaranteed not to require a blender.

WHAT IS E-Z DOSE ?

POWDER TO WATER RATIO				MACRONUTRIENT BREAKDOWN			SERVINGS PER CONTAINER
# of SCOOPS	WATER (fl. oz.)		TOTAL CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	
1 x	+	4 fl. oz.	= 100	10 g	10 g	2.25 g	80
2 x	+	8 fl. oz.	= 200	20 g	20 g	4.5 g	40
3 x	+	12 fl. oz.	= 300	30 g	30 g	6.75 g	27
4 x	+	16 fl. oz.	= 400	40 g	40 g	9 g	20

We created the "E-Z Dose" system with the aim of making Mammoth MEAL super easy to use. To achieve this goal, we designed each scoop in Mammoth MEAL to contain exactly 100 calories (10 g protein, 10 g carbs and 2.25 g fat). Some people need more calories than others. Some people need to track their caloric intake. However you want to use Mammoth MEAL, we have you covered. Please review the chart above, which outlines Mammoth MEAL serving sizes, macronutrient information, mix ratios and calories.

Nutrition Facts

Valeur nutritive

Serving Size: 2 Scoops (52 g) / Portions: 2 mesure (52 g)

Servings per Container 40 / Portions par contenant 40

Amount / Teneur	% Daily Value* / % valeur quotidienne*
Calories 200	
Total Fat / Total des lipides 4.5 g	6%
Saturated Fat / Lipides saturés 2.5 g	13%
+Trans Fat / Lipides trans 0 g	
Cholesterol / Cholestérol 50 mg	17%
Sodium / Sodium 240 mg	10%
Potassium / Potassium 286 mg	6%
Carbohydrate / glucides 20 g	7%
Dietary Fiber / Fibres alimentaires 3 g	11%
Sugars / Sucres 2 g	**
Protein / Protéine 20 g	40%
Calcium / Calcium	13%
Vitamin A / Vitamine A 1 mcg	1%
Vitamin C / Vitamine C 2 mg	1%
Iron / Fer	11%

*Percent Daily Values are based on a 2,000 calorie diet.
*Les valeurs quotidiennes en pourcentage sont basées sur un régime alimentaire de 2000 calories.
** Daily Value (DV) not established. ** Valeur quotidienne (VD) non établie.

WHAT IS IN
MAMMOTH MEAL ?

Ingredients:* Mammoth Tri-Pro Protein Complex (Whey Protein Concentrate, Milk Protein Isolate, Micellar Casein), Mammoth C.A.R.B. Complex (Gluten-Free Oats, Pea Starch, Organic Oat Bran, Organic Amaranth, Organic Quinoa, Organic Buckwheat, Organic Millet, Organic Chia, Sweet Potato), Mammoth Fats Complex (Medium-Chain Triglycerides from Coconut, Coconut Water, Avocado Oil), Sunflower Lecithin (as an Emulsifier), Pink Himalayan Sea Salt, Sucralose, Acesulfame Potassium, Greek Yogurt, Cinnamon, Ginger Root, Mammoth Super Foods Complex (Pineapple, Goji, Acai, Spirulina, Barley Grass, Kale).

**Please note that this ingredient list does not include flavouring components as they vary with each flavour. Refer to the MammothSupplements.com web site for flavouring details on each Mammoth MEAL flavour.*

WHAT THEY ARE SAYING...



"As a professional athlete, I am always on the go. Between meetings, games and practices, I rarely have time to eat. That's why I rely on Mammoth MEAL replacement to give me full meals throughout the day. Packed with high-quality proteins, it curbs my appetite and has a rapid absorption rate so I can get all of my nutrients as fast as possible, so I can focus on being a pro."

Trey Rutherford (CFL Pro) © treyrutherford77

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