



TAKE IT: Add 2 tablespoons (40 g) to 300–350 ml of water, shake vigorously, and enjoy.

SMR (SMART MEAL REPLACEMENT)

It's much more than a simple nutritional supplement; it's a practical and complete solution for those seeking energy, nutrition, and well-being in one step. With a carefully designed formula enriched with vitamins, minerals, proteins, and essential amino acids, SMR is the perfect ally to complement your daily diet in a delicious, healthy, and convenient way.

BENEFITS:

- ✓ Provides essential nutrients quickly and conveniently.
- ✓ Easy to prepare for nutritional support anytime.
- ✓ Helps preserve and build muscle mass.
- ✓ Supports digestion and metabolism.
- ✓ Ideal for weight management plans thanks to its satiating effect.

ADVANTAGES:

SMR (SMART MEAL REPLACEMENT), is an ideal option for people with an active lifestyle, students, workers, or anyone who needs a quick, yet complete and healthy meal. Thanks to its high nutritional content, it helps maintain optimal energy levels without resorting to ultra-processed foods or those with low nutritional value. In addition, its powdered presentation is easy to prepare, perfect to take and enjoy anytime during the day.

WHY ROYAL SMR (SMART MEAL REPLACEMENT)?

SMR (SMART MEAL REPLACEMENT), is the smart choice for those seeking complete, practical, and delicious nutrition at any time of the day. Its advanced formula provides the nutrients necessary to maintain energy levels, control appetite, and support overall well-being. It's perfect for maintaining an active lifestyle, weight management plans, or simply for those who want to take care of their health without sacrificing time or flavor.

INGREDIENTS:

90% Isolated Whey Protein: Provides high-quality protein that promotes a feeling of fullness and helps maintain muscle mass.

Vitamin A: Supports visual health and strengthens the immune system.

Vitamin C: Antioxidant that boosts the body's defenses and aids in iron absorption.

Vitamin D3: Promotes calcium absorption, strengthening bones and muscles.

Vitamin E (Alpha-Tocopherol): Protects cells from oxidative damage and contributes to skin and cardiovascular health.

Vitamin B1 (Thiamine): Essential for converting food into energy and supporting the nervous system.

Vitamin B2 (Riboflavin): Involved in energy production and maintenance of healthy skin and eyes.

Niacin (Nicotinamide): Supports nervous system, skin, and metabolic health.

Vitamin B6 (Pyridoxine): Helps metabolize proteins and supports brain function and mood.

Folic Acid: Supports new cell formation and proper nervous system function.

Vitamin B12 (Methylcobalamin): Supports red blood cell production and the nervous system.

Biotin: Aids in the metabolism of fats, proteins, and carbohydrates, improving hair and nail health.

Pantothenic Acid (Calcium D-Pantothenate): Essential for producing energy and hormones that help manage stress.

Vitamin K1: Contributes to blood clotting and bone health.

Calcium: Strengthens bones and teeth and is vital for muscle and nerve function.

Magnesium: Supports muscle function, electrolyte balance, and reduces fatigue.

Potassium: Helps maintain healthy blood pressure and proper muscle function.

L-Leucine: Amino acid that promotes protein synthesis and prolongs satiety.

L-Valine: Supports muscle repair and provides energy during physical activity.

L-Isoleucine: Aids in muscle recovery and regulates blood sugar levels.

SUPPLEMENT FACTS

Serving Size: 2 scoops (40 g) Serving per Container: 21

Calories		220.61
Medium composition	Amount per Serving	% Daily Value*
Total Fat	9 g	11.5%
Saturated Fat	0 g	+
Trans Fat	0 g	+
Cholesterol	0 mg	0%
Sodium	120 mg	5.2%
Total Carbohydrate	5 g	1.8%
Dietary Fiber	0.4 g	1.42%
Total Sugars	1 g	2%
Protein	22 g	44%
Vitamin A	489 mcg	54.3%
Vitamin C	31 mg	50.33%
Vitamin D3	1.8 mcg	9%
Vitamin E(Alpha-Tocopheryl)	1.8 mg	12%
Vitamin B1(Thiamin)	0.53 mg	44.16%
Vitamin B2(Riboflavin)	0.84 mg	64.61%
Niacin(Nicotinamide)	8.5 mg	53.1%
Vitamin B6(Pyridoxine)	0.66 mg	39%
Folate / Folic Acid	98 mcg	24.5%
Vitamin B12(Methylcobalamin)	1.33 mcg	55.41%
Biotin	30 mcg	100%
Pantothenic Acid (Calcium D-Pantothenate)	2.7 mg	54%
Vitamin K1	31.1 mcg	26%
Calcium	143 mg	11 %
Magnesium	14 mg	3.33%
Potassium	218 mg	4.63 %
L-Leucine	241 mg	+
L-Valine	132 mg	+
L-Isoleucine	132 mg	+

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Daily Value not established. % Daily Value is based on a 2,000 calorie diet.

Ingredients: Whey protein isolate (90% micronized), NFDM (non-fat dry milk) for texture, vegetable fat, L-Leucine, L-Valine, L-Isoleucine, natural vanilla flavor, pectin (as thickening agent), vegetable cellulose, silicon dioxide, beta-carotene (as natural coloring), Vitamin C, stevioside extract powder, Niacin (Nicotinamide), Pantothenic Acid (Calcium D-Pantothenate), Vitamin E (Alpha-Tocopheryl), Vitamin A, Vitamin B2 (Riboflavin), Vitamin B6 (Pyridoxine), Vitamin B1 (Thiamin), Folate / Folic Acid, Vitamin K1, Biotin, Vitamin D3, Vit amin B12 (Methylcobalamin).