

NUTRITIONAL INFORMATION

ARTIFICIAL SWEETENERS:

Products that **DO NOT** contain artificial sweeteners:

Powdered Shakes:

- Vanilla
- Chocolate
- Strawberry

Bars:

- Totally Toffee
- Cookies and Cream
- Chocolate Peanut Butter Crunch
- Brownie Bar
- Butter Pecan Chew

Soups:

- Tomato
- Chicken

Protein Crisps:

- BBQ
- Sour Cream & Onion

The following products **DO NOT** contain sources of Maltitol, Maltisorb or Maltisweet. (Maltitol is a sugar alcohol used as a sugar substitute. It is not an artificial nonnutritive sweetener like Sucralose, for example.)

- CMWL Protein Shakes – Vanilla, Chocolate and Strawberry
- CMWL RTD Shakes – Vanilla, Chocolate and Field Berry
- Chocolate Brownie bars
- Totally Toffee bars

The following products **DO** contain at least one of Maltitol, Maltisorb or Maltisweet:

- Fudge Almond Coconut bars
- Caramel Peanut Chew bars
- Fabulously Fudgey Mochanut bars
- Fudge Crème Supreme bars

- Cookies and Cream bars
- Chocolate Peanut Butter Crunch bars
- Chocolate Chocolate Chew bars
- Buttery Pecan Chew bars
- Mint Chocolate Chew bars
- Mixed Berry Crunch bars
- Cinnamon Crunch bars
- Chocolate Graham Crunch bars
- Chocolate Coffee Crunch bars
- Perfectly Peanut bars

CAFFEINE:

Any product containing Chocolate and its derivatives and/or cocoa powder contains a certain amount of caffeine.

Any product that contains coffee, of course contains a certain amount of caffeine. Depending on whether the coffee is from a natural or artificial source, we need to verify the specs of the product, and/or contact the supplier to confirm.

COCOA:

Powder Shakes – Chocolate contains cocoa, Vanilla and Strawberry **DO NOT** contain cocoa.

RTD's – Chocolate contains cocoa, Vanilla and Fieldberry RTD shakes **DO NOT** contain cocoa.

Cinnamon Crunch and Mixed Berry Crunch bars **DO NOT** contain cocoa. All other flavors of bars contain cocoa.

GLUTEN: (important for Celiac disease)

Products that **DO NOT** contain sources of gluten:

- CMWL Protein Shakes: Vanilla, Chocolate and Strawberry
- CMWL RTD Shakes: Vanilla, Chocolate and Field Berry (may contain traces of gluten)
- Peanut Butter Bar with Chocolate Flavored Coating
- Crisp 'N Crunch Bars: Cinnamon, Peanut, Berry and Cocoa Cafe
- Fiber Drinks: Mixed Fruit Drink and Iced Tea with Lemon

- Tomato Soup
- Protein Crisps (BBQ and Sour Cream & Onion)

The following products **DO** contain sources of gluten:

- Products Containing Sources of Wheat, Rye, Barley and Oats: Double Chocolate Bar with Chocolate Flavored Coating (Malt Extract from Barley)
- Chocolate Mint Bar with Chocolate Flavored Coating (Malt Extract from Barley)
- Brownie Bar with Chocolate Flavored Coating – Artificial Flavors (Includes Wheat Flour and Barley Malt Extract)
- Peanut Butter Crunch Bar with Chocolate Flavored Coating (Malt Extract from Barley)
- Butter Pecan Bar with Chocolate Flavored Coating (Malt Extract from Barley)
- Cookies & Cream Bar with Creamy Yogurt Coating (Wheat Flour)
- Toffee Bar with Chocolate Flavored Coating (Wheat Flour)
- Crisp ‘N Crunch Fudge Graham (Natural and Artificial Flavor – Includes Wheat)

The following products **ALSO** contain sources of gluten:

- Coconut Almond
- Chocolate Peanut Crunch
- Caramel Nut
- Yogurt Peanut Crunch
- Double Chocolate Crunch
- Chocolate Chip
- Chicken soup

Products that **DO** contain egg and/or egg products:

- Chocolate Brownie Bar

ALSO: The following products are manufactured in a facility where other products are produced that contain egg and/or egg products. It is impossible to completely avoid accidental cross-contamination. Therefore, people with a severe allergy to eggs should not consume these items:

- Caramel Peanut Chew
- Fudge Crème Supreme
- Fabulously Fudgey Mochanut
- Fudge Almond Coconut
- RTD Shakes: Chocolate, Vanilla and Berry

CMWL Powder Shakes, Protein Crisps and all products **NOT** mentioned above **DO NOT** contain egg and/or egg products.

IODINE:

CMWL Shakes **DO** contain Iodine, as do the Crisp & Crunch bars (Fudge, Peanut, Cinnamon, Coco Cafe and Double Berry).

Our Protein Crisps and other bars (the chewy ones) **DO NOT** contain Iodine (Brownie, Butter Pecan, Double Chocolate, Cookies & Cream, Peanut Butter Crunch, Chocolate Mint and Toffee).

KOSHER DIET:

The following products are Kosher:

- RTD Shakes (Vanilla, Chocolate and Field Berry) – OU Certified
- Powder Shakes (Vanilla, Chocolate and Strawberry) – K Certified
- Cookies and Cream bars
- Chocolate Peanut Butter Crunch bars
- Chocolate Chocolate Chew bars
- Mint Chocolate Chew bars
- Totally Toffee bars
- Buttery Pecan Chew bars
- Tomato Soup

Please Note: Our products are **NOT** Kosher for Passover.

MAO INHIBITORS:

- Ready to Drink Shakes, Bars and Soups are safe to consume while on MAO Inhibitors.
- Powder Shakes - safety with MAO Inhibitors has not been established.

MSG:

MSG is present in the following soups as a component of a flavor:

- Chicken soup
- Tomato soup

As the manufacturer has an ingredient containing MSG, they cannot avoid accidental cross-contamination on our manufacturing line. However, their procedure maintains the risk as low as possible.

NUTS AND ALL TYPES OF NUT ALLERGIES:

- All RTD and Powder shakes
- All Bars
- All Soups
- All Protein Crisps

Powder and RTD shakes contain coconut oil and the FDA now considers this to be a nut not a seed. The RTD shakes are made in a facility that manufactures other products that contain nuts. There is an extremely slight albeit remote possibility that there could be some cross contamination even though the actual production rooms are sealed off from each other. Human error is always a remote possibility in this type of scenario.

PROTEIN:

Soy Protein:

The RTD shakes have trace amounts of soy protein. The Powder shakes are not made with soy protein, just milk protein; however, they do contain soy lecithin (an emulsifier). The shakes are a milk-based protein. Both caseinate and whey protein are derived from milk. The Protein Crisps contain texturized soy protein with high fiber content.

Most of the bars have soy protein. The following two bars are **NOT** made with soy protein: Chocolate Mint and the Double Chocolate bar. The soy isolate used in the bar is non-fermented.

Source of protein in CMWL Shakes:

- Calcium caseinate (purified casein) – no lactose and no butterfat

Milk allergy and the calcium caseinate in the CMWL product:

It seems many patients have lactose intolerance, not an actual allergy. The following are specific screening criteria if they say they are “allergic to milk”: People that are lactose intolerant are not allergic to calcium caseinate, the protein in milk dairy products. If the patients say that they are allergic to milk I always ask what happens to them. If it is an upset stomach or diarrhea it is usually assumed to be lactose intolerance and the shakes should be fine. If the patient has a rash or anaphylactic symptoms when consuming dairy products then consuming any products with calcium caseinate would be contraindicated. Milk allergy and Calcium Caseinate is negligible in the Protein Crisps with trace amounts of skim milk.

Bars containing lactose:

- Chocolate Graham Crunch
- Totally Toffee

These are the only two that list lactose and in very small amounts. All other bars seem to be safe.

For a lacto-vegetarian diet, lactose-intolerant individuals can use all of our shake products. Vegetarians can use all products except for the soups.

STRAWBERRIES:

Powder Shakes – Strawberry does **NOT** contain strawberries, it contains strawberry flavoring which may cause similar symptoms. Vanilla and Chocolate powder shakes **DO NOT** contain strawberries or strawberry flavoring

RTD's – Fieldberry does **NOT** contain strawberries, it contains strawberry flavoring which may cause similar symptoms. Vanilla and Chocolate RTD shakes **DO NOT** contain strawberries or strawberry flavoring.

Mixed Berry Crunch bars **DO NOT** contain strawberries, they contain blueberry puree (from concentrate), raspberry Puree (from concentrate) and Blueberry Juice. All other bars **DO NOT** contain strawberries.

SUGAR:

All of our products are high protein, moderate carbohydrate and low fat because this balance of nutrition gives people the best chance of keeping off weight when they go back to eating regular food. The moderate carbohydrates (sugar) help people to feel well while they are losing weight. Many people develop headaches and fatigue if they do not eat enough carbohydrates. Also, if you lose weight on low-to-no carbohydrates, when you go back to eating carbohydrates you instantly gain water weight. This usually discourages the patient and leads to weight regain. Diabetics do well with moderate carbohydrates. As long as they are on a calorie restriction with our products their blood sugars will be well controlled. Having the sugar in the products also leads to compliance among our diabetic patients because they usually enjoy eating sweet foods.

The Protein Crisps contain trace amounts of sugar from raw ingredients (max 2 grams per serving of 38 grams).

Fiber Supplements (10 svg/bx; 24 bx/cs; 240 svg/cs)

- Iced Tea with Lemon
- Mixed Fruit Flavors

AOnhiCalories = 20

Protein = 0g

Soy Protein = 0g

Total CHO = 6g (Iced Tea), 5g (Mixed Fruit)

Fiber = 5g

Avail. CHO = 1g (Iced Tea), 0g (Mixed Fruit)

Fat = 0g

Sat. Fat = 0g

Trans Fat = 0g

Cholesterol = 0mg

Sodium = 5mg

Potassium = 200mg

Aspartame = <200 mg

VEGETARIAN DIET:

All of our products can be consumed by Vegetarians with the exception of the Chicken Soup.