







Canadian Meal Replacement Regulations Checklist



Requirements	
Minimum of 225 kcal	 330 kcal
15 -40% energy derived from protein content	 19% energy from protein
No more than 35% energy from fat	 30% energy from fat
No less than 3% energy derived from linoleic acid No less than 0.5% energy derived from n-3 linolenic acid ratio of linoleic acid to n-3 linolenic acid is not less than 4 to 1 and not more than 10 to 1	 8% linoleic acid 1.6% linolenic acid 4:1 ratio of linoleic acid to n-3 linolenic acid
High Quality Protein	 Pea protein isolate sourced from US and Canada Hemp protein sourced from Canada
Contains 24 essential vitamins and minerals within specified ranges	 Contains all 24 vitamins and minerals within specified ranges

