



RESTORE

Renal Support | Low Protein | Cold-Processed

Nutrition Facts

5 servings per container

Serving size 1 cup (82.2g)

Amount Per Serving

Calories 400

% Daily Value*

Total Fat 22g	28%
Saturated Fat 11.38g	57%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 4.03g	
Monounsaturated Fat 5.63g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 46g	17%
Dietary Fiber 8g	29%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0.08mcg	0%
Calcium 61.4mg	4%
Iron 2.52mg	15%
Potassium 382mg	8%
Vitamin A 87.2mcg	10%
Vitamin C 46.26mg	50%
Vitamin E 3.17mg	20%
Vitamin K 0.56mcg	0%
Thiamin 0.36mg	30%
Riboflavin 0.07mg	6%
Niacin 2.26mg	15%
Vitamin B6 0.25mg	15%
Folate 30.18mcg	8%
Vitamin B12 0mcg	0%
Pantothenic Acid 0.54mg	10%
Phosphorus 208mg	15%
Magnesium 97.3mg	25%
Zinc 1.41mg	15%
Selenium 13.48mcg	25%
Copper 0.38mg	40%
Manganese 0.67mg	30%

* 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.

WHOLE STORY MEALS

The first real food, powdered, enteral meal replacement product. Designed to promote healing, growth and healthy development.

Technical Information

Whole Story Meals, Inc.

Item: Restore

Restore is the first and only real food meal specifically formulated to support kidney health. Low in protein, potassium, phosphorus and sodium, this meal is made from fresh fruits and vegetables, whole grains and seeds. Though designed for those with reduced kidney function, this meal can be enjoyed by anyone as part of a real food diet.

WSM powdered meals are intended to be used once hydrated with the recommended amounts of water, juice, milk or milk alternative and can be consumed enterally or orally. Whole Story Meals are considered nutritionally complete when used as recommended.

Description

Restore is a powdered real food complete meal that is packaged in a resealable zip top pouch.

Each serving (82g of powder) is rehydrated using 8 ounces (240ml) of water and contains 400 calories, 8 grams of protein, 46 grams of carbohydrates and 22 grams of fat.

As with any real food product, variations in caloric and nutrient levels should be expected due to growing conditions. If a specific medical condition requires precise nutrient levels

please discuss with your medical team.

Disclaimer: Not intended to be consumed unless hydrated with the appropriate amount of fluid. Not for use on infants under 1 year of age without the advice of a physician. Powder is made of real food and particle sizes may vary. Settling and clumping may occur.

Ingredients

Millet, coconut oil, cold processed golden flaxseeds, cold processed sunflower seeds, cranberries, organic acai, mangoes, red bell peppers, organic quinoa, oats, beets, dextrin (a fiber).

Made from 100% Non-GMO ingredients.

Caloric Distribution

8% of calories from protein

44% of calories from carbohydrate

48% of calories from fat.

Protein Sources

Millet, sunflower seeds, flaxseeds.

Carbohydrate Sources

Millet, cranberries, mangoes.

Fat Sources

Coconut oil, sunflower seeds, flaxseeds, organic acai.

Fiber Sources

Cranberries, flaxseeds, organic acai.

Allergens and Sensitivities

Seeds, coconut.

Gluten free, Soy Free, Dairy Free, Egg Free, Corn Free, Lactose Free.

Manufactured in a facility that processes: Milk, eggs, peanuts, tree nuts, shellfish, and soy.

One serving is considered HIGH in the following FODMAPS: Monosaccharides, Oligosaccharides.

Contraindications

Possible Allergens: seeds, quinoa.

Any drug/nutrient interactions should be evaluated by a physician or pharmacist.

Packaging

BPA Free. Zip top resealable plastic pouch, contains 1 pound, 2000 calories

Use Instructions

A scoop is provided in each bag and holds approximately $\frac{1}{4}$ cup (21 grams, $\frac{1}{4}$ of a serving). Each $\frac{1}{4}$ cup scoop provides a 100 calorie portion of powder. For each scoop we recommend 2 ounces (60ml) of water be added and mixed well to produce a mixture that will flow through a pump. Mixes best in a shaker bottle equipped with a wire whisk ball.

May also bolus feed or consume orally. For bolus or oral feeding, hydrate to the desired texture. Powder may be mixed with other consumable liquids to increase calories. Powder can also be added to other enteral products to increase calories and add nutrients. At the recommended rehydration rate of 2 ounces (60ml) water per scoop, will provide 1.3 calories per ml. When mixed with 1.5 ounces (45ml) of water per scoop, will provide 1.6 calories per ml. When consuming Whole Story Meals, we recommend adding an age appropriate multivitamin/mineral supplement.

Our powdered meal may be combined with boiling water to quick-cook the ingredients. Cool mixture before consuming. We suggest using this method for anyone who wishes to consume the meal cooked. Use slightly less water to make a hot-cereal textured meal for oral consumption.

Renal Support Recommendations

Restore is designed to support those with reduced kidney function not requiring dialysis.

ENTERAL:

CKD stages 1-3 with GFR >30 mL/min: use Restore with other Whole Story Meals in a 1:1 ratio.

CKD stages 4-5 not requiring dialysis with GFR <30 mL/min: use Restore with vitamin/mineral supplementation as needed.

ORAL:

CKD stages 1-3 with GFR >30 mL/min: Replace 1 meal per day with Restore, or add as a snack.

CKD stage 4-5 not requiring dialysis with GFR <30 mL/min: Replace 1-2 meals per day with Restore.

Ingredient Highlights:

Acai: contains compounds such as a-tocopherol, anthocyanins and other flavonoids with antioxidant and anti-inflammatory properties and promotes gut health through the prebiotic activity of anthocyanins. As oxidative stress, inflammation and dysbiosis are common in CKD, acai can be an important factor in nutritional therapy for kidney disease.

Beets: nutrient dense and contain powerful antioxidants to fight oxidative stress associated with kidney disease. The nitrates in beets have also been shown to relax blood vessels and reduce blood pressure.

Cranberries: contain phytonutrients that help promote urinary and bladder health by preventing bacteria from adhering to the urinary tract walls. Cranberries contain vitamin C, fiber and are a good source of antioxidants.

Coconut oil: the medium-chain triglycerides present in coconut oil can be used for energy without depending on the need for insulin, making coconut oil beneficial for those suffering from kidney disease and diabetes. The anti fungal and anti microbial properties of coconut oil help in fighting bacteria that can cause infection in the kidneys and the high amounts of antioxidants help curb inflammation in the body.

Flaxseeds: a rich source of omega-3 fatty acids that aid in the reduction of inflammation in the body, flaxseeds can also reduce blood pressure and decrease triglyceride levels. The soluble fiber content aids digestion and blood sugar control.

Mangoes: contain fiber that helps reduce constipation, a common issue for individuals with kidney disease, and helps stabilize blood sugar. Like all fruits and vegetables, mango also helps neutralize acid in the body and, therefore, aids in slowing the progression of kidney damage.

Millet: the fiber contained in this whole grain helps improve digestive health, lower cholesterol and reduces risk of chronic diseases. Millet is a good source of B vitamins, iron, magnesium and selenium, all essential nutrients that are often lacking in the diet. Due to the low phytase enzyme content, the absorption of the phosphorus contained in millet is reduced.

Oats: a powerful whole grain containing beta-glucan, a soluble fiber that helps reduce blood sugars by increasing the sensitivity of insulin, replenish good bacteria in the gut and reduce common digestive ailments associated with kidney disease.

Quinoa: considered a complete protein as it contains all nine essential amino acids, quinoa is a good source of fiber, which can aid in blood sugar control, digestive function and cardiovascular health. Quinoa also contains important micronutrients like iron, magnesium and manganese.

Red bell pepper: loaded with vitamin A, which boosts the immune system, and vitamin C, an antioxidant that fights cancer causing free radicals. Red bell peppers are a nutrient dense, low in potassium, and contain carotenoids that help reduce risk of chronic disease.

Sunflower seeds: a low oxalate seed that is a good source of fiber, sunflower seeds also provide heart healthy polyunsaturated and omega fats. Plant based protein sources like seeds are also associated with slowed deterioration of kidney function versus animal sources.

Shelf Life

2 years from date of manufacture, unopened.
Once opened, consume contents within 60 days.

Warning



Not for Parenteral Use.



Not intended for children under 1 year of age unless under the direction of a physician or a Registered Dietitian. Please check with your health care provider before using Whole Story Meals.

Volume Displacement

15 ml/scoop (0.71 ml/gram)


Scoops	Whole Milk (3.25% fat)								Unsweetened Apple Juice							
	4 oz	Cal/ml	6 oz	Cal/ml	8 oz	Cal/ml	10 oz	Cal/ml	4 oz	Cal/ml	6 oz	Cal/ml	8 oz	Cal/ml	10 oz	Cal/ml
1	175	1.3	212	1.1	249	1.0	287	0.9	156	1.2	184	0.9	212	0.8	240	0.7
2	275	1.8	312	1.5	349	1.3	387	1.2	256	1.7	284	1.4	312	1.2	340	1.0
3	375	2.3	412	1.8	449	1.6	487	1.4	356	2.2	384	1.7	412	1.4	440	1.3
4			512	2.1	549	1.8	587	1.6			484	2.0	512	1.7	540	1.5
5			612	2.4	649	2.1	687	1.8					612	1.9	640	1.7
6					749	2.3	787	2.0							740	1.9


 = will flow through an infinity pump
 = can push with syringe

 = will flow through an infinity pump
 = can push with syringe

Calories with Water | Restore

Scoops	1.5oz (45 ml)	Cal/ml	2oz (60 ml)	Cal/ml	3oz (90 ml)	Cal/ml	4oz (120 ml)	Cal/ml	5oz (150 ml)	Cal/ml	6oz (180 ml)	Cal/ml	7oz (210 ml)	Cal/ml	8oz (240 ml)	Cal/ml
1	100	1.6	100	1.3	100	1.0	100	0.7	100	0.6	100	0.5	100	0.4	100	0.4
2			200	2.2	200	1.7	200	1.3	200	1.1	200	1.0	200	0.8	200	0.7
3					300	2.2	300	1.8	300	1.5	300	1.5	300	1.3	300	1.2
4							400	2.2	400	1.9	400	1.7	400	1.5	400	1.3
5									500	2.2	500	2.0	500	1.8	500	1.6
6											600	2.2	600	2.0	600	1.8

 = will flow through infinity pump

 = can push with syringe

Nutrition Information

	1 scoop (¼ cup, 20.55 grams)	4 scoops (1 cup, 82.2 grams)	Per 100 grams
Calories (kcal)	100.04	400.17	486.82
Protein (g)	2.03	8.11	9.87
Carbohydrate (g)	11.39	45.55	55.41
Total Fat (g)	5.43	21.73	26.44
Fiber (g)	2.08	8.32	10.12
Sugars (g)	2.20	8.81	10.72
Sodium (mg)	4.57	18.27	22.23
Saturated Fat (g)	2.85	11.38	13.84
Monounsaturated Fat (g)	1.41	5.63	6.85
Polyunsaturated Fat (g)	1.01	4.03	4.90
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Potassium (mg)	95.44	381.74	464.40
Vitamin A (mcg RAE)	21.79	87.15	106.02
Vitamin C (mg)	11.57	46.26	56.28
Thiamin (mg)	0.09	0.36	0.44
Riboflavin (mg)	0.02	0.07	0.09
Niacin (mg)	0.57	2.26	2.75
Calcium (mg)	15.36	61.43	74.73
Iron (mg)	0.63	2.52	3.07
Vitamin D (mcg)	0.02	0.08	0.10
Vitamin E (mg)	0.79	3.17	3.86
Vitamin B6 (mg)	0.06	0.25	0.30
Folate (mcg DFE)	7.55	30.18	36.72
Vitamin B12 (mcg)	0	0	0
Phosphorous (mg)	52.10	208.38	253.50

	1 scoop (¼ cup, 20.55 grams)	4 scoops (1 cup, 82.2 grams)	Per 100 grams
Iodine	-	-	-
Magnesium (mg)	24.33	97.33	118.41
Copper (mg)	0.10	0.38	0.46
Pantothenic Acid (mg)	0.14	0.54	0.66
Vitamin K (mcg)	0.14	0.56	0.68
Manganese (mg)	0.17	0.67	0.82
Selenium (mcg)	3.37	13.48	16.40
Zinc (mg)	0.35	1.41	1.72

Ordering Information

HCPCS Code: B4149

WSM Meal	Item #	Each UPC	Case UPC	First Databank NDC*	Medispan NDC*	Merative Redbook NDC*
Kale, Quinoa and Berries	7123	860002633503		60002-0633-50	60002-63350	60002-63350
Chicken, Peas and Carrots	7124	860002633510		60002-0633-51	60002-63351	60002-63351
Restore	7125	860002633527		60002-0633-52	60002-63352	60002-63352
Restore Fusion	7126	860002633534		60002-0633-53	60002-63353	60002-63353

*Medicare, Medicaid and health insurers may ask you to provide a National Drug Code / NDC number for insurance claims, billing or reimbursement purposes. Because our products are whole foods and do not constitute “drugs”, we have NDC format numbers specific to each database to use when asked for a NDC number for our products.



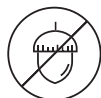
RESTORE RENAL SUPPORT

Real Food Powdered Meals for
Enteral Feeding and Meal Replacement

Made With All Natural Fruits, Vegetables, and Whole Grains

Cold Processed Ingredients

Promotes Kidney Health



Nut-Free



Gluten-Free



Dairy-Free



Soy-Free



Egg-Free

Whole
Foods

Low
Protein

Low
Potassium

Low
Phosphorus

Low
Sodium

8g Protein per Serving

2,000 Calories per Bag

Net wt. 16 oz (1lb/ 453.6g)



We're social, join the conversation!
 @wholestorymeals | #wholestorymeals | #tubieinthewild



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Nutrition Facts	
5 servings per container	
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Monounsaturated Fat 5.63g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 46g	17%
Dietary Fiber 8g	29%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0.08mcg	0%
Calcium 61.4mg	4%
Iron 2.52mg	15%
Potassium 382mg	8%
Vitamin A 87.2mcg	10%
Vitamin C 46.26mg	50%
Vitamin E 3.17mg	20%
Vitamin K 0.56mcg	0%
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SHAKE
with liquid of your choice



BOOST
additional nutrition for enteral meals



STIR
for a pureed meal

Transforming the Future of Enteral Nutrition

Directions: Each scoop (21g) of powder contains 100 calories. Choose the number of scoops you need based on the amount of calories you want in your meal. Mix the powder with water or liquid of your choice. We recommend 2 oz of liquid per scoop of powder. A shaker bottle with a wire whisk is best for mixing.

For additional calories, our powder can be mixed with other liquids. It can also be mixed into other forms of enteral meals such as traditional formula or blenderized meals for a calorie and nutrition boost.

For those consuming orally, mix with liquid of choice to reach desired thickness.

Ingredients: Millet, coconut oil, cold-processed golden flaxseeds, cold-processed sunflower seeds, cranberries, organic açai, mangoes, red bell peppers, organic quinoa, oats, beets, dextrin (a fiber).

No Artificial Ingredients

Nutrient Dense

No Added Sugars



Formulated by and manufactured for:
 Whole Story Meal, Inc.
 1823 Stampede Ave. STE A
 Cody, WY 82414
 307-222-0567

Processed in a facility that uses milk, eggs, peanuts, tree nuts, shellfish, and soy.

Our product is made from real food. Particle size may vary and clumping may occur. Store in a cool dry place. Packaged by weight, not by volume. Use within 30 days of opening. As with any real food product, variations in calorie and nutrient levels should be expected due to growing conditions. If a specific medical condition requires precise nutrient levels discuss this with medical team.