

Meal Replacement Shake

COMPLETE NUTRITION IN A GREAT-TASTING SHAKE



\$44.95 per box

(14 pouches)

T1361 - *Chocolate Mocha*

T1211 - *Vanilla*

T1251 - *Chocolate*

T2191 - *Berry*

D \$35.96 **A** \$26.97

Meal Replacement Shake

KEY BENEFITS:

- Only 220 calories
- Balanced meal for optimal nutrition and weight management
- 24 grams of easy-to-digest protein
- High in dietary fiber (5-6 grams)
- 50% of the Daily Value of calcium
- 26 vitamins and minerals
- 1:1 ratio of proteins to carbohydrates
- Low sodium and low fat

IS THIS YOU?

- Someone who wants a nutritious meal on the go
- Someone seeking a balanced, low-calorie meal for your diet and exercise program
- Someone seeking to lose or maintain weight in a healthy manner
- Someone who has limited gastric capacity or requires an easy-to-digest, light meal
- Someone looking for an additional source of protein to supplement your diet

THE ISSUE:

There are two major obstacles in today's culture that make healthy eating a formidable challenge. One obstacle is our schedule. Today's fast-paced lifestyle often has us rushing out the door to work or school with no time for breakfast. We often sacrifice good nutrition for convenience, opting for the high-fat combo meal or the nutrient-starved microwave dinner instead of a meal that's fresh and nutritious. The other obstacle is that even healthy options may not always be as balanced or complete as we need them to be. For example, the right amount of protein and other nutrients may also be high in calories and fat. It's difficult to take the time to prepare healthy meals on a regular basis, and yet that's exactly what our body needs to maintain steady energy levels.

THE SOLUTION: Meal Replacement Shake

Receive complete nutrition in a light, refreshing meal even when you're pressed for time or trying to lose weight. Available in chocolate mocha, berry, chocolate and vanilla flavors, Meal Replacement Shakes are easy to make and deliver balanced nutrition that taste delicious. More importantly, Meal Replacement Shakes offer a powerful combination of vitamins, minerals, protein, carbohydrates and fiber that are wholesome and easy to digest. With 26 vitamins and minerals and only 220 calories per serving, Meal Replacement Shakes are an excellent addition to your weight management program. They give you an alternative to high-calorie meals packed with sugars, fat and other empty calories, and provide the protein and nutrients you need to stay at your best.

One of the most distinguishable features of a Meal Replacement Shake is its protein content. Each shake packs 24 grams of easily digestible protein, more than twice what you'll find in many leading health shakes on the market. Because protein is the building block of muscle, and because muscle is your body's best engine for utilizing fat as an energy source, the protein in Meal Replacement Shake supports your body's ability to lower body fat. Furthermore, studies have shown that a 1:1 protein-to-carbohydrate ratio supports weight loss and provides sustained energy for healthy weight loss. Meal Replacement Shakes provide that optimal ratio to help facilitate healthy weight management.

Meal Replacement Shakes also provide the vitamins and minerals to make them one of the most well-rounded meals you can find. Nutrition authorities recommend that we consume at least 25 grams of fiber each day, although most of us only consume 12 to 15 grams. Each shake contains five grams of fiber (chocolate flavor includes six grams of fiber) to help make up for where your diet falls short. People who eat high-fiber diets are less likely to gain weight because fiber helps curb your appetite and supports regularity. Meal Replacement Shakes also address calcium intake. While it is recommended that most adults consume 1,000 to 1,200 mg of calcium each day, the majority of us consume only 500 to 800 mg. Calcium is vital not only for strengthening our bones and teeth, but it also plays a vital role in every cellular activity in our bodies. Meal Replacement Shakes provide 500 mg (50% DV) of calcium in every single serving.

Directions For Use:

For ages 12 and older.

Blend, shake or briskly stir contents of one pouch into 9 fluid ounces of cold water until smooth.

Can be blended with fresh or frozen fruit for flavor variety.

Key Ingredients:

Protein, calcium, fiber, iron, magnesium, vitamin D, zinc, vitamin A, potassium, riboflavin, vitamin C, vitamin B-12

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Meal Replacement Shake Chocolate Mocha

NUTRITION FACTS	
Serving Size: 1 pouch (2.08 oz/59g) [makes 9 fl oz prepared]	
Servings Per Container: 14	
Amount Per Serving	
Calories 220	Calories from fat 30
	%DV*
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 70mg	3%
Potassium 700mg	20%
Total Carbohydrate 24g	8%
Dietary Fiber 5g	20%
Sugars 12g	
Protein 24g	
Vitamin A 15%	• Vitamin C 15%
Calcium 50%	• Iron 20%
Vitamin D 15%	• Vitamin E 15%
Vitamin K 15%	• Thiamine 15%
Riboflavin 40%	• Niacin 15%
Vitamin B-6 15%	• Folic acid 15%
Vitamin B-12 20%	• Biotin 15%
Pantothenic acid 15%	• Phosphorus 30%
Iodine 20%	• Magnesium 40%
Zinc 15%	• Selenium 15%
Copper 20%	• Manganese 30%
Chromium 15%	• Molybdenum 30%
* Percent Daily Values (DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	Less than 3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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INGREDIENTS: PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE, MILK PROTEIN ISOLATE, L-GLUTAMINE, L-LYSINE, L-LEUCINE, L-ISOLEUCINE, L-VALINE), FRUCTOSE, VITAMIN AND MINERAL MIX (DICALCIUM PHOSPHATE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, CHOLINE BITARTRATE, ASCORBIC ACID, FERROUS FUMARATE, INOSITOL, D-ALPHA TOCOPHERYLACETATE (VITAMIN E), D-BIOTIN, NIACINAMIDE, ZINC OXIDE, L-SELENOMETHIONINE, MANGANESE SULFATE, D-CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, COPPER GLUCONATE, PHYTONADIONE (VITAMIN K1), CHROMIUM CITRATE, FOLIC ACID, CHOLECALCIFEROL (VITAMIN D3), RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HCL (VITAMIN B6), THIAMINE HCL (VITAMIN B1), CYANOCOBALAMIN (VITAMIN B12), SODIUM MOLYBDATE, POTASSIUM IODIDE), COCOA POWDER (PROCESSED WITH ALKALI), GUM ARABIC, MALTODEXTRIN, INSTANT COFFEE (DECAFFEINATED), GUAR GUM, NATURAL FLAVORS, XANTHAN GUM, MEDIUM CHAIN TRIGLYCERIDES, OAT FIBER, CELLULOSE POWDER, CITRUS PECTIN, SOY LECITHIN, SUCRALOSE, BROMELAIN, PAPAIN. **CONTAINS: SOY, TREE NUT AND MILK-BASED INGREDIENTS. THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUTS AND WHEAT-CONTAINING INGREDIENTS.**

Directions: Blend, shake or briskly stir contents of one pouch into 9 fluid ounces of cold water until smooth. Can be blended with fresh or frozen fruit for flavor variety.

Meal Replacement Shake Chocolate

NUTRITION FACTS	
Serving Size: 1 pouch (2.08 oz/59g) [makes 9 fl oz prepared]	
Servings Per Container: 14	
Amount Per Serving	
Calories 220	Calories from fat 30
	%DV*
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 80mg	3%
Potassium 700mg	20%
Total Carbohydrate 24g	8%
Dietary Fiber 6g	24%
Sugars 12g	
Protein 24g	
Vitamin A 15%	• Vitamin C 15%
Calcium 50%	• Iron 20%
Vitamin D 15%	• Vitamin E 15%
Vitamin K 15%	• Thiamine 15%
Riboflavin 40%	• Niacin 15%
Vitamin B-6 15%	• Folic acid 15%
Vitamin B-12 20%	• Biotin 15%
Pantothenic acid 15%	• Phosphorus 30%
Iodine 20%	• Magnesium 40%
Zinc 15%	• Selenium 15%
Copper 20%	• Manganese 30%
Chromium 15%	• Molybdenum 30%
* Percent Daily Values (DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	Less than 3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

T1251/02D0611

INGREDIENTS: PROTEIN CONCENTRATE (WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE, MILK PROTEIN ISOLATE, L-GLUTAMINE, L-LYSINE, L-LEUCINE, L-ISOLEUCINE, L-VALINE), CRYSTALLINE FRUCTOSE, VITAMIN/MINERAL MIX (DICALCIUM PHOSPHATE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, ASCORBIC ACID, CHOLINE BITARTRATE, FERROUS FUMARATE, INOSITOL, VITAMIN E ACETATE, ZINC OXIDE, NIACINAMIDE, VITAMIN A PALMITATE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, MANGANESE SULFATE, CHROMIUM CITRATE, RIBOFLAVIN, PYRIDOXINE HYDROCHLORIDE, SELENOMETHIONINE, THIAMINE HYDROCHLORIDE, BIOTIN, FOLIC ACID, PHYTONADIONE, CHOLECALCIFEROL, SODIUM MOLYBDATE, POTASSIUM IODIDE, CYANOCOBALAMIN), DUTCH COCOA (PROCESSED WITH ALKALI), MALTODEXTRIN, GUM ARABIC, NATURAL AND ARTIFICIAL FLAVORS, GUAR GUM, XANTHAN GUM, MEDIUM-CHAIN TRIGLYCERIDES, OAT FIBER, CELLULOSE POWDER, CITRUS PECTIN, SOY LECITHIN, SUCRALOSE, BROMELAIN, PAPAIN. **CONTAINS: SOY AND MILK-BASED INGREDIENTS. THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES TREE NUTS, PEANUTS AND WHEAT-CONTAINING INGREDIENTS.**

Directions: Blend, shake or briskly stir contents of one pouch into 9 fluid ounces of cold water until smooth. Can be blended with fresh or frozen fruit for flavor variety.

Meal Replacement Shake Berry

NUTRITION FACTS	
Serving Size: 1 pouch (2.08 oz/59g) [makes 9 fl oz prepared]	
Servings Per Container: 14	
Amount Per Serving	
Calories 220	Calories from fat 30
	%DV*
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 80mg	3%
Potassium 600mg	17%
Total Carbohydrate 24g	8%
Dietary Fiber 5g	20%
Sugars 12g	
Protein 24g	
Vitamin A 15%	• Vitamin C 15%
Calcium 50%	• Iron 20%
Vitamin D 15%	• Vitamin E 15%
Vitamin K 15%	• Thiamine 15%
Riboflavin 40%	• Niacin 15%
Vitamin B-6 15%	• Folic acid 15%
Vitamin B-12 20%	• Biotin 15%
Pantothenic acid 15%	• Phosphorus 30%
Iodine 20%	• Magnesium 40%
Zinc 15%	• Selenium 15%
Copper 20%	• Manganese 30%
Chromium 15%	• Molybdenum 30%
* Percent Daily Values (DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	Less than 3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

T2191/02D0611

INGREDIENTS: PROTEIN CONCENTRATE (WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE, MILK PROTEIN ISOLATE, L-GLUTAMINE, L-LYSINE, L-LEUCINE, L-ISOLEUCINE, L-VALINE), CRYSTALLINE FRUCTOSE, VITAMIN/MINERAL MIX (DICALCIUM PHOSPHATE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, ASCORBIC ACID, CHOLINE BITARTRATE, FERROUS FUMARATE, INOSITOL, VITAMIN E ACETATE, ZINC OXIDE, NIACINAMIDE, VITAMIN A PALMITATE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, MANGANESE SULFATE, CHROMIUM CITRATE, RIBOFLAVIN, PYRIDOXINE HYDROCHLORIDE, SELENOMETHIONINE, THIAMINE HYDROCHLORIDE, BIOTIN, FOLIC ACID, PHYTONADIONE, CHOLECALCIFEROL, SODIUM MOLYBDATE, POTASSIUM IODIDE, CYANOCOBALAMIN), MALTODEXTRIN, GUM ARABIC, NATURAL AND ARTIFICIAL FLAVORS, GUAR GUM, BEET ROOT EXTRACT (FOR COLOR), XANTHAN GUM, MEDIUM-CHAIN TRIGLYCERIDES, CITRIC ACID, MALIC ACID, OAT FIBER, CELLULOSE POWDER, CITRUS PECTIN, SOY LECITHIN, SUCRALOSE, BROMELAIN, PAPAINE. **CONTAINS: SOY AND MILK-BASED INGREDIENTS. THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES TREE NUTS, PEANUTS AND WHEAT-CONTAINING INGREDIENTS.**

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