SUGGESTED USE Mix one scoop (just over two tablespoons) of **SECURE** in 6 to 12 ounces of water, juice or non-fat milk. Use more or less liquid to achieve the desired flavor intensity. You can also make a delicious "smoothie" by adding non-fat yogurt, juice, ice and fresh or frozen fruit. **SECURE** provides a delicious, low fat source of healthy protein, vitamins and minerals that makes the ideal meal, snack or dessert replacement that fits perfectly into any weight-management plan. **SECURE** is not intended to be a primary source of calories, food or meals, but to serve as an occasional meal replacement to achieve one's weight management goals. This product is most effective as part of a healthy, nutritious diet and active lifestyle, along with one of ANDREW LESSMAN'S multi-vitamin-mineral formulas. For answers to questions

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about the use of this product, call 800.808.7311.



- CHOCOLATE -

COMPLETE MEAL REPLACEMENT

ONLY 67 CALORIES · LOW FAT · LOW SODIUM

21 VITAMINS AND MINERALS • 200 MG CALCIUM • 7 GRAMS SOY PROTEIN



Ingredients: Non-GMO Soy Protein Isolate, Fructose, Non-dairy Vegetarian Creamer (Trans Fat Free), Maltodextrin (soluble dietary fiber), Cocoa Powder, Calcium Citrate, Natural & Artificial Flavors. **Contains 2 Percent or less of:** Magnesium Oxide, Calcium Ascorbate, Acesulfame Potassium (non-nutritive sweetener), Sucralose (non-nutritive sweetener), d-alpha copheryl Acetate, Potassium Citrate, Niacinamide, Calcium Pantothenate, Cholecalciferol, Zinc Citrate, Folic Acid, Selenium-Methionine Complex, Pyridoxine Hydrochloride, Methylcobalamin (Proprietary Protective Methyl B12 Matrix), Thiamin Hydrochloride, Riboflavin, Chromium Nicotinate, Biotin. Contains Soy.

SECURE COMPLETE MEAL REPLACEMENT is a great tasting	NI			
chocolate meal replacement shake that, at only 67 calories ,	Nutrition Serving Size	n Fact	IS 1 Scoop (19g	()/G1/ ton)
is also the world's lowest calorie. It is also a healthy source	Servings Per C	ontainer	1 3coop (13g	60 60
•	Amount Per Se	rving		
of protein, fiber and 21 essential vitamins and minerals. Each	Calories			67
delicious and satisfying serving delivers 7 grams of heart and	Calories from	om Fat		15
bone healthy non-GMO soy protein. For those counting "carbs",				%DV*
SECURE delivers only 5 grams of carbohydrate with 2 grams	Total Fat		1.5g	2%
of healthy fiber and provides between 50% and 200% of the	Saturated	Fat	0g	0%
RDI of 10 essential vitamins, plus 10 vital minerals, including	Trans Fat		Og	
200 milligrams of Calcium. Soy has long been a staple food in	Cholesterol		0 mg	0%
the healthy Asian diet and non-GMO soy protein is the highest	Sodium		60 mg	2%
	Potassium		160 mg	5%
quality, complete, non-animal protein available today with a	Total Carbon	•	7g	2% 8%
long list of scientific research attesting to its myriad health	Dietary Fib	er	2g	8%
and weight-loss benefits. SECURE 's rich flavor and texture also	Sugars Protein		5g 7g	14%
makes it easier to enjoy a reduced caloric intake, while also	Soy Protein		7g 7g	
ensuring an abundant supply of vitamins, minerals, protein,			_	000/
fiber and phytonutrients. SECURE is designed to be the best	Vitamin C Iron	100%	Calcium	20% 100%
tasting, reduced calorie meal replacement available, providing	Vitamin E	50%	Vitamin D3 Vitamin B1	50%
a highly concentrated source of the vitamins, minerals, fiber	Vitamin B2	50%	Niacin	50%
and protein you seek without the abundant calories, sugar,	Pantothenic /		Vitamin B6	50%
	Vitamin B12	200%	Folic Acid	25%
carbohydrate or fat you seek to avoid. Nutrient-rich SECURE	Biotin	50%	Phosphorus	6%
is designed to be more than the most extraordinary meal	Magnesium	25%	Zinc	10%
replacement on paper, but also the most impressive and	Selenium	35%	Copper	4%
delicious in your mouth as well. Controlling our intake of	Chromium	50%	сорро.	
food can be difficult, but SECURE 's great taste and caloric			sed on a 2,000 calori	e diet.
composition make it easy and enjoyable to embrace a weight-	Your daily values ma	ay be higher or lo Calories:	wer depending on your 2,000	r calorie needs: 2,500
loss regimen that actually works.	Total Fat	Less than	65 g	80 g
These statements have not been evaluated by the Food and Drug Administration. This product is	Sat Fat	Less than	20 g	25 g
not intended to diagnose, treat, cure or prevent any disease.	Cholesterol	Less than	300 mg	300 mg

	Calories:	2,000	2,500
otal Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
holesterol	Less than	300 mg	300 mg
odium	Less than	2,400 mg	2,400 m
otal Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

SUGGESTED USE Mix one scoop (just over two tablespoons) of **SECURE** in 6 to 12 ounces of water, juice or non-fat milk. Use more or less liquid to achieve the desired flavor intensity. You can also make a delicious "smoothie" by adding non-fat yogurt, juice, ice and fresh or frozen fruit. **SECURE** provides a delicious, low fat source of healthy protein, vitamins and minerals that makes the ideal meal, snack or dessert replacement that fits perfectly into any weight-management plan. **SECURE** is not intended to be a primary source of calories, food or meals, but to serve as an occasional meal replacement to achieve one's weight management goals. This product is most effective as part of a healthy, nutritious diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions**

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about the use of this product, call 800.808.7311.



- COFFEE -

SECURE COMPLETE MEAL REPLACEMENT

ONLY 70 CALORIES · LOW FAT · LOW SODIUM

21 VITAMINS AND MINERALS • 200 MG CALCIUM • 7 GRAMS SOY PROTEIN



coffee meal replacement shake that, at only 70 calories, is also the world's lowest calorie. It is also a healthy source of protein, fiber and 21 essential vitamins and minerals. Each delicious and satisfying serving delivers 7 grams of heart and bone healthy non-GMO soy protein. For those counting "carbs", **SECURE** delivers only 5 grams of carbohydrate with 2 grams of healthy fiber and provides between 50% and 200% of the RDI of 10 essential vitamins, plus 10 vital minerals, including 200 milligrams of Calcium. Soy has long been a staple food in the healthy Asian diet and non-GMO soy protein is the highest quality, complete, non-animal protein available today with a long list of scientific research attesting to its myriad health and weight-loss benefits. **SECURE**'s rich flavor and texture also makes it easier to enjoy a reduced caloric intake, while also ensuring an abundant supply of vitamins, minerals, protein, fiber and phytonutrients. **SECURE** is designed to be the best tasting, reduced calorie meal replacement available, providing a highly concentrated source of the vitamins, minerals, fiber and protein you seek without the abundant calories, sugar, carbohydrate or fat you seek to avoid. Nutrient-rich SECURE is designed to be more than the most extraordinary meal replacement on paper, but also the most impressive and delicious in your mouth as well. Controlling our intake of food can be difficult, but SECURE's great taste and caloric composition make it easy and enjoyable to embrace a weightloss regimen that actually works.

SECURE COMPLETE MEAL REPLACEMENT is a great tasting

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Interniteritue to diagnose, teat, cure or prevent any disease. Ingredients: Non-GMO Soy Protein Isolate, Fructose, Non-dairy Vegetarian Creamer (Trans Fat Free), Natural & Artificial Flavor, Maltodextrin (soluble dietary fiber), Calcium Citrate, Coffee Powder. Contains 2 Percent or less of: Magnesium Oxide, Calcium Ascorbate, Acesulfame Potassium (non-nutritive sweetener), Sucralose (non-nutritive sweetener), d-alpha Tocopheryl Acetate, Potassium Citrate, Niacinamide, Calcium Pantothenate, Cholecaliefroni, Zinc Citrate, Folic Acid, Selenium-Methionine Complex, Pyridoxine Hydrochloride, Methylcobalamin (Proprietary Protective Methyl B12 Matrix), Thiamin Hydrochloride, Riboflavin, Chromium Nicotinate, Biotin, Contains Soy.

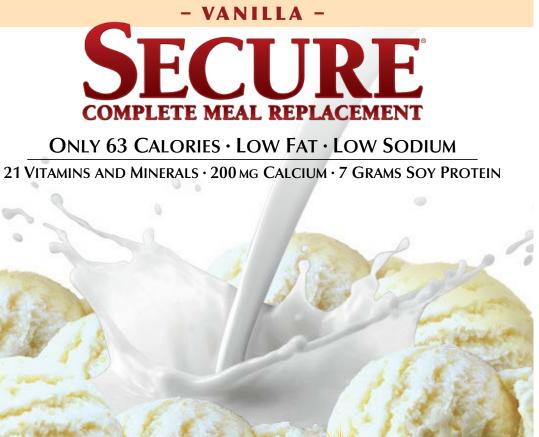
Servings Per Contai Amount Per Serving			6
Calories			70
Calories from F	at		1
			%DV
Total Fat		1.5g	29
Saturated Fat		0g	09
Trans Fat		0g	
Cholesterol		0 mg	09
Sodium		60 mg	29
Potassium		190 mg	59
Total Carbohydra	ate	7g	29
Dietary Fiber		2g	89
Sugars		5g	
Protein		7g	149
Soy Protein		7g	
Vitamin C	100%	Calcium	20%
Iron	4%	Vitamin D3	100%
Vitamin E	50%	Vitamin B1	50%
Vitamin B2	50%	Niacin	50%
Pantothenic Acid	50%	Vitamin B6	50%
Vitamin B12	200%	Folic Acid	25%
Biotin	50%	Phosphorus	69
Magnesium	25%	Zinc	109
Selenium	35%	Copper	49
Chromium	50%		

	Calories:	2,000	2,500
otal Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
holesterol	Less than	300 mg	300 mg
odium	Less than	2,400 mg	2,400 m
otal Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

SUGGESTED USE Mix one scoop (two level tablespoons) of **SECURE** in 6 to 12 ounces of water, juice or non-fat milk. Use more or less liquid to achieve the desired flavor intensity. You can also make a delicious "smoothie" by adding non-fat yogurt, juice, ice and fresh or frozen fruit. **SECURE** provides a delicious, low fat source of healthy protein, vitamins and minerals that makes the ideal meal, snack or dessert replacement that fits perfectly into any weight-management plan. **SECURE** is not intended to be a primary source of calories, food or meals, but to serve as an occasional meal replacement to achieve one's weight management goals. This product is most effective as part of a healthy, nutritious diet and active lifestyle, along with one of ANDREW LESSMAN'S multivitamin-mineral formulas. For answers to questions about the use of this product, call 800.808.7311.

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Ingredients: Non-GMO Soy Protein Isolate, Fructose, Non-dairy Vegetarian Creamer (Trans Fat Free), Maltodextrin (soluble dietary fiber), Calcium Citrate. Contains 2 Percent or less of: Natural & Artificial Flavors, Magnesium Oxide, Calcium Acesulfame Potassium (non-nutritive sweetener), Sucralose (non-nutritive sweetener), d-alpha Tocopheryl Acetate, Potassium Citrate, Niacinamide, Calcium Pantothenate, Cholecalciferol, Zinc Citrate, Folic Acid, Selenium Methionine Complex, Pyridoxine Hydrochloride, Methylcobalamin (Proprietary Protective Methyl B12 Matrix), Thiamin Hydrochloride, Riboflavin, Chromium Nicotinate, Biotin. Contains Soy.

	SECURE COMPLETE MEAL REPLACEMENT is a great tasting vanilla meal replacement shake that, at <i>only</i> 63 <i>calories</i> , is also the world's lowest calorie. It is also a healthy source of	Nutrition Serving Size Servings Per Cor		'S 1 Scoop (1
	protein, fiber and 21 essential vitamins and minerals. Each	Amount Per Serv	ing	
		Calories		
	delicious and satisfying serving delivers 7 grams of heart and	Calories from	n Fat	
	bone healthy non-GMO soy protein. For those counting "carbs",			4.5.
	SECURE delivers only 5 grams of carbohydrate with 2 grams	Total Fat	- 4	1.5g
	of healthy fiber and provides between 50% and 200% of the	Saturated Fa	Jξ	0g
	RDI of 10 essential vitamins, plus 10 vital minerals, including	Trans Fat Cholesterol		0g
	200 milligrams of Calcium. Soy has long been a staple food in	Sodium		0 mg
	the healthy Asian diet and non-GMO soy protein is the highest	Potassium		60 mg 100 mg
	quality, complete, non-animal protein available today with a	Total Carbohy	drate	7g
	long list of scientific research attesting to its myriad health	Dietary Fibe		2g
		Sugars		5g
	and weight-loss benefits. SECURE 's rich flavor and texture also	Protein		7g
pi gi	makes it easier to enjoy a reduced caloric intake, while also	Soy Protein		7g
į	ensuring an abundant supply of vitamins, minerals, protein,	Vitamin C	100%	Calcium
	fiber and phytonutrients. SECURE is designed to be the best	Iron	4%	Vitamin D3
	tasting, reduced calorie meal replacement available, providing	Vitamin E	50%	Vitamin B1
	a highly concentrated source of the vitamins, minerals, fiber	Vitamin B2	50%	Niacin
ì	and protein you seek without the abundant calories, sugar,	Pantothenic Ad	oid 50%	Vitamin B6
	carbohydrate or fat you seek to avoid. Nutrient-rich SECURE	Vitamin B12	200%	Folic Acid
	is designed to be more than the most extraordinary meal	Biotin	50%	Phosphorus
١	replacement on paper, but also the most impressive and	Magnesium	25%	Zinc
7	delicious in your mouth as well. Controlling our intake of	Selenium	35%	Copper
		Chromium	50%	
	food can be difficult, but SECURE 's great taste and caloric	* Percent Daily Value Your daily values may		
	composition make it easy and enjoyable to embrace a weight-		Calories:	2,000
	loss regimen that actually works.	Total Fat	Less than	65 g
	These statements have not been evaluated by the Food and Drug Administration. This product is	Sat Fat Cholesterol	Less than Less than	20 g 300 mg
	not intended to diagnose, treat, cure or prevent any disease.			

	0070			
Vitamin B12	200%	Folic Acid	259	
Biotin	50%	Phosphorus	69	
Magnesium	25%	Zinc	109	
Selenium	35%	Copper	49	
Chromium	50%			
* Percent Daily Values (%DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need				
	Calories:	2,000	2,500	
Total Fat	Less than	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	
Calories per gram:	Fat 9	Carbohydrate 4	Protein 4	

1 Scoop (18g) (6 tsp.)

%DV*

14%

20%

100%

50%

50%

50%

ALL-SOLAI

ANDREW'S FAVORITE SOUPS

FOR-

WELLNESS AND WEIGHT-LOSS



BY MURIEL ANGOT
WITH ANDREW LESSMAN

ANDREW AND MURIEL'S HEALTHY VEGGIES MADE DELICIOUS

CRUCIFEROUS, LEAFY GREENS AND MORE



BY MURIEL ANGOT
WITH ANDREW LESSMAN