

- CHOCOLATE -

SECURE

COMPLETE MEAL REPLACEMENT

ONLY 67 CALORIES • LOW FAT • LOW SODIUM

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



PROCAPS
LABORATORIES

ALL-SOLAR
MANUFACTURING

40.2 oz (2.5 lb) (1.14 kg) • 60 Servings

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 about the use of this product, call 800.808.7311.**

This package is sold by weight not by volume. It contains the full weight indicated on the label. Settling of contents can occur during shipment.



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Purity. Quality. Integrity. Effectiveness.

Andrew Lessman
Andrew Lessman
Founder of PROCAPS LABS

THIS PRODUCT IS ONLY AVAILABLE FROM



800.944.9999
www.HSN.COM



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SECURE COMPLETE MEAL REPLACEMENT is a great tasting chocolate meal replacement shake that, at **only 67 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 weight-loss regimen that actually works.

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.

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 Tocopheryl Acetate, Potassium Citrate, Nicotinamide, 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.**

Nutrition Facts

Serving Size	1 Scoop (19g) (6½ tsp.)		
Servings Per Container	60		
Amount Per Serving			
Calories	67		
Calories from Fat	15		
		%DV*	
Total Fat	1.5g	2%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	60mg	2%	
Potassium	160mg	5%	
Total Carbohydrate	7g	2%	
Dietary Fiber	2g	8%	
Sugars	5g		
Protein	7g	14%	
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	6%
Magnesium	25%	Zinc	10%
Selenium	35%	Copper	4%
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 needs:			
	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

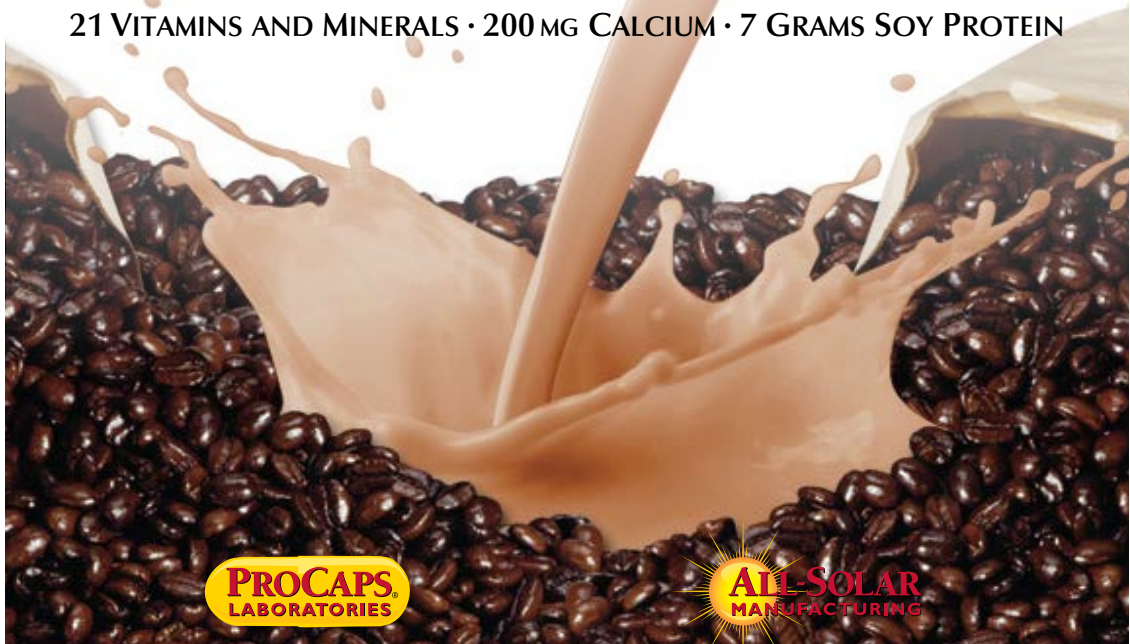
- COFFEE -

SECURE

COMPLETE MEAL REPLACEMENT

ONLY 70 CALORIES • LOW FAT • LOW SODIUM

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



42.3 oz (2.6 lb) (1.2 kg) • 60 Servings

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 about the use of this product, call 800.808.7311.**

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SECURE COMPLETE MEAL REPLACEMENT is a great tasting 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 weight-loss regimen that actually works.

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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, Nicotinamide, 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.**

Nutrition Facts			
Serving Size	1 Scoop (20g) (6½ tsp.)		
Servings Per Container	60		
Amount Per Serving			
Calories	70		
Calories from Fat	15		
			%DV*
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	60mg		2%
Potassium	190mg		5%
Total Carbohydrate	7g		2%
Dietary Fiber	2g		8%
Sugars	5g		
Protein	7g		14%
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	6%
Magnesium	25%	Zinc	10%
Selenium	35%	Copper	4%
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 needs:

	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

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** multi-vitamin-mineral formulas. **For answers to questions about the use of this product, call 800.808.7311.**

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- VANILLA -

SECURE

COMPLETE MEAL REPLACEMENT

ONLY 63 CALORIES • LOW FAT • LOW SODIUM

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



38.1 oz (2.4 lb) (1.08 kg) • 60 Servings

SECURE COMPLETE MEAL REPLACEMENT is a great tasting vanilla meal replacement shake that, at **only 63 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 weight-loss regimen that actually works.

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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 Ascorbate, 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.**

Nutrition Facts

Serving Size **1 Scoop (18g) (6 tsp.)**
Servings Per Container **60**

Amount Per Serving

Calories 63

Calories from Fat **15**

%DV*

Total Fat 1.5g 2%

Saturated Fat **0g 0%**

Trans Fat **0g**

Cholesterol 0mg 0%

Sodium 60mg 2%

Potassium 100mg 3%

Total Carbohydrate 7g 2%

Dietary Fiber **2g 8%**

Sugars **5g**

Protein 7g 14%

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 **6%**

Magnesium **25%** Zinc **10%**

Selenium **35%** Copper **4%**

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 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**

Total Carbohydrate **300g 375g**

Dietary Fiber **25g 30g**

Calories per gram: Fat 9 Carbohydrate 4 Protein 4

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