

SUGGESTED USE Mix one scoop of **SECURE WHEY** 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 WHEY** 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 WHEY** 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.

UNSURPASSED.
Purity. Quality. Integrity. Effectiveness.

Andrew Lessman
Founder of PROCAPS LABS

THIS PRODUCT IS ONLY AVAILABLE FROM

800.944.9999
WWW.HSN.COM

800.800.1200
PROCAPSLABS.COM

- CHOCOLATE -

SECURE® WHEY

COMPLETE MEAL REPLACEMENT

ONLY 67 CALORIES • LOW FAT • LOW SODIUM

22 VITAMINS AND MINERALS • 200 MG CALCIUM • MIXES INSTANTLY

7 GRAMS HIGH QUALITY WHEY PROTEIN PER SERVING



**PROCAPS
LABORATORIES**

**ALL-SOLAR
MANUFACTURING**

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

SECURE WHEY is a whey-protein based version of our great tasting **SECURE** Meal Replacement. It makes a delicious chocolate shake that, **at less than 70 calories**, also happens to be a highly nutritious **ultra-low calorie meal replacement** delivering 22 vitamins and minerals, as well as a healthy source of protein and fiber. Each delicious and satisfying serving contains **only 67 calories** and delivers 7 grams of ultra-high quality whey protein. For those counting “carbs”, **SECURE WHEY** delivers only 5 grams of carbohydrate with 2 grams of healthy fiber. Plus, **SECURE WHEY** provides between 50% and 200% of the RDI of 11 essential vitamins, plus 10 vital minerals, including 200 milligrams of Calcium. Our exceptional quality whey protein is non-GMO (not genetically modified) and contains the highest complement of essential and branched chain amino acids – almost identical to that of human muscle. **SECURE WHEY** makes it easier to enjoy a reduced caloric intake, while also ensuring an abundant supply of vitamins, minerals, protein, fiber and phytonutrients. **SECURE WHEY** is designed to be the best tasting, lowest 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 WHEY** 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 WHEY’s** great taste and substantially reduced calorie content makes it easy and enjoyable.

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: Instantized Whey Protein Isolate (Non-GMO Whey Protein Isolate and Sunflower Oil), 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, Potassium Citrate, Natural Beta-Carotene, Acesulfame Potassium (non-nutritive sweetener), Sucralose (non-nutritive sweetener), d-alpha Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Cholecalciferol, Zinc Citrate, Folic Acid, Selenium-Methionine Complex, Pyridoxine Hydrochloride, Cyanocobalamin (Proprietary Protective B12 Matrix), Thiamin Hydrochloride, Riboflavin, Chromium Nicotinate, Biotin. **Contains Milk.**

Nutrition Facts

Serving Size	1 Scoop (19g)		
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	30mg	1%	
Potassium	100mg	3%	
Total Carbohydrate	7g	2%	
Dietary Fiber	2g	8%	
Sugars	5g		
Protein	7g	14%	
Whey Protein	7g		
Vitamin A	10%	Vitamin C	100%
Calcium	20%	Iron	2%
Vitamin D3	100%	Vitamin E	50%
Vitamin B1	50%	Vitamin B2	50%
Niacin	50%	Vitamin B6	50%
Folic Acid	50%	Vitamin B12	200%
Biotin	50%	Pantothenic Acid	50%
Phosphorus	2%	Magnesium	25%
Zinc	8%	Selenium	35%
Copper	2%	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