

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.**

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

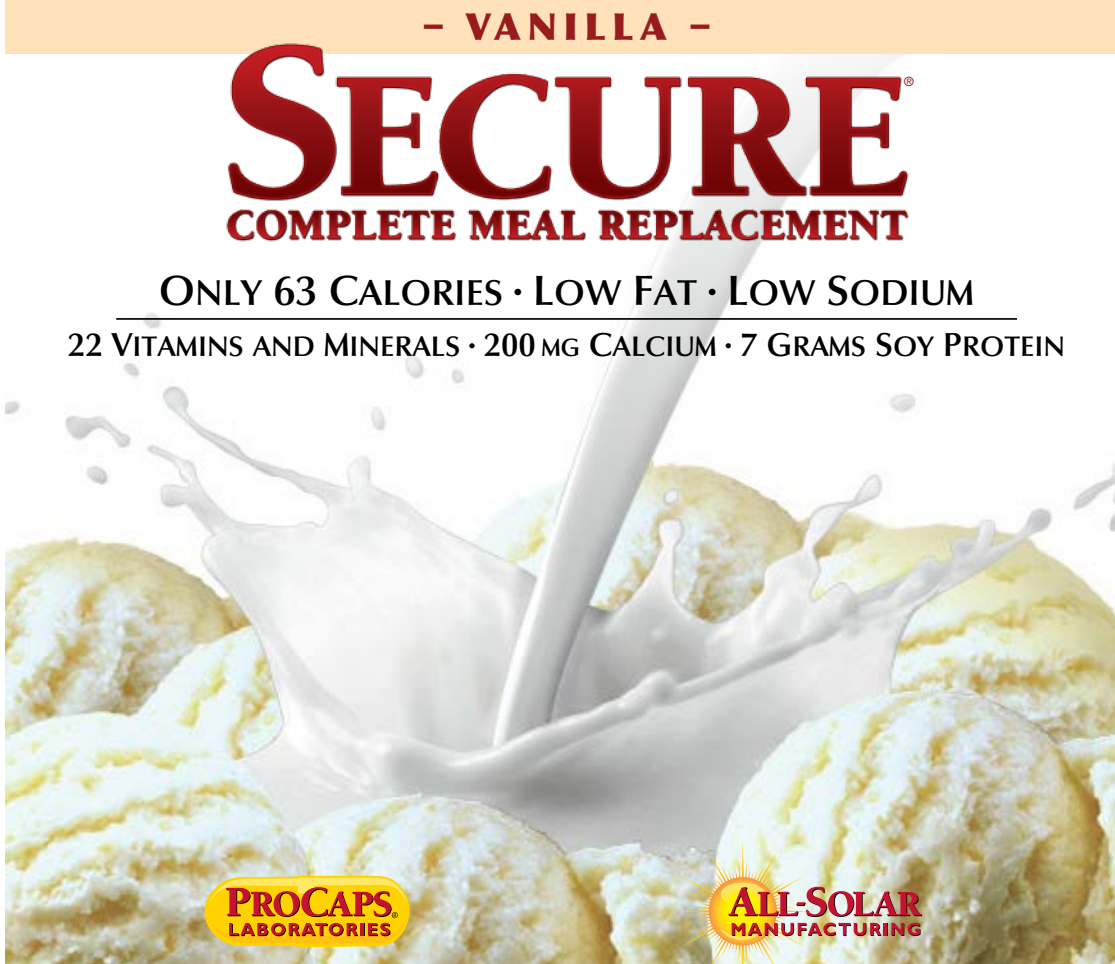
THIS PRODUCT IS ONLY AVAILABLE FROM



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ONLY 63 CALORIES • LOW FAT • LOW SODIUM
22 VITAMINS AND MINERALS • 200 MG CALCIUM • 7 GRAMS SOY PROTEIN

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

SECURE is a great tasting vanilla shake that, at **only 63 calories**, may also be the world's lowest calorie meal replacement. It is also a healthy source of protein, fiber and 22 essential vitamins and minerals. Each delicious and satisfying serving also 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. Plus, **SECURE** 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 non-animal protein available today with a long list of scientific research attesting to its myriad health and weight-loss benefits. **SECURE** 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 substantially reduced calorie content makes it easy and enjoyable to embrace a regimen that 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), Calcium Citrate. **Contains 2 Percent or less of:** Natural & Artificial Flavors, Magnesium Oxide, Calcium Ascorbate, Natural Beta-Carotene, 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 A	10%	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