

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



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- MIXED BERRY -

SECURE

COMPLETE MEAL REPLACEMENT

ONLY 67 CALORIES • LOW FAT • LOW SODIUM

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



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

SECURE is a great tasting mixed berry shake that, at **only 67 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 6 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), Natural & Artificial Flavors, Calcium Citrate. **Contains 2 Percent or less of:** 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 (19g) (6 ½ 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 | 100mg | 3% |
| Total Carbohydrate | 8g | 3% |
| Dietary Fiber | 2g | 8% |
| Sugars | 6g | |
| 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 |