

SUGGESTED USE Mix one scoop (just over two tablespoons) of SECURE WHEY in 6 to 12 ounces of water, juice, non-fat milk, smoothie, etc. Use more or less liquid to achieve the desired flavor intensity. SECURE WHEY is so nutritious and low in calories, it provides the flexibility to be a healthy delicious meal or snack that will fit perfectly into any weight-management plan. SECURE WHEY is not intended to be used as an exclusive source of nutrition, but to be used once or twice daily to help achieve one's weight management goals. **For answers to questions about the use of this product call 800.332.7799.**

FOR OVER 40 YEARS
Unsurpassed Purity, Quality and Efficacy

100% SOLAR PRODUCTION | ZERO CARBON FOOTPRINT

*We Remain Uniquely Committed
to You and the Planet.
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PROCAPS

Andrew Lessman
Andrew Lessman, Founder

QUESTIONS? | REORDERS?

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Manufactured by ProCaps Labs, Henderson, NV 89011

ANDREW LESSMAN



PROCAPS

DELICIOUS & NUTRITIOUS
VANILLA

SECURE WHEY

Complete Meal Replacement

Only 63 Calories | Low Fat | Low Sodium | Lactose-Free
19 Vitamins & Minerals | Non-GMO Whey Protein | Gluten-Free



38.1 oz (2.4 lb) (1.1 kg) | **60** Servings

ALL SOLAR MFG. | ZERO CARBON FOOTPRINT | MANUFACTURER DIRECT

Andrew Lessman's SECURE WHEY COMPLETE MEAL REPLACEMENT is a whey-protein based version of our great tasting vanilla shake that, at only 63 calories, is also the world's lowest calorie meal replacement. It is also a healthy source of protein, fiber and 19 essential vitamins and minerals. Each delicious and satisfying serving 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 and provides between 50% and 500% of the RDI of 10 essential vitamins, plus 8 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'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 WHEY 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 all of the undesirable calories, sugar, carbohydrate or fat you seek to avoid. Nutrient-rich SECURE WHEY is designed to be more than the most impressive meal replacement on paper, but also the most delicious in your mouth as well. Controlling our intake of food can be difficult, but SECURE WHEY's great taste and caloric composition make it easy and enjoyable to embrace a weight-loss regimen that actually works.

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), Calcium Citrate. **Contains 2 Percent or less of:** Natural & Artificial Flavors, Potassium Citrate, Magnesium Oxide, Calcium Ascorbate, 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, Methylcobalamin (Proprietary Protective Methyl B12 Matrix), Thiamin Hydrochloride, Riboflavin, Chromium Nicotinate, Biotin. **Contains Milk.**

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.

Nutrition Facts

60 servings per container	
Serving size	1 Scoop (18g) (6 1/2 tsp.)
Amount per serving	
Calories	63
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 7g	14%
Whey Protein 7g	
Vitamin D3 10 mcg (400 IU)	50%
Calcium 200 mg	15%
Iron 0 mg	0%
Potassium 100 mg	2%
Vitamin C 60 mg	70%
Vitamin E 10 mg (15 IU)	70%
Vitamin B1 0.8 mg	70%
Vitamin B2 0.9 mg	70%
Niacin 10 mg	60%
Pantothenic Acid 5 mg	100%
Vitamin B6 1 mg	60%
Vitamin B12 12 mcg	500%
Folate 167 mcg DFE (100 mcg folic acid)	40%
Biotin 150 mcg	500%
Phosphorus 20 mg	2%
Magnesium 100 mg	25%
Zinc 1 mg	10%
Selenium 25 mcg	45%
Copper 0 mg	0%
Chromium 60 mcg	170%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.