

- COFFEE -

SECURE[®]

COMPLETE MEAL REPLACEMENT

ONLY 70 CALORIES • LOW FAT • LOW SODIUM

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



0.71 oz (20 g) • 1 Serving

SUGGESTED USE Mix one packet 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.**

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, 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.**



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Nutrition Facts

Serving Size **1 Packet (20g)**
Servings Per Container **1**

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 120mg **4%**

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% Vitamin B6 50%

Folic Acid 25% Vitamin B12 200%

Biotin 50% Pantothenic Acid 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