

SUGGESTED USE Mix one scoop 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.

THIS PRODUCT IS
ONLY AVAILABLE FROM



800.944.9999
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– VANILLA –

SECURE

COMPLETE MEAL REPLACEMENT
with ACETYL L-CARNITINE 250

ONLY 63 CALORIES • LOW FAT • LOW SODIUM

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



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

SECURE COMPLETE MEAL REPLACEMENT with ACETYL L-CARNITINE is a great tasting vanilla meal replacement shake that, at *only 63 calories*, is also the world’s lowest calorie. It is also a healthy source of protein, fiber and 22 essential vitamins and minerals, along with the essential fat-metabolizing nutrient Acetyl L-Carnitine (**ALC**). Each delicious and satisfying serving 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 and provides between 50% and 200% of the RDI of 11 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, complete, non-animal protein available today with a long list of scientific research attesting to its myriad health and weight-loss benefits. **SECURE with ALC** provides high levels of **Acetyl L-Carnitine (ALC)** because of its essential role in fat burning metabolism and energy production. In fact, Carnitine is required for ALL fat metabolism, since without Carnitine, we would not be able to move fat to the site in our cell’s mitochondria where it can be burned. Carnitine’s essential role in all fat burning metabolism is not just critical for weight loss, but also for the optimum functioning of our most energy intensive organs, such as the brain and heart. **SECURE’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** 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 with ALC** 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 caloric composition make it easy and enjoyable to embrace a weight-loss regimen that actually 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, Acetyl L-Carnitine, 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)	
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%	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%
Acetyl L-Carnitine	250 mg	†	
* Percent Daily Values (%DV) are based on a 2,000 calorie diet. † Daily Value not established. 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