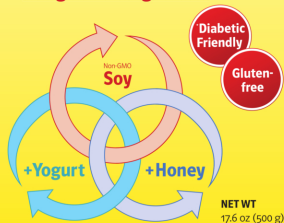


Diet Plan
under the lid

Almased®

Dietary Supplement for Weight Management



...simply because it works
Dietary Supplement

Clinically Tested*

Unique Fermentation Process

All-Natural

NO artificial fillers, flavors, added sugars, preservatives or stimulants

Low glycemic index (27) and extremely low glycemic load (4)

See bottom for Lot# and expiration date.

To order or find a location near you, please call **1-800-ALMASED** (1-800-256-2733), or visit our website at www.almased.com

Manufactured for and distributed in the USA by Almased USA, Inc., St. Petersburg, FL 33711.



Supplement Facts

Serving Size: 8 tablespoons (50 g)
Servings per container: 10

Amount per Serving	% Daily Value*
Calories 180	
Calories from Fat 9	
Total Fat 1.0 g*	1.5%
Saturated Fat 0.5 g*	2.5%
Trans Fat 0 g	**
Polyunsaturated Fat 0.1 g	**
Monounsaturated Fat 0.4 g	**
Cholesterol 3 mg	1%
Sodium 340 mg	15%
Potassium 500 mg	14%
Total Carbohydrates 15 g*	6%
Dietary Fiber 0.5 g*	2%
Sugars 15 g	**
Protein 27 g*	54%
Vitamin A 794 IU	16%
Vitamin C 16 mg	27%
Vitamin E 6 IU	20%
Thiamin (Vitamin B1) .5 mg	33%
Riboflavin (Vitamin B2) 6 mg	350%
Vitamin B6 .7 mg	35%
Calcium 215 mg	22%
Iron 4.9 mg	27%

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Ingredients: Soy Protein Isolate, Honey, Skim Milk Yogurt Powder, Potassium Chloride, Magnesium Carbonate, Calcium Citrate, Vitamin C, Niacin, Color Additive: Riboflavin (Vitamin B2), Vitamin E, Zinc Oxide, Ferrous Fumarate, Manganese Sulfate, Calcium Pantothenate, Vitamin B2, Vitamin B6, Vitamin B1, Vitamin A, Folic Acid, Potassium Iodide, Sodium Selenite, Biotin, Vitamin D3, Vitamin B12

Essential and Potentially Essential Amino Acid Content of Protein Ingredients			
Amino Acid	Per Serving 50 g		
L Tyrosine	950 mg	L Leucine	2300 mg
L Methionine	400 mg	L Isoleucine	1400 mg
L Cystine	300 mg	L Valine	1400 mg
L Lysine	1550 mg	L Histidine	700 mg
L Threonine	950 mg	L Arginine	1800 mg
L Tryptophan	400 mg	L Phenylalanine	1300 mg

This product contains naturally occurring essential branched-chain amino acids and digestive enzymes from honey.

The Almased Weight Loss Phenomenon™

Speeds up and improves the metabolism. Reduce weight. Revitalize energy. Restore wellness.*

- Supported by over 30 years of experience and research.
- Formulated in Germany with a unique fermentation process that enables nutrients to be absorbed quickly into the bloodstream.
- Supports the retention of muscle mass while losing fat.*
- Supports digestive and immune system function with probiotics and enzymes.*
- Helps to control hunger through high amount of quality protein.*

Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of Almased provides 25 grams of soy protein.

TRY THIS!

A customer favorite: Cinnamon Roll Shake

- 8 tbsp Almased
- 12 oz unsweetened vanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



Amount per Serving: 240 calories, 29 g protein, 18 g carbs, 6 g fat.

GENERAL DOSAGE

For additional information and individual serving size recommendations, please see the instructions under the lid of the can.

NOTES

This package is sold by weight not volume. Contents may settle during shipping. Store in a dry, cool place. Best if purchased before (see bottom). If seal is broken, return for exchange or refund. If you are (or might be) allergic to one of the ingredients or would like to take Almased on a long-term basis, please consult your physician or health care professional or call toll-free at **1-800-ALMASED (1-800-256-2733)**.

*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.