

Recommended Dosage: As a dietary supplement, mix 1 heaping scoop of No. 21 with 8 oz. of water, fruit juice, low fat milk or as desired. Stir well or mix in a blender until mixture is smooth. Follow with another 8 oz. glass of water. For optimum results, use this product with other Wachters' supplements.

THIS PRODUCT WAS SEALED FOR YOUR PROTECTION. DO NOT USE IF SEAL HAS BEEN TAMPERED WITH.

Keep out of reach of children

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

No. 21 Vanilla Shake, Less' N Lean is an exclusive, scientific formulation consisting of natural ingredients and high quality **Non-Genetically Modified Soy Protein**, as well as other phyto-factors essential for optimum cell function and overall health. Soy is known as a complete protein, containing ample amounts of all the essential amino acids, including the branched-chain amino acids that can be used to provide energy directly to muscle tissue. Protein is needed for growth and development. It also helps the body to maintain the proper alkaline to acid balance. **This formula contains 50% of the RDV for 22 Vitamins and Minerals** and is designed to serve as a meal replacement. Coupled with our Fiber Blend and our Chromium Complex TM, No. 21 may help maintain cholesterol levels that are already within the normal range. It can also aid the circulatory system. L-Carnitine may play a crucial role in energy production. *

* This Statement has not been evaluated by the Food and Drug Administration. This Product is not intended to diagnose, treat, cure or prevent any disease.

This, like all of our products, contains the Wachters' Exclusive Blend of Sea Vegetation™, a unique combination of organic compounds comprising up to 15 different species of the highest quality Sea Vegetation from around the world, which serves as a synergistic activator of the other ingredients in this product thereby enhancing their effectiveness. This combination of quality ingredients is designed to support your body's system in a natural way.

Wachters' Organic Sea Products dietary supplements contain no preservatives, yeast, artificial colorings, artificial flavorings, starch or animal products. No heat, moisture or chemicals are used in preparation of No.21 Vanilla Shake.

Manufactured By Wachters' Organic Sea Products • Daly City, CA 94014 • 1-800-682-7100
To report a serious adverse event or obtain product information, call 1-800-682-7100 • www.wachters.com

Made in U.S.A.
Code # 5145

WACHTERS'



No. 21

Vanilla Shake Less 'N Lean

Dietary Supplement
Net Wt. 16 oz. / 454 grams

Supplement Facts

Serving Size: 1 Heaping Scoop, 54 Grams
Servings Per Container: 8

	Amount Per Serving	% Daily Value
Calories	180	9%
Total Fat	.7	1%
Total Carbohydrate	22 g	7%
Dietary Fiber	2.5 g	10%
Sugars	19.8 g	*
Sodium	170 mg	7%
Protein	12g	24%
Vitamin A (as palmitate)	2500 IU	50%
Vitamin C (as ascorbic acid)	30 mg	50%
Vitamin D (as cholecalciferol)	200 IU	50%
Vitamin E (as d-alpha tocopheryl succinate)	15 IU	50%
Thiamin (as mononitrate)	.75 mg	50%
Riboflavin (as riboflavin)	.85 mg	50%
Niacin (niacinamide)	10 mg	50%
Vitamin B6 (as pyridoxine hydrochloride)	1 mg	50%
Folate (as folic acid)	200 mcg	50%
Vitamin B12 (as cyanocobalamin)	3 mcg	50%
Biotin	150 mcg	50%
Pantothenic Acid (as d-calcium pantothenate)	5 mg	50%
Calcium (as amino acid chelate)	500 mg	50%
Iron (as Ferronyl®)	9 mg	50%
Phosphorus (as amino acid chelate)	500 mg	50%
Magnesium (as amino acid chelate)	200 mg	50%
Zinc (as amino acid chelate)	7.5 mg	50%
Selenium (as amino acid chelate)	35 mcg	50%
Copper (as amino acid chelate)	1 mg	50%
Manganese (as amino acid chelate)	1 mg	50%
Chromium (as chromium complex TM)±	60 mcg	50%
Molybdenum (as amino acid chelate)	38 mcg	50%
Potassium (as aspartate, chloride)	300 mg	9%
Proprietary Blend consisting of:	4700 mg	**
Fructose, Soy Protein Isolate, Cereal Solids, Oat Fiber, Wachters' Exclusive Blend of Sea Vegetation®, Natural Vanilla Flavor, Carrageenan, Citrus Pectin, L-Methionine, L-Carnitine, Apple Fiber, Rice Bran, Bromelain, Papain, Hesperidin Complex, Lemon Bioflavonoids and Rutin.		

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

"Wachters' Exclusive Blend of Sea Vegetation"® is a registered trademark of Wachters' Organic Sea Products and is an exclusive combination of multi-marine plant sources.

Ferronyl® is a registered trademark of ISP Corporation

± Chromium Complex TM is a proprietary blend of chromium (as nicotinate, picolinate +, amino acid chelate, aspartate, polynicotinate)

+ Chromium Picolinate U.S. Patent No. Re: 33,988 by Nutrition 21