



DIETS SUCK!
EAT SMART
7-DAY STARTER KIT

10:00 a.m.
Yogurt and Apple

12:30 p.m.
Salmon, Brown Rice
and Asparagus

3:00 p.m.
Eat-Smart Whey Protein Crisp Bar

6:30 p.m.
Fillet Steak, Potatoes
and Broccoli

9:00 p.m. —
Eat-Smart Protein
Chocolate Pudding

**SO MUCH MORE THAN
PROTEIN**

You know how important it is to eat smart to improve your body and your health. Eat-Smart® makes it easy and convenient to supply your body with the nutrition it needs, including a healthy profile powered by whey protein, fiber, probiotics, flaxseed, Nutrim® (oats), vitamins and minerals, and enzymes. Plus, Eat-Smart does not contain any unhealthy ingredients like hydrogenated oils, corn syrup solids, fructose, dextrose, or aspartame... it's easy to see we engineered Eat-Smart to provide your body with the precise nutrients it needs to recover from strenuous physical activity, sustain your energy levels, and build a healthy, strong new you. Because let's face it: *Diets Suck!*

FEEDING AMERICA

When I was a kid, my Mom and I relied on a local food bank to eat. Wanting to give back, iSatori gives a nutritious Eat-Smart bar to Feeding America's "Backpack Program" for every box of Eat-Smart bars purchased. Thank you for helping us feed America's hungry children.

—Stephen Adelé,
Founder & CEO, iSatori

FOREWORD BY ANDREW ROSENTHAL, M.D.

DIETS SUCK!

A Remarkably Inspiring Story of Physical & Emotional Transformation

OVER 1 MILLION COPIES SOLD

STEPHEN ADELE
with Sue Mosca

FREE
3 Chapters
of *Diets Suck!*
[See Inside!]

ANDREA LOST 113 lbs.

"The weight I've lost resulted in giving me a completely different outlook on life. I now see my life so much more positively... I'm so much happier... and I feel so much more confident."

ALBERT LOST 100 lbs.

"I wake up smiling every day. I've changed my life for the better. And now it's time for me to pay it forward and help others walk in my footsteps."

KIM'S BODYFAT DROPPED 50%

"I feel like a fit person now. The way I feel about myself and my life now is indescribable."

*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. Individual results may vary. Always consult a physician prior to any diet.

EAT-SMART SUCCESS STORIES

Once you commit to making a transformation, eating smart, exercising, and have a quality supplementation plan in place, you will see results. Often faster than you ever believed possible! Want proof? Look below at just three of the amazing transformations from *Diets Suck!*

FOREWORD BY ANDREW ROSENTHAL, M.D.

DIETS SUCK!

A Remarkably Inspiring Story of Physical & Emotional Transformation

STEPHEN ADELE
with Lou Mosbacher

DIETS SUCK!

LEARN SMART

7-DAY STARTER KIT

GLUTEN FREE

NET WT. 1.22lb

4-1.23oz (34.5g) Chocolate Chocolate Chip Nutrition Shake
3-1.18oz (33.5g) Double Vanilla Ice Cream Nutrition Shake
4-1.59oz (45g) Chocolate Peanut Caramel Crunch Nutrition Bar
3-1.59oz (45g) Frosted Cinnamon Caramel Crunch Nutrition Bar
1-20oz Blender Bottle

Nutrition Facts
Serving Size: 1 Packet (33.5g)
Servings Per Container: 4

Amount Per Serving		
Calories 140		
Calories from Fat 35		% DV*
Total Fat	4 g	8%
Saturated Fat	1 g	2%
Trans Fat	0 g	0%
Cholesterol	15 mg	3%
Sodium	160 mg	8%
Potassium	220 mg	6%
Total carbohydrate	7 g	14%
Dietary fiber	2.5 g	5%
Sugars	1 g	
Protein	19 g	38%
Vitamin A	100%	
Vitamin C	100%	
Calcium	100%	
Iron	100%	
Vitamin D	100%	
Vitamin E	100%	
Vitamin K	100%	
Thiamin	100%	
Riboflavin	100%	
Niacin	100%	

Vitamin B6	100%
Calcium	100%
Vitamin B12	100%
Biotin	100%
Pantothenic Acid	100%
Phosphorus	115%
Copper	100%
Magnesium	100%
Zinc	100%
Selenium	100%
Copper	100%
Manganese	100%
Chromium	100%
Molybdenum	100%

Percent Daily Values are based on a 2,000- or 2,500- 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
Sodium	Less than	20 g	25 g
Cholesterol	Less than	300 mg	380 mg
Total Carbohydrate	Less than	240 g	240 g
Dietary Fiber	Less than	35 g	45 g
Total Protein	Less than	50 g	65 g

Calories per gram:

- Carbohydrate 4
- Protein 4
- Fat 9

INGREDIENTS: Whey protein isolate, creamer (sunflower

Nutrition Facts
Serving Size: 1 Packet (34.5g)
Servings Per Container: 3

Assault Per Serving		
Calories 140		
Calories from Fat 30		
		% DV*
Total Fat	3.5 g	9%
Saturated Fat	1 g	2%
Trans Fat	0 g	0%
Cholesterol	15 mg	3%
Sodium	200 mg	8%
Potassium	460 mg	9%
Total Carbohydrate	8 g	12%
Dietary Fiber	2 g	4%
Sugars	2 g	
Protein	10 g	20%
Vitamin A		10%
Vitamin C		10%
Calcium		10%
Iron		10%
Vitamin D		10%
Vitamin E		10%
Vitamin K		10%
Thiamin		10%
Riboflavin		10%
Niacin		10%

Vitamin B6	10%
Vitamin B12	10%
Sodium	10%
Vitamin B12	10%
Sodium	10%
Pantothenic Acid	10%
Phosphorus	10%
iodine	10%
Magnesium	20%
Zinc	10%
Selenium	10%
Copper	10%
Manganese	10%
Chromium	10%
Molybdenum	10%

* Percent Daily Values are based on a diet of 2,000- or 2,500-
 calories. Your daily values may be higher or lower depending on your calorie needs.

* Daily values not established

	Calories: 2,000	2,500
Total Fat	Less than 65 g	80 g
Saturated Fat	Less than 25 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Potassium	2,500 mg	3,000 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
Calories per gram:	30 g	30 g

* Carbohydrates • Protein •

INGREDIENTS: whey protein isolate, cocoa powder (Dutch)

Nutrition Facts
Serving Size: 1 Bar (45g)
Servings Per Container: 4

Amount Per Serving			
Calories 100			
Calories from Fat 60			
	g	% DV*	
Total Fat	7 g	11%	
Saturated Fat	3 g	11%	
Unsaturated Fat	0 g		
Cholesterol	5 mg	2%	
Sodium	180 mg	8%	
Potassium	160 mg	5%	
Total Carbohydrate	10 g	2%	
Dietary Fiber	3 g	12%	
Sugars	5 g		
Sugar Alcohol	7 g		
Protein	15 g	30%	
Vitamin A	30%	Vitamin C	9%
Vitamin B	14%	Iron	10%
Vitamin E	30%	Riboflavin	15%
Niacin	10%	Vitamin B6	15%
Folate	2%	Vitamin B12	15%
Statin	4%	Phenolic Acid	9%
Phenolic Acid	15%	Manganese	8%
Zinc	8%	Selenium	2%
Copper	10%	Manganese	8%

[illegible]

THE FOLLOWING ALLERGENS: WHEAT, EGG, AND PEANUT

Nutrition Facts:
Serving Size: 1 Bar (45g)
Servings Per Container: 3

Amount Per Serving		
Calories 110		
Calories from Fat 50		
		% DV
Total Fat	5 g	11
Saturated Fat	5 g	10
Total Fat	5 g	10
Cholesterol	5 mg	2
Sodium	140 mg	3
Potassium	20 mg	2
Total Carbohydrate	20 g	7
Dietary Fiber	3 g	12
Sugars	9 g	
Sugar Alcohol	5 g	
Protein	15 g	30
Vitamin A	0%	Vitamin C
Vitamin B1	12%	Vitamin E
Vitamin E	30%	Thiamin
Vitamin B6	6%	Niacin
Vitamin B12	15%	Vitamin B12
Isotonic	6%	Pyridoxine Acid
Phosphorus	15%	Magnesium
Zinc	6%	Selenium
Copper	10%	Manganese

[illegible]

THE FOLLOWING ALLERGENS: WHEAT, EGG, AND PEANUT



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