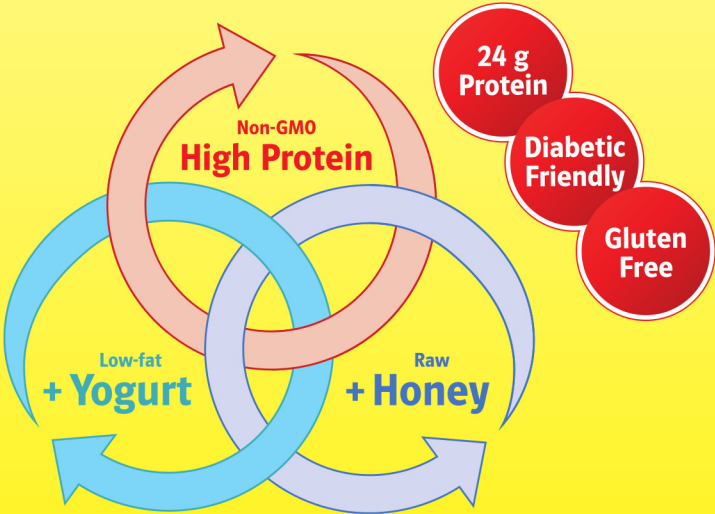


30 Years of
Scientific Research
on Almased

Almased®

Optimize Metabolism. Lose Weight.
Boost Energy. Restore Wellness.*



Natural High Protein Supplement
& Weight Loss Shake

DIETARY SUPPLEMENT

NET WT
17.6 oz (500 g)
10 Servings

Supplement Facts

Serving Size 50 g (Approximately 8 Tbsp)
Servings per container about 10

	Amount per Serving	% DV*
Calories	180	
Total Fat	2 g	3%
Total Carbohydrate	15 g	5%
Total Sugars	15 g	†
Includes 10 g Added Sugars		
Protein	24 g	48%
Vitamin A (as retinol acetate)	230 mcg RAE	26%
Vitamin C (as ascorbic acid)	25 mg	28%
Vitamin D3 (as cholecalciferol-D3)	1.3 mcg	6%
Vitamin E (as dl-alpha-tocopherol acetate)	2.5 mg	17%
Vitamin K (as phylloquinone)	15 mcg	13%
Thiamin (as thiamine mononitrate)	0.3 mg	25%
Riboflavin	7 mg	538%
Niacin (as niacinamide)	6 mg	38%
Vitamin B6 (as pyridoxine hydrochloride)	0.5 mg	29%
Folate (as pteroyl monoglutamic acid)	75 mcg	19%
Vitamin B12 (as cyanocobalamin)	0.6 mcg	25%
Biotin (as D-Biotin)	20 mcg	67%
Pantothenic Acid (as calcium-D-pantothenate)	1.8 mg	36%
Calcium (as calcium citrate)	242 mg	19%
Iron (as ferrous fumarate)	5.5 mg	31%
Iodine (as potassium iodide)	50 mcg	33%
Magnesium (as Mg citrate; Mg carbonate)	118 mg	28%
Zinc (as zinc oxide)	3.3 mg	30%
Selenium (as sodium selenite)	15 mcg	27%
Manganese (as manganese(II)-sulfate-l-hydrate)	0.7 mg	30%
Sodium (as potassium chloride)	340 mg	15%
Potassium (as potassium chloride)	500 mg	11%

* Percent Daily Values are based on a 2,000 calorie diet
† Daily Value (DV) not established

Ingredients: Soy Protein Isolate, Raw Honey, Low-Fat Yogurt Powder (1% fat skim milk, yogurt culture), Silicon Dioxide.
Contains soy and milk ingredients

Typical Amino Acid Profile

Per serving 50 g, naturally occurring

Tyrosine	900 mg
Methionine**	350 mg
Cystine/Cysteine	250 mg
Lysine**	1500 mg
Threonine**	900 mg
Tryptophan**	300 mg
Leucine**†	2000 mg
Isoleucine**†	1200 mg
Valine**†	1200 mg
Histidine**	600 mg
Arginine	1600 mg
Phenylalanine**	1200 mg
Asparagine Acid	2600 mg
Serine	1100 mg
Glutamine Acid	4500 mg
Proline	1400 mg

** essential amino acids
† branched chain amino acids



Vegetarian



Natural



Gluten Free



Preservative Free



Stimulant Free



GMO Free

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Made in Germany

Scan for Diet



Store in a cool dry shaded place.
Do not use if seal is broken or missing.
Packaged by weight NOT volume.
Settling may occur.



The Almased Weight Loss Phenomenon™

Other Diets Slow Metabolism, Almased Optimizes It!

- ✓ Optimize your metabolism*
- ✓ Lose weight & build muscle*
- ✓ Maintain healthy weight*
- ✓ Support healthy skin, hair & nails*
- ✓ Burn calories & fat naturally*
- ✓ Cut hunger*
- ✓ Optimize sports performance*
- ✓ Detoxify & unclog liver from fat*
- ✓ Support healthy blood sugar*
- ✓ Support healthy cholesterol*
- ✓ Improve mood & energy*
- ✓ A diabetic friendly diet*

1

Detox
(Days 1-3)



2

Reduce Weight
(Days 4-25)



3

Promote Energy & Youth
(Day 26+)



☞ = Replace meal with Almased shake
☞ = Eat a healthy solid meal

» For **life-long health benefits**, take one serving of Almased as a meal replacement or as a supplement daily.

MAKE YOUR OWN SHAKE



DIRECTION FOR USE

- Mix** in 12 fl oz or more of water, skim milk, oat milk, or almond milk
- Scoop** 8-13 Tablespoons (based on your height, see insert) into a shaker bottle or blender
- Add faves** (optional), such as cold brew coffee, berries, cocoa powder, or cinnamon

Notice: For weight reduction, use only as directed (see Diet Plan under the lid). Do not use in diets supplying less than 400 Calories per day without medical supervision.

* 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.