



Suggested usage: Mix 2 scoops (61 g) of WellBetX powder to 16 oz. (2 cups) of cold water and shake in a shaker cup or mix in a blender with ice. Take WellBetX with or without food 1–2 times per day or as directed by a health professional. If desired, add to your favorite smoothie recipe for a healthier alternative. When first taking WellBetX, begin with ½–1 scoop (15–30 g) in 4–8 oz. (½–1 cup) of water and gradually increase to 2 scoops (61 g) as directed above.

Notice: A small percentage of people may initially experience minor digestive changes when taking PGX®. Slowly work up to the full dose to give your body time to adjust. It is important to drink adequate amounts of water (8–16 oz. or 1–2 cups) after taking PGX®.

Cautions: Consult your health professional before use if you are under 18 years of age or have any health concerns. If you are taking medication, take it one hour prior to or two hours after taking PGX®. As with any supplement, consult your health professional before use if you are pregnant, breastfeeding or trying to conceive, or if you have a medical condition or anticipate a surgery. Keep out of the reach of children.

Serving option: WellBetX powder makes a delicious pudding. Follow the directions above. After mixing, pour into a bowl and refrigerate for 1 hour. Add ½ a banana or other fruit for variety or use skim milk for higher calories and a creamier texture.

Reduces appetite by promoting a feeling of fullness.* Helps lower the glycemic index.* Helps maintain healthy blood sugar and total cholesterol levels already within the normal range.*

WellBetX powder is completely unique from other weight management programs! It supplies the body with an optimum blend of nutrients, is high in protein, has a low glycemic index and tastes delicious! A key component of the formula is PGX® (PolyGlycopleX®), a proprietary soluble fiber blend clinically studied to support weight management (when combined with a healthy diet and regular exercise).* WellBetX powder is available in 2 delicious all-natural flavors: Chocolate and French Vanilla. Look for other WellBetX products: Complete Multi, PGX® Capsules, and Glucose Balance Herbal Formula.

PGX® is unlike any other soluble fiber.

Why is PGX® unique compared to other fibers? Significantly less PGX® is required to obtain the same important health benefits, such as support for glucose balance already within the normal range and weight management. PGX® is highly effective for appetite control, making WellBetX a satisfying snack or meal option that helps reduce carbohydrate and sugar cravings.* PGX® was developed through extensive research at the Canadian Center for Functional Medicine.

High Fiber • High Protein • Low Glycemic Index

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no wheat, gluten, yeast, egg, fish, shellfish, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

*** 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.**

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
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Monroe, WA 98272



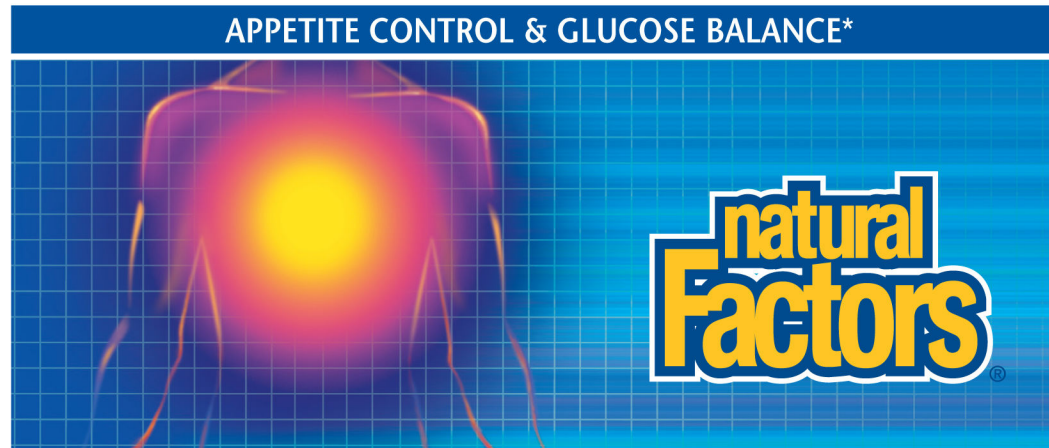
WellBetX®
PGX®

US PATENTS:
8062686;
8597709

Weight Management Shake
French Vanilla

Net Wt 1 lb 14 oz (854 g) Powder

APPETITE CONTROL & GLUCOSE BALANCE*



Supplement Facts

Serving Size 2 Scoops (61 g)
Servings Per Container 14

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	240	Zinc (citrate)	6 mg 40%
Calories from Fat	45	Selenium (amino acid complex)	20 mcg 33%
Total Fat	5 g 8%‡	Copper (chelate)	0.5 mg 25%
Saturated Fat	2 g 10%‡	Manganese (citrate)	1 mg 50%
Cholesterol	70 mg 23%	Chromium (chelate)	20 mcg 17%
Total Carbohydrate ◊	27 g 9%‡	Molybdenum (citrate)	25 mcg 33%
Dietary Fiber ◊	5 g 20%‡	Sodium (chloride, whey protein)	400 mg 17%
Soluble Fiber	5 g **	Potassium (citrate, whey protein)	770 mg 22%
Sugars	7 g **	Whey Protein Concentrate (milk) (microfiltered, undenatured)	28 g **
Protein	22 g 44%‡	PolyGlycopleX® (PGX®)	5 g **
Vitamin A (beta carotene)	6300 IU 126%	Highly purified water soluble polysaccharide complex manufactured using the proprietary EnviroSimplex® process: Konjac-mannan (<i>Amorphophallus konjac</i>) (root), xanthan gum, sodium alginate.	
Vitamin C (ascorbic acid)	20 mg 33%	Soy Lecithin	4 g **
Vitamin D (ergocalciferol)	100 IU 25%	Medium Chain Triglycerides (from coconut)	1 g **
Vitamin E (d-alpha tocopheryl acetate)	6 IU 20%	Stevia Leaf Powder	100 mg **
Thiamin (hydrochloride)	0.75 mg 50%	Bilberry (<i>Vaccinium myrtillus</i>) Extract (fruit)	25 mg **
Riboflavin	0.8 mg 47%	Anthocyanidins (25%)	6.25 mg **
Niacin (niacinamide)	12 mg 60%	Taurine	25 mg **
Vitamin B6 (pyridoxine hydrochloride)	0.75 mg 38%	Lutein (<i>Tagetes erecta</i>) (marigold flower extract)	4 mg **
Folate (folic acid)	110 mcg 28%		
Vitamin B12 (cyanocobalamin)	0.5 mcg 8%		
Biotin	75 mcg 25%		
Pantothenic Acid (calcium pantothenate)	2.5 mg 25%		
Calcium (calcium phosphate, citrate)	520 mg 52%		
Iron (ferrous fumarate)	3 mg 17%		
Phosphorus (calcium phosphate)	480 mg 48%		
Iodine (potassium iodide)	40 mcg 27%		
Magnesium (citrate)	120 mg 29%		

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

** Daily Value not established.

◊ 22 g Available Carbs
(Total Carbs – Fiber = Available Carbs)

Other ingredients: Pure fructose powder, xylitol, natural vanilla flavor.
Contains coconut, milk and soy.

PGX®, PolyGlycopleX® and EnviroSimplex® are registered trademarks of InovoBiologic Inc.

PGX® US Patents: 8062686; 8597709.

