



Suggested usage: Add 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 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: If you are under 18 years of age, are pregnant or breastfeeding, or have health concerns, consult a health professional before starting any weight loss plan. If you are taking medication, take it one hour prior to or two hours after taking PGX®. 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
14224 167th Avenue SE
Monroe, WA 98272



Recyclable container and label.

**Purity & Potency
Guaranteed**

WellBetX[®]

PGX[®]

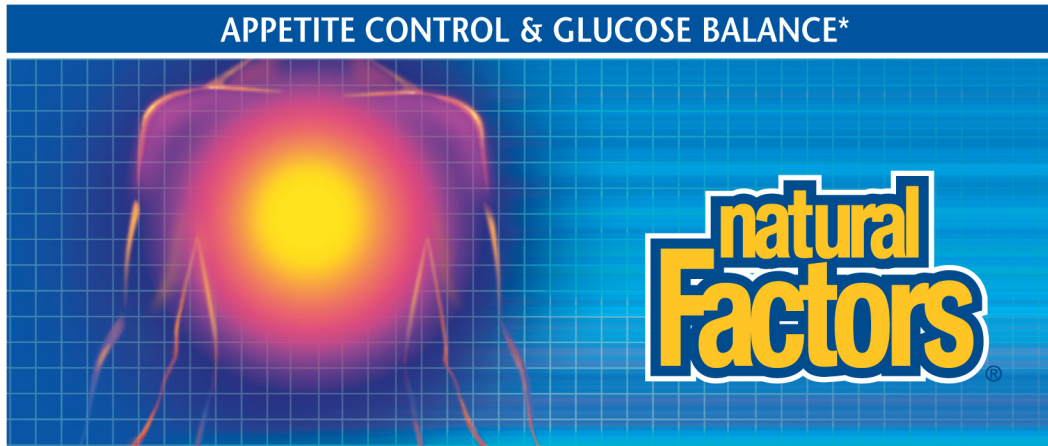
US PATENTS:
8062686;
8597709

Weight Management Shake

Chocolate

Net Wt 1 lb 14 oz (854 g) Powder

APPETITE CONTROL & GLUCOSE BALANCE*



natural Factors[®]

Supplement Facts

Serving Size 2 Scoops (61 g)

Servings Per Container 14

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	230	Zinc (citrate)	6 mg 40%
Calories from Fat	45	Selenium (amino acid complex)	20 mcg 29%
Total Fat	5 g 8%‡	Copper (chelate)	0.5 mg 25%
Saturated Fat	2.5 g 13%‡	Manganese (citrate)	1 mg 50%
Cholesterol	70 mg 23%	Chromium (chelate)	20 mcg 17%
Total Carbohydrate ◊	25 g 8%‡	Molybdenum (citrate)	25 mcg 33%
Dietary Fiber ◊	6 g 24%‡	Sodium (chloride, whey protein)	400 mg 17%
Soluble Fiber	5 g **	Potassium (citrate, whey protein)	980 mg 28%
Sugars	11 g **		
Protein	22 g 44%‡	Whey Protein Concentrate (milk) (microfiltered, undenatured)	28 g **
Vitamin A (beta carotene)	6300 IU 126%	PolyGlycopleX® (PGX®)	5 g **
Vitamin C (ascorbic acid)	20 mg 33%	Highly purified water soluble polysaccharide complex manufactured using the proprietary EnviroSimplex® process: Konjac-mannan (<i>Amorphophallus konjac</i>) (root), xanthan gum, sodium alginate.	
Vitamin D (ergocalciferol)	100 IU 25%	Soy Lecithin	4 g **
Vitamin E (d-alpha tocopheryl acetate)	6 IU 20%	Medium Chain Triglycerides (from coconut)	900 mg **
Thiamin (hydrochloride)	0.75 mg 50%	Stevia Leaf Powder	100 mg **
Riboflavin	0.8 mg 47%	Bilberry (<i>Vaccinium myrtillus</i>) Extract (fruit)	25 mg **
Niacin (niacinamide)	12 mg 60%	Anthocyanidins (25%)	6.25 mg **
Vitamin B6 (pyridoxine hydrochloride)	0.75 mg 38%	Taurine	25 mg **
Folate (folic acid)	110 mcg 28%	Lutein (<i>Tagetes erecta</i>) (marigold flower extract)	4 mg **
Vitamin B12 (cyanocobalamin)	0.5 mcg 8%		
Biotin	75 mcg 25%		
Pantothenic Acid (calcium pantothenate)	2.5 mg 25%		
Calcium (calcium phosphate, citrate)	510 mg 51%		
Iron (ferrous fumarate)	4 mg 22%		
Phosphorus (calcium phosphate)	510 mg 51%		
Iodine (potassium iodide)	40 mcg 27%		
Magnesium (citrate)	120 mg 30%		

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

** Daily Value not established.

◊ 19 g Available Carbs

(Total Carbs – Fiber = Available Carbs)

Other ingredients: Pure fructose powder, xylitol, natural chocolate flavor.

Contains coconut, milk and soy.

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

PGX® US Patents: 8062686; 8597709.

