

theVitaminShoppe®
NEXT STEP®

I want to reduce
my cravings

MIXED
BERRY

AppeFIT™

Naturally Flavored Drink Mix

5-HOUR
FULLNESS*

Powered by Appethyl™ Spinach Extract

Net Wt. 6.8 oz. (193 g)
Dietary Supplement

Take the NEXT STEP® toward your weight management goal.

- Appethyl™ is clinically shown to reduce hunger & cravings*
- Natural spinach extract for appetite control*
- Promotes a feeling of fullness*

Distributed by: Vitamin Shoppe, Inc. Secaucus, NJ 07094
Visit www.vitaminshoppe.com or call 1-800-223-1216
for more information and to reorder.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT: Do not use if outer seal is broken or missing.

Appethyl™ is a trademark of Greenleaf Medical AB.

Item No.
VS-3534
2052595



Supplement Facts

Serving Size 1 Rounded Scoop (6.9g)

Servings Per Container: About 28

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	5	
Total Fat	0.5 g	<1%†
Sodium	15 mg	<1%†
Total Carbohydrate	4 g	1%†
Dietary Fiber	2 g	8%†
Protein	1 g	2%†
Calcium	130 mg	13%
Iron	2 mg	11%
Appethyl™ Spinach Extract (<i>Spinicia oleracea</i>)(Leaf)	5 g	*

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

* Daily Value not established.

Other Ingredients: Natural flavors, malic acid, xanthan gum, stevia leaf extract (Reb A), citric acid.

Directions: Add one (1) rounded scoop (6.9 g) of AppeFIT™ to water, your favorite beverage, smoothie, or protein shake. For better absorption take this product with a source of healthy fat.

Does not contain: Yeast, Wheat, Gluten, Sugar, Soy, Dairy, Citrus, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

* 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.

Warning: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.