

theVitaminShoppe®
NEXT STEP®

I want to
reduce my
cravings

AppeFIT™

Naturally Flavored Drink Mix

**5-HOUR
FULLNESS***

Powered by Appethyl™ Spinach Extract

Net Wt. 0.2 oz. (6.9 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*

Supplement Facts

Serving Size 1 Packet (6.9g)

	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	5 g	*
(Spinicia oleracea)(Leaf)		

[†]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).

Directions: Add one (1) packet (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.

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 packet is torn or open.

Appethyl™ is a trademark of
Greenleaf Medical AB.

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NOT FOR SALE