

Making **metabolic reset**® part of your daily routine can help you control cravings and eat more sensibly. **metabolic reset** is formulated to reduce hunger and cravings, making it part of a healthy weight management plan, which should include a healthy diet and regular exercise.

metabolic reset
Hunger Control Shake Mix

As part of a healthy weight management plan, which includes a healthy diet and regular exercise, **metabolic reset** helps reprogram appetite to reduce hunger and cravings.*

- No aspartame, sucralose or preservatives
- No stimulants
- High fiber/high protein
- Only 7 grams of net carbs per serving
- Contains 100% whey protein isolate
- Fortified with vitamins & minerals

Smooth & Delicious

- Mixes easily—just add water
- Only 130 calories per serving
- No added fructose



How metabolic reset® Works
The key is its combination of Viscofiber®, a highly viscous and soluble oat beta-glucan, and whey protein isolate. This proprietary blend and unique formula works in the following ways:

- 1 Creates a Satisfying Feeling Of Fullness**
Both the whey protein isolate and the Viscofiber in **metabolic reset** help increase satiety, resulting in a prolonged sense of fullness.* By avoiding feelings of hunger, you can comfortably eat less food, less often and consume fewer calories.*
- 2 Makes Choosing Low-Glycemic Options Easier**
Hunger can make you choose foods that are quick and easy; unfortunately, convenience foods can wreak havoc on your ability to manage your weight. Because the fiber in **metabolic reset** hunger control shake will make you feel fuller and more satisfied, it can help you resist the urge to grab what's most convenient, including high-glycemic foods. So after enjoying **metabolic reset**, you'll feel like you've taken control of your hunger and will be better able to make smarter choices. Consumption of high-glycemic foods may lead to a repetitive cycle of frequent hunger and excessive cravings. Lower-glycemic index choices, including **metabolic reset**, may result in better eating and more efficient weight management.*

Common Causes of Weight Gain
Fad diets, poor eating habits, high-glycemic index foods can all make weight management challenging. These factors can also create strong cravings, which in turn, can lead to excessive calorie consumption—and may create a repetitive cycle of:

- Uncontrollable, frequent hunger
- Excessive cravings, especially for carbohydrates
- Increased conversion of blood glucose to fat
- Tiredness, low energy and irritability

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Questions? 1-800-9NATURE / naturesway.com

Sold by weight, not volume. Store in a cool, dry place.
Keep out of reach of children.

Viscofiber® name and logo are registered trademarks of Cereus Bio-products Inc. The use and composition of the Viscofiber proprietary formula is protected by patents and patent applications filed in the U.S., Canada and internationally.



*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Delicious Taste! *Stimulant Free*



metabolic reset®

HUNGER CONTROL SHAKE



High Fiber & Protein
Reduces hunger and cravings*
to help lower caloric intake
LOW GLYCEMIC INDEX

NET WT. 1.4 lbs (622 g) • DIETARY SUPPLEMENT

NOTICE: For weight reduction, use only as directed in the accompanying diet plan found at www.metabolicsreset.com. Do not use in diets supplying less than 400 calories per day without medical supervision.

Recommendation: To make a satisfying shake, add 2 scoops (44 g) of powder to 8 ounces of cold water. Shake or stir briskly into a smooth consistency. If desired, blend in fruit or other healthy ingredients. May also be mixed with skim, soy or other milk. **Caution:** If pregnant, nursing or under 18 years of age, consult a healthcare professional before beginning any weight loss program.

Supplement Facts

Serving Size 2 Scoops (44 g) / Servings per Container 14			
Amount per Serving	% DV	Amount per Serving	% DV
Calories	130	Biotin (as biotin trifumarate)	100 mcg 33%
Calories from Fat	5	Pantothenic Acid (as d-calcium pantothenate)	3.33 mg 33%
Total Fat	0.5 g <1%†	Calcium (as dicalcium phosphate)	500 mg 50%
Cholesterol	2 mg 1%	Phosphorus (as dicalcium phosphate)	330 mg 33%
Total Carbohydrate	13 g 4%†	Iodine (as potassium iodide)	50 mcg 33%
Dietary Fiber	5 g 22%†	Magnesium (as magnesium oxide)	150 mg 37%
Soluble Fiber	4 g **	Zinc (as zinc oxide)	5 mg 33%
Sugars	1 g **	Copper (as copper gluconate)	0.67 mg 33%
Protein	21 g 42%†	Sodium	125 mg 5%
Vitamin A (as beta carotene)	1,667 IU 33%	Potassium	125 mg 4%
Vitamin C (ascorbic acid)	20 mg 33%	Whey Protein Isolate	23 g **
Vitamin D (as ergocalciferol)	133 IU 33%	Viscofiber® Proprietary Blend	8 g **
Vitamin E	10 IU 33%	Viscofiber Oat Beta-Glucan Concentrate, Inulin (chicory root extract), Xanthan Gum	
Thiamin (as thiamin mononitrate)	0.5 mg 33%	Stevia Extract (leaf)	63 mg **
Riboflavin (Vitamin B2)	0.57 mg 33%		
Niacin (as niacinamide)	6.67 mg 33%		
Vitamin B6 (as pyridoxine HCl)	0.67 mg 33%		
Folic Acid	133 mcg 33%		
Vitamin B12 (as cyanocobalamin)	2 mcg 33%		

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

Other ingredients: xylitol, maltodextrin, natural strawberry flavor with other natural flavors, natural strawberry flavor, natural vanilla flavor with other natural flavors, dried cream extract, natural raspberry flavor with other natural flavors, beet juice powder, soy lecithin

Contains soy and milk ingredients. Freshness & safety sealed with printed inner seal. Do not use if seal is broken or missing.

Slim & Trim® **viscofiber®**
Eat Smart. Grow Green.