

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 8 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

Rad 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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Sold by weight, net volume. Store in a cool, dry place.
Keep out of reach of children.

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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. 1.35 lbs (616 g) • DIETARY SUPPLEMENT

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

NOTICE: For weight reduction, use only as directed in the accompanying diet plan found at www.metabolreset.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:** This product contains amino acid phenylalanine. If pregnant, nursing, taking any medications 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	Vitamin B12 (as cyanocobalamin)	2 mcg 32%
Calories from Fat	5	Biotin (as biotin monomer)	100 mcg 32%
Total Fat	0.5 g <1%†	Pantothenic Acid (as d-calcium pantothenate)	3.33 mg 32%
Cholesterol	2 mg 1%	Calcium (as dicalcium phosphate)	397 mg 40%
Total Carbohydrate	13 g 4%†	Phosphorus (as dicalcium phosphate)	300 mg 32%
Dietary Fiber	5 g 20%†	Iodine (as potassium iodide)	50 mcg 32%
Soluble Fiber	4 g --	Magnesium (as magnesium oxide)	130 mg 32%
Sugars	<1 g --	Zinc (as zinc oxide)	5 mg 32%
Sugar Alcohols	0 g --	Copper (as copper gluconate)	0.67 mg 34%
Protein	21 g 42%†	Sodium	125 mg 5%
Vitamin A (as beta-carotene)	1,667 IU 32%	Potassium	125 mg 4%
Vitamin C (ascorbic acid)	20 mg 32%	Whey Protein Isolate	23 g --
Vitamin D (as ergocalciferol)	133 IU 32%	Viscofiber® Proprietary Blend	8 g --
Vitamin E	10 IU 32%	Viscofiber® Oat Beta-Glucan Concentrate, Insulin (chicory root extract), Xanthan Gum	
(as d-alpha-tocopheryl acetate)		Serve Extract (leaf)	63 mg --
Thiamin (Vitamin B1)	0.5 mg 32%		
Nicotinic (Vitamin B3)	0.57 mg 34%		
Niacin (as niacinamide)	0.67 mg 32%		
Vitamin B6 (as pyridoxine HCl)	0.67 mg 34%		
Folic Acid	133 mcg 32%		

Other ingredients: xylitol, natural flavors, maltodextrin, beet juice powder (color), soy lecithin.

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

Sim & Tan® **iscofiber®**
Your Way to a Healthier You