

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 6 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

Fed 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-SNATURE / naturerway.com

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

WISCODER® is a trademark of Nature's.



*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

Chocolate
DELICIOUS FLAVOR

High Fiber & Protein

Reduces hunger and cravings*
to help lower caloric intake

LOW GLYCEMIC INDEX

NET WT. 1.4 lbs (630g) • DIETARY SUPPLEMENT

Recommendations: To make a satisfying shake, add 2 scoops (45 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 (45 g) / Servings per Container 14			
Amount per Serving	% DV	Amount per Serving	% DV
Calories	130	Vitamin B12 (as cyanocobalamin)	2 mcg 33%
Calories from Fat	10	Biotin (as biotin trifumarate)	100 mcg 33%
Total Fat	1 g 1%†	Pantothenic Acid (as D-calcium pantothenate)	3.33 mg 33%
Cholesterol	2 mg <1%†	Calcium (as dicalcium phosphate)	397 mg 40%
Total Carbohydrate	13 g 4%†	Phosphorus (as dicalcium phosphate)	330 mg 33%
Dietary Fiber	7 g 28%†	Iodine (as potassium iodide)	66 mcg 33%
Soluble Fiber	4 g --	Magnesium (as magnesium oxide)	100 mg 33%
Sugars	<1 g --	Zinc (as zinc oxide)	5 mg 33%
Sugar Alcohols	0 g --	Copper (as copper gluconate)	0.67 mg 34%
Protein	21 g 42%†	Sodium	100 mg 6%
Vitamin A (as beta-carotene)	1,667 IU 33%	Potassium	200 mg 18%
Vitamin C (ascorbic acid)	20 mg 33%	Whey Protein Isolate	22 g **
Vitamin D (as ergocalciferol)	133 IU 33%	Viscofiber® Proprietary Blend	8 g --
Vitamin E (as D-alpha-tocopheryl acetate)	10 IU 33%	Viscofiber Oat Beta-Glucan Concentrate, Inulin (chicory root extract), Xanthan Gum	
Thiamin (as Vitamin B1)	0.5 mg 33%	Stevia Extract (leaf)	118 mg **
Riboflavin (Vitamin B2)	0.57 mg 33%		
Niacin (as niacinamide)	6.67 mg 33%		
Vitamin B6 (as pyridoxine HCl)	0.67 mg 34%		
Folic Acid	133 mcg 33%		

Other ingredients: xylitol, cocoa powder, natural flavors, maltodextrin, soy lecithin.

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

Slim & Trim® **viscofiber®**
One New Place

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