

Supplement Facts

Other ingredients: 100% pure fructose powder, xylitol, natural vanilla flavor.

Serving Size 2 Scoops (61 g)
Servings Per Container 14

	Amount Per Serving	% Daily Value
Calories	270	
Calories from Fat	70	
Total Fat	8 g	12%†
Saturated Fat	1.5 g	8%†
Cholesterol	70 mg	23%†
Total Carbohydrate	27 g	9%†
Dietary Fiber	5 g	20%†
Soluble Fiber	5 g	**
Sugars	7 g	**
Total Protein	22 g	44%†
Vitamin A (as beta carotene)	6,300 IU	126%
Vitamin C (ascorbic acid)	20 mg	33%
Vitamin D (as ergocalciferol)	100 IU	25%
Vitamin E (as α -alpha tocopheryl acetate)	6 IU	20%
Thiamin (as thiamin hydrochloride)	0.75 mg	50%
Riboflavin	0.8 mg	47%
Niacin (as niacinamide)	12 mg	60%
Vitamin B6 (as pyridoxine hydrochloride)	0.75 mg	36%
Folate (as folic acid)	110 mcg	28%
Vitamin B12	0.5 mcg	8%
Biotin	75 mcg	25%
Pantothenic Acid (as calcium pantothenate)	2.5 mg	25%
Calcium	650 mg	65%
Iron (as ferrous fumarate)	2.5 mg	14%
Phosphorus (as dicalcium phosphate)	250 mg	25%

	Amount Per Serving	% Daily Value
Iodine (as potassium iodide)	40 mcg	27%
Magnesium (as magnesium citrate)	120 mg	30%
Zinc (as zinc citrate)	6 mg	40%
Selenium (as selenium chelate)	20 mcg	29%
Copper (as copper chelate)	0.5 mg	25%
Manganese (as manganese citrate)	1 mg	50%
Chromium (as chromium chelate)	20 mcg	17%
Molybdenum (as molybdenum citrate)	25 mcg	33%
Sodium	240 mg	10%‡
Potassium	450 mg	13%
Whey Protein Concentrate (milk) (microfiltered, undenatured)	28 g	**
PGX** (PolyGlycoPLEX®)	5 g	**
Highly purified fiber complex manufactured using the proprietary EnviroSimplex® process. PGX® (Konjac-mannan [<i>Amorphophallus konjac</i>] root), Sodium Alginate, Xanthan Gum)		
Soy Lecithin	4 g	**
Medium Chain Triglycerides (from coconut)	1 g	**
Stevia Leaf Powder	100 mg	**
Bilberry (<i>Vaccinium myrtillus</i>) Extract (fruit)	25 mg	**
(25% anthocyanidins)	6.25 mg	**
Taurine	25 mg	**
Lutein	4 mg	**
† Percent Daily Values are based on a 2,000 calorie diet.		
** Daily Value not established.		

LOT & EXPIRY 1.3125" x .25" Single Line

DIETARY SUPPLEMENT

WellBetX®
PGX®
Patent Pending

Weight Loss Shake
French Vanilla

1.9 lb (854 g) Powder

APPETITE CONTROL & GLUCOSE BALANCE†

natural
Factors®

Suggested Usage: For the first 1–2 weeks, add 1/2–1 scoop of **WellBetX®** powder to 10–12 fl. oz. cold water and shake in a shaker cup or mix in a blender with ice. Gradually increase dosage to 2 scoops (61 g) and mix in 16 fl. oz. of water as directed above or as directed by a health professional. Keep out of reach of children.

Serving Option: **WellBetX®** powder makes a delicious pudding! Follow the directions above. After mixing, pour into a bowl and refrigerate for 1 hour. Add 1/2 a banana or other fruit for variety.

Notice: Adding healthy soluble fiber to your daily diet has many health benefits. You may experience a temporary change in your bowel movements as your body adjusts to the addition of the PGX® soluble fiber, usually in 3–7 days. Start off with half the dose and slowly work up to full dose to help your body adjust to PGX®. Taking PGX® daily will support a healthy gastrointestinal tract and overall good health including healthy glucose levels.† The PGX® fiber does swell when mixed with water; therefore, it is important to drink adequate amounts of water (12–16 fl. oz.) after ingesting the product.

Caution: If you are under 18 years of age, pregnant or nursing or if you have health concerns, consult a health professional before starting any weight loss plan. If taking medication, take it 1 hour prior to or 2 hours after taking PGX®.

WellBetX® weight loss formula is designed to promote and support weight loss through appetite control and glucose balance.† The formula is quick and easy to mix and makes a creamy “shake” or pudding for a healthy snack or meal option that is both delicious and satisfying.

WellBetX® powder is *completely unique* from other weight loss programs! It supplies the body with an optimum blend of nutrients, is high in protein, has a low glycemic index and tastes delicious! A key component of the formula is PGX® (PolyGlycoPLEX®), a proprietary soluble fiber blend clinically proven to support weight loss (when combined with a healthy diet and regular exercise).†

• **PGX® is unlike any other soluble fiber.**

Why is PGX® unique compared to other fibers? Significantly less PGX® is required to obtain the same important health benefits, such as support for glucose balance and weight loss. PGX® is highly effective for appetite control, making **WellBetX®** a satisfying snack or meal option that helps reduce carbohydrate and sugar cravings.† PGX® was developed through extensive research at the University of Toronto and the Canadian Center for Functional Medicine.

High Fiber • High Protein • Low Glycemic Index

Available in 2 delicious all-natural flavors: Chocolate and French Vanilla.

Look for other **WellBetX®** products: Complete Multi, Daily Packets for Glucose Balance†, PGX® Capsules and Glucose Balance Herbal Formula†.

All Natural Factors products are manufactured in accordance with the Government of Canada’s Good Manufacturing Practices (GMP), among the highest standards in the world.

Contains no artificial preservatives, wheat, yeast or high fructose corn syrup. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

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

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
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Everett WA, USA 98203



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PGX® (Patent Pending)

Purity & Potency
Guaranteed

