

SECURE - Complete Meal Replacement Variety

7 Chocolate, Vanilla, Coffee & 3 Mixed Berry, Piña Colada, Peanut Butter

SUGGESTED USE Mix one packet of SECURE in 6 to 12 ounces of water, juice or non-fat milk. Use more or less liquid to achieve the desired flavor intensity. You can also make a delicious "smoothie" by adding non-fat yogurt, juice, ice and fresh or frozen fruit. SECURE provides a healthy, low fat and reduced carbohydrate source of protein that fits perfectly into any weight-loss or wellness plan. SECURE can be used several times daily to replace meals, snacks or dessert, but be sure to consume at least one nutritious meal daily. This product is most effective when used in conjunction with a high potency, comprehensive multi-vitamin-mineral supplement from ANDREW LESSMAN'S Life Rx™ family of formulas. **For answers to questions about the use of this product call 800.800.1200.**

This package is sold by weight not by volume. It contains the full weight indicated on the label. Settling of contents can occur during shipment.



**QUESTIONS? RE-ORDERS?
CALL 800.800.1200
WWW.PROCAPSLABS.COM**

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Andrew Lessman
Founder of ProCAPS LABS

PROCAPS LABORATORIES **ALL-SOLAR MANUFACTURING**

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01.26.09 PC

SECURE makes weight loss and wellness easy and enjoyable. SECURE's amazingly delicious flavors and only 69 calories make it ideal for any weight-loss program.

Let's face it, losing weight or simply managing our weight is difficult and the only proven way to do so is by controlling what we put in our bodies and that requires that we achieve some discipline in what we eat. But those two words alone – control and discipline are what make losing weight so unpleasant in the first place, since they require we sacrifice the enjoyment we get from food. For decades, meal replacements have been proven as a powerfully effective weight-loss tool, but meal replacements have always been so unpleasant to use. SECURE is designed to be exceptionally easy to use and to take the deprivation "dieting" and replace it with an enjoyable sense of control over what we eat each and every day.

SECURE is more than just a delicious meal replacement, it is also an extremely healthy and nutritious source of your daily vitamins, minerals, protein and fiber. SECURE's unique characteristics make even the most challenging weight-loss goals easier to achieve and certainly more enjoyable along the way. Each delicious and satisfying SECURE meal contains less than 70 calories, but still manages to deliver 7 grams of high-quality, heart-healthy soy protein, along with 26 essential vitamins and minerals, plus fiber. For those watching more than calories, SECURE meets the rigorous standards for being considered "Low Fat" and for those counting "carbs," it delivers less than 7 grams of carbohydrate calories, plus a healthy 2 grams of fiber. Moreover, each 70 calorie serving of SECURE provides between 50% and 200% of your daily requirement of all 12 essential vitamins, as well as 14 vital minerals, including 200 milligrams of Calcium. Soy has long been a staple food in the healthy Asian diet and soy protein is the highest quality non-animal derived protein available today. SECURE helps us overcome the challenges that our modern lifestyle and diet can cause, making it easy and enjoyable for us to manage our weight while also maintaining healthy levels of vital nutrients. SECURE is designed to emulate a healthy diet by being a highly concentrated source of the vitamins, minerals, fiber and protein we seek without being a concentrated source of the calories, carbohydrate or fat we seek to avoid. Rest assured, SECURE tastes just as good as its impressive numbers and benefits read on paper.

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.

Ingredients†: Proprietary Protein Complex (Isolated Soy Protein, Whey Protein), Fructose, Non-dairy Creamer, Fibersol™, Calcium Citrate, Calcium Citrate Malate, Natural & Artificial Flavors. **Contains 2 Percent or less of:** Magnesium Oxide, Potassium Citrate, Calcium Ascorbate, Mixed Tocopherols, Acesulfame Potassium (non-nutritive sweetener), Sucralose (non-nutritive sweetener), d-alpha Tocopheryl Acetate, Vitamin A Palmitate, Niacinamide, Calcium Pantothenate, Zinc Citrate, Iron Sulfate, Molybdenum Glycinate, Cholecalciferol, Pyridoxine Hydrochloride, Cyanocobalamin, Thiamin Hydrochloride, Riboflavin, Manganese Citrate, Copper Citrate, Chromium Nicotinate, Potassium Borate, Folic Acid, Biotin, Sodium Selenite, Vanadyl Sulfate. **Contains milk and soy.**

Nutrition Facts†				
Serving Size	1 Scoop/Packet (20g)		With 8 oz non-fat milk	
Servings Per Container				
Amount Per Serving				
Calories			70	160
Calories from Fat			15	20
			%DV*	%DV*
Total Fat	1.5g	2%	3%	3%
Saturated Fat	1g	6%	7%	7%
Trans Fat	0g	0%		
Cholesterol	0mg	0%	2%	2%
Sodium	85mg	4%	9%	9%
Potassium	85mg	2%	15%	15%
Total Carbohydrate	9g	3%	7%	7%
Dietary Fiber	2g	6%	6%	6%
Sugars	7g			
Protein	7g	13%	30%	30%
Soy Protein	7g			
Soy Isoflavones	13mg			
Serving Size	1 Scoop/Packet (20g)	With 8 oz non-fat milk	1 Scoop/Packet (20g)	With 8 oz non-fat milk
Serv Per Container				
Vitamin A	50%	50%	Vitamin C	100%
Calcium	20%	50%	Iron	10%
Vitamin D	50%	50%	Vitamin E	50%
Vitamin B1	50%	60%	Vitamin B2	50%
Niacin	50%	50%	Vitamin B6	50%
Folic Acid	50%	50%	Vitamin B12	200%
Biotin	50%	50%	Pantothenic Acid	50%
Phosphorus	8%	30%	Magnesium	25%
Zinc	10%	15%	Selenium	35%
Copper	10%	10%	Manganese	10%
Chromium	50%	50%	Molybdenum	35%
* Percent Daily Values (%DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
Calories: 2,000 2,500				
Total Fat	Less than	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	
Calories per gram:	Fat 9	Carbohydrate 4	Protein 4	

† See individual packets for flavor-specific Nutrition Facts and Ingredient information.