SUGGESTED USE Mix one scoop 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 such as one of ANDREW LESSMAN'S Life Rx™ 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.

UNSURPASSED.
Purity. Quality. Integrity. Effectiveness.

Andrew Lessman
Founder of PROCAPS LABS

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

PROCAPS LABORATORIES
ALL-SOLAR MANUFACTURING

430 Parkson Road
Henderson, NV 89011

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• CHOCOLATE • CHOCOLATE • CHOCOLATE • CHOCOLATE • CHOCOLATE • CHOCOLATE • CHOCOLATE • CHOCOLATE • CHOCOLATE • CHOCOLATE • CHOCOLATE • CHOCOLATE •

SECURE®

COMPLETE MEAL REPLACEMENT

LESS THAN 70 CALORIES
LOW FAT · LOW SODIUM
26 VITAMINS AND MINERALS · 200 MG CALCIUM
7 GRAMS OF SOY PROTEIN

CHOCOLATE

PROCAPS LABORATORIES
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22.2 oz (1.4 lb.) (630 g) • 30 Servings

SECURE is a delicious chocolate shake that, at ***less than 70 calories***, also happens to be an extremely nutritious *ultra-low calorie meal replacement* delivering 26 vitamins and minerals, as well as a healthy source of protein and fiber. Each delicious and satisfying serving contains ***less than 70 calories*** and delivers 7 grams of heart healthy soy protein. For those counting "carbs," **SECURE** delivers less than 7 grams of carbohydrate calories with a healthy 2 grams of fiber. Plus, **SECURE** provides between 50% and 200% of your RDA of all 12 essential vitamins plus 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, possessing an extensive list of research studies attesting to its myriad of health benefits. **SECURE** makes it easier to enjoy a reduced caloric intake, while also ensuring an abundant supply of vitamins, minerals, protein, fiber and phytonutrients. **SECURE** is designed to be the best tasting, lowest calorie meal replacement available, providing a highly concentrated source of the vitamins, minerals, fiber and protein you seek without the abundant calories, sugar, carbohydrate or fat you seek to avoid. Nutritious **SECURE** is designed to be more than the most extraordinary meal replacement on paper, but also the most impressive and delicious in your mouth as well. Controlling our intake of food can be difficult, but **SECURE**'s great taste and ultra-low caloric content makes it easy and enjoyable.

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: Isolated Soy Protein, Fructose, Non-dairy Creamer, Maltodextrin (dietary fiber), Cocoa powder, Natural & Artificial Flavors, Calcium Citrate, Calcium Citrate Malate. **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, Cholecalciferol, Molybdenum Glycinate, Pyridoxine Hydrochloride, Cyanocobalamin, Thiamin Hydrochloride, Riboflavin, Manganese Citrate, Copper Citrate, Chromium Nicotinate, Potassium Borate, Folic Acid, Biotin, Sodium Selenite, Vanadyl Sulfate. ***Contains soy.***

Nutrition Facts

Serving Size	1 Scoop (21g)	With 8 oz non-fat milk
Servings Per Container	30	
Amount Per Serving		
Calories	**70**	**160**
Calories from Fat	15	20
	%DV*	**%DV***
Total Fat	1.5g **2%**	**3%**
Saturated Fat	1g **6%**	**7%**
Trans Fat	0g	
Cholesterol	0mg **0%**	**2%**
Sodium	135mg **6%**	**10%**
Potassium	85mg **2%**	**15%**
Total Carbohydrate	9g **3%**	**7%**
Dietary Fiber	2g **7%**	**7%**
Sugars	7g	
Protein	7g **13%**	**30%**
Soy Protein	7g	
Soy Isoflavones	13mg	
Vitamin A	50%	50%
Vitamin C	100%	100%
Calcium	20%	50%
Iron	10%	10%
Vitamin D_3	50%	50%
Vitamin E	50%	50%
Vitamin B1	50%	60%
Vitamin B2	50%	70%
Niacin	50%	50%
Vitamin B6	50%	50%
Folic Acid	50%	50%
Vitamin B12	200%	220%
Biotin	50%	50%
Pantothenic Acid	50%	60%
Phosphorus	10%	35%
Magnesium	25%	30%
Zinc	10%	15%
Selenium	35%	40%
Copper	10%	10%
Manganese	10%	10%
Chromium	50%	50%
Molybdenum	35%	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