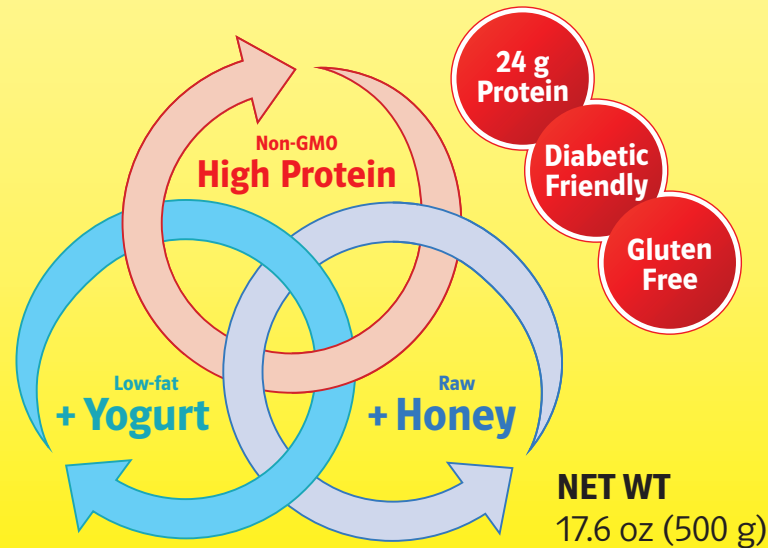


30 Years of Scientific Research on Almased

# Almased®

Optimize Metabolism. Lose Weight. Boost Energy. Restore Wellness.



**Vanilla Health & Weight Loss Shake**  
Low Glycemic Metabolism Health Supplement

NET WT  
17.6 oz (500 g)

### Supplement Facts

Serving Size 50 g (Approximately 8 Tbsp)  
Servings per container about 10

	Amount per Serving	% DV
Calories	180	
Total Fat	2 g*	3%
Total Carbohydrate	15 g*	5%
Total Sugars	15 g*	†
Includes 10 g Added Sugars		
Protein	24 g*	48%
Vitamin A (as retinol acetate)	230 mcg RAE	26%
Vitamin C (as ascorbic acid)	25 mg	28%
Vitamin E (as dl-alpha-tocopherol acetate)	2.5 mg	17%
Thiamin (as thiamine mononitrate)	0.3 mg	25%
Riboflavin	7 mg	538%
Niacin (as niacinamide)	6 mg	38%
Vitamin B6 (as pyridoxine hydrochloride)	0.5 mg	29%
Vitamin B12 (as cyanocobalamin)	0.6 mcg	25%
Calcium (as calcium citrate, from low-fat yogurt)	250 mg	19%
Iron (as ferrous fumarate)	5.5 mg	31%
Zinc (as zinc oxide)	3.4 mg	31%
Sodium	340 mg	15%

\* Percent Daily Values are based on a 2,000 calorie diet  
† Daily Value (DV) not established

**Other Ingredients:** Soy Protein Isolate, Raw Honey, Low-Fat Yogurt Powder (1% fat skim milk, yogurt culture), flavoring, vitamin and mineral blend: calcium citrate, silicon dioxide, vitamin C, iron fumarate, riboflavin, niacin, zinc oxide, vitamin B12, vitamin E, vitamin A, vitamin B2, vitamin B6, vitamin B1

**Contains soy and milk ingredients**  
Made in a facility that processes nuts.

Distributed by Almased USA, Inc.  
1200 Corporate Center Way, Wellington, FL 33414  
1-877-256-2733, info@almased.com

[www.almased.com](http://www.almased.com)

**Made in Germany**

Store in a cool dry place.

Do not use if seal is broken or missing.

Packaged by weight NOT volume. Settling may occur.



### Typical Amino Acid Profile

Per serving 50 g, naturally occurring

Tyrosine	900 mg
Methionine*	350 mg
Cystine/Cysteine	250 mg
Lysine*	1500 mg
Threonine*	900 mg
Tryptophan*	300 mg
Leucine*†	2000 mg
Isoleucine*†	1200 mg
Valine*†	1200 mg
Histidine*	600 mg
Arginine	1600 mg
Phenylalanine*	1200 mg
Asparagine Acid	2600 mg
Serine	1100 mg
Glutamine Acid	4500 mg
Proline	1400 mg

\* essential amino acid  
† branched chain amino acids



#### ALMASED IS GREAT FOR

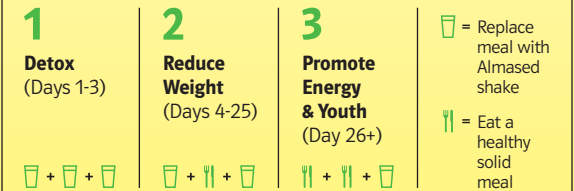
- ✓ Weight Management
- ✓ A Diabetic Friendly Diet
- ✓ A Healthy Metabolism
- ✓ Supports cognitive function
- ✓ Young & Healthy Skin, Hair, Nails & Cells
- ✓ Sports Performance



### The Almased Weight Loss Phenomenon™

Other Diets Slow Metabolism, Almased Fixes It!

- ✓ Speed up your metabolism
- ✓ Lose weight & build muscle to prevent the yo-yo effect
- ✓ Burn more calories & fat naturally
- ✓ Support healthy blood sugar
- ✓ Supports cognitive function
- ✓ Support healthy cholesterol for heart health
- ✓ Cut hunger
- ✓ Improve mood & energy
- ✓ Detoxify & unclog liver from fat



» For life-long health benefits, take one serving of Almased as a meal replacement or as a supplement daily.

#### MAKE YOUR OWN SHAKE



#### DIRECTION FOR USE

- Mix** in water, skim milk, oat or almond milk
- Scoop** 8-13 Tablespoons (based on your height, see insert) into a shaker bottle or blender
- Add** faves (optional), such as cold brew coffee, berries, cocoa powder, or cinnamon

**Notice:** For weight reduction, use only as directed (see Diet Plan under the lid). Do not use in diets supplying less than 400 Calories per day without medical supervision.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

MT12304

Almased Almond-Vanilla-Flavor

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