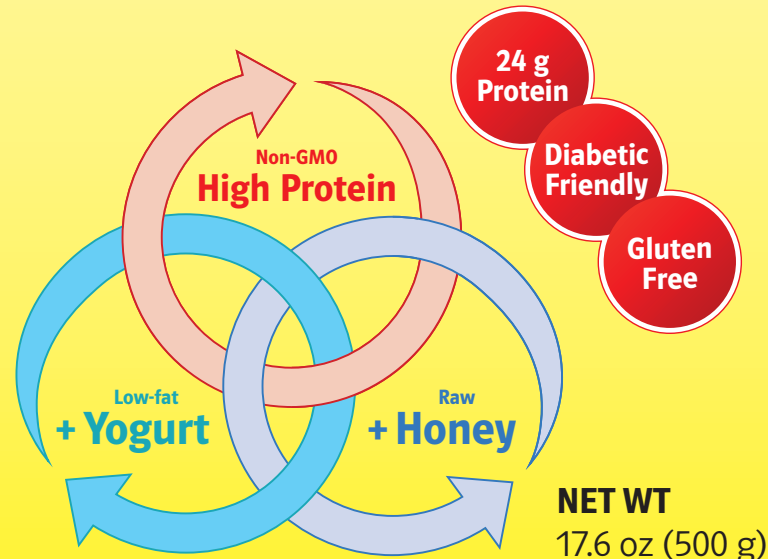


30 Years of
Scientific Research
on Almased

Almased®

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



Natural Health & Weight Loss Shake
Low Glycemic Metabolism Health Supplement

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), 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

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



Vegetarian



Natural



Gluten Free



Preservative Free



Stimulant Free



GMO Free

ALMASED IS GREAT FOR

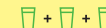
- ✓ Weight Management
- ✓ A Diabetic Friendly Diet
- ✓ A Healthy Metabolism
- ✓ Supports cognitive function
- ✓ Young & Healthy Skin, Hair, Nails & Cells
- ✓ Sports Performance

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 & unplug liver from fat

1

Detox
(Days 1-3)



2

Reduce Weight
(Days 4-25)



3

Promote Energy & Youth
(Day 26+)



☒ = Replace meal with Almased shake

☒ = Eat a healthy solid meal

» 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.