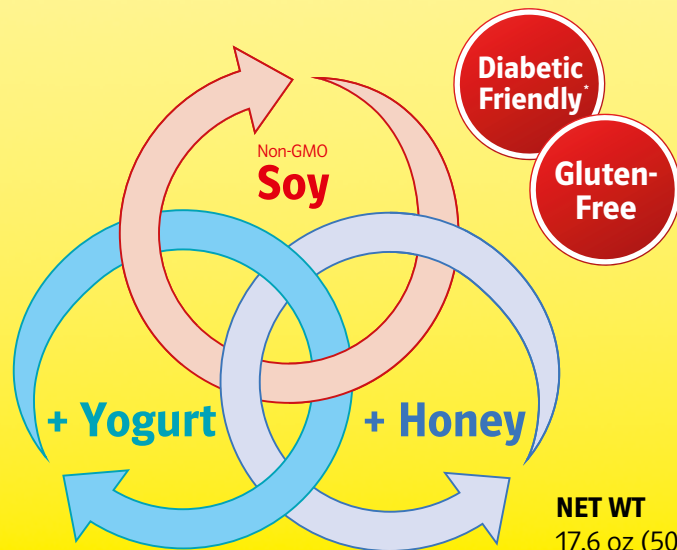


Diet Plan
under the lid

Almased®

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



Low-Glycemic High-Protein Formula
Weight Management and Metabolic Health Supplement

Supported by
over 30 years of
scientific research.

No artificial fillers,
flavors, added
sugars, preservatives
or stimulants.

Low glycemic index
(27) and extremely
low glycemic load (4).

Unique fermentation
process.

Produced using the
original German
formula.



Store at room temperature
in a dry environment

Do not use if seal is broken

See Bottom for Lot# and Best By

For questions, contact us toll-free
at **1-877-ALMASED** (1-877-256-2733)
or info@almased.com.
You can also visit our website
at www.almased.com for
more information.

Manufactured for and distributed
in the USA by Almased USA Inc.,
Charlotte, NC 28208

Supplement Facts

10 servings per container
Serving size **50 g (Approx. 8 Tablespoons)**

Amount per serving		% Daily Value*
Calories	180	
Total Fat	1 g	1%
Sodium	260 mg	11%
Total Carbohydrate	15 g	5%
Total Sugars	15 g	30%
Protein	27 g	54%
Vitamin A	185 mcg RAE	21%
Vitamin C	15 mg	22%
Vitamin E	4.2 mg	28%
Thiamine (Vitamin B1)	0.5 mg	42%
Riboflavin (Vitamin B2)	0.4 mg	31%
Niacin	5.7 mg	36%
Vitamin B6	0.5 mg	29%
Vitamin B12	0.6 mcg	25%
Calcium	190 mg	15%
Iron	3.9 mg	22%
Zinc	3.0 mg	27%

The % Daily Value tells you how much a nutrient in a
serving of food contributes to a daily diet.
2,000 calories a day is used for general guidance

Ingredients: soy protein isolate, raw honey, skim milk
yogurt powder, vitamin and mineral blend: potassium
chloride, magnesium carbonate, calcium citrate, silica,
magnesium citrate, vitamin C, iron fumarate, riboflavin,
niacin, zinc oxide, vitamin E, vitamin A, manganese
sulfate, calcium, D-pantothenate, vitamin B2, vitamin
D3, vitamin B6, vitamin B1, folic acid, potassium iodide,
vitamin K, biotin, sodium selenite, vitamin B12

Contains soy and milk ingredients

Typical Amino Acid Profile

(Per serving 50 g, naturally occurring)

Tyrosine	900 mg	Leucine*	2100 mg
Methionine*	350 mg	Isoleucine*	1300 mg
Cystine/Cysteine	250 mg	Valine*	1300 mg
Lysine*	1500 mg	Histidine*	600 mg
Threonine*	900 mg	Arginine	1700 mg
Tryptophan*	300 mg	Phenylalanine*	1300 mg

* essential amino acid † branched chain amino acids

The Almased Weight Loss Phenomenon™
Optimize metabolism. Lose weight.
Boost energy. Restore wellness.*

- Provides beneficial essential amino acids, bioactive peptides, and honey-derived digestive enzymes to support wellness.*
- Burns fat while retaining muscle mass.*
- Aids digestive health and supports immunity.*
- Helps curb cravings.*
- Supports a healthy mood and natural energy levels.*



A Customer Favorite:
Cinnamon Roll Shake

8 tbsp Almased • 12 oz unsweetened
vanilla almond milk • 1 tsp ground
cinnamon • 1 tsp stevia (optional)

SUGGESTED DOSAGE

Combine 8 level tablespoons of Almased
with filtered water, skim milk, or
unsweetened almond milk in a shaker
cup or blender. For even more flavor,
customize your shake by adding your
favorite spices or extracts, like ground
cinnamon or vanilla extract.

FOR WEIGHT MANAGEMENT

To learn how to lose weight the healthy
way and effectively, please follow the
scientifically-proven weight-loss plan
under the can lid.

FOR DAILY NUTRITION

To optimize your metabolism, boost
immunity and restore wellness,
supplement your daily nutrition with a
serving (50 g) of Almased.

Read label prior to use. Do not use if you are allergic to any of the ingredients. Before starting
any weight-loss plan, consult your licensed healthcare practitioner.

Questions or comments? Call toll-free at **1-877-ALMASED** (1-877-256-2733) or e-mail
info@almased.com.

This package is sold by weight not volume. Contents may settle during shipment. Best if
consumed by best by date (see bottom). Do not consume the product if seal is broken.

* 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.