

Almased®

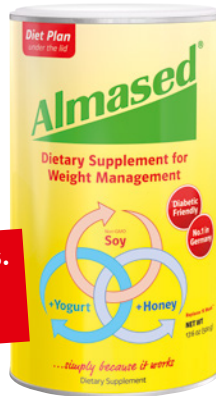
The Almased Weight Loss Phenomenon™

Made with three ingredients, fortified with vitamins and minerals.

Almased is a dietary supplement made from non-GMO soy, yogurt and enzyme-rich honey in a unique fermentation process. It contains no artificial flavors, fillers, added sugars, preservatives, colorants or stimulants.

How Almased Works

- Aids in weight loss by supporting the breakdown of fat, while retaining muscle mass
- Helps support the metabolism and improve energy levels and mood
- Regulates hunger by promoting healthy levels of satiety hormones leptin and ghrelin
- Supports healthy blood sugar levels and thyroid function



**Natural Ingredients.
Gluten-Free.
Diabetic Friendly.**

Supplement Facts

Serving Size: 50g (8 Level Tablespoons)
Approximate Servings Per Container: 10

Amount Per Serving	% Daily Value*
Calories 180	
Calories from Fat 9	
Total Fat 1.0g*	1.5%
Saturated Fat 0.5g*	2.5%
Trans Fat 0g	**
Polyunsaturated Fat 0.1g	**
Monounsaturated Fat 0.4g	**
Cholesterol 3mg	1%
Sodium 340mg	15%
Potassium 500mg	14%
Total Carbohydrates 15g*	6%
Dietary Fiber 0.5g*	2%
Sugars 15g	**
Protein 27g*	54%
Vitamin A 794 IU	16%
Vitamin C 16mg	27%
Vitamin E 6 IU	20%
Thiamin (Vitamin B1) .5mg	33%
Riboflavin (Vitamin B2) 6mg	350%
Vitamin B6 .7mg	35%
Calcium 215mg	22%
Iron 4.9mg	27%

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Essential and Potentially Essential Amino Acid Content of Protein Ingredients

Amino Acid	Per Serving 50g
L Tyrosine 950mg	L Leucine 2300mg
L Methionine 400mg	L Isoleucine 1400mg
L Cystine 300mg	L Valine 1400mg
L Lysine 1550mg	L Histidine 700mg
L Threonine 950mg	L Arginine 1800mg
L Tryptophan 400mg	L Phenylalanine 1300mg

Ingredients: Soy Protein Isolate, Honey, Skim Milk Yogurt Powder, Potassium Chloride, Magnesium Carbonate, Calcium Citrate, Vitamin C, Niacin, Riboflavin (Vitamin B2), Vitamin E, Zinc Oxide, Ferrous Fumarate, Manganese Sulfate, Calcium Pantothenate, Vitamin B2, Vitamin B6, Vitamin B1, Vitamin A, Folic Acid, Potassium Iodide, Sodium Selenite, Biotin, Vitamin D3, Vitamin B12

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. As always, consult your doctor or health care team before beginning any weight loss program or reducing your dosage of current medications.

Shake Up Your Diet Routine!

Almased's powdered formula is neutral-tasting, so you can flavor it any way you like!

For best results, mix Almased in 10-12 oz of bottled or filtered water, add 1-2 tsp of oil (olive, flaxseed or walnut) and flavor your shake with ground cinnamon or other spices and your favorite extract, like vanilla or almond. In a blender or shaker bottle, add liquid, Almased, and then other ingredients as the shake mixes better when liquid is added first. You may add ice, if desired. Blend or shake until smooth and enjoy. You can replace your meals with Almased for weight loss, or add it to your regular diet routine for weight maintenance and wellness. For more information on the 4 phases of the Almased Diet and delicious recipes, visit our website www.almased.com or call our customer service team at 1-877-ALMASED (1-877-256-2733).

What do the experts say



Almased requested an independent researcher, Charles D. Shively, PhD., RPh, to review nine of Almased's published studies.

According to Shively: "The controlled clinical trials, lasting between 12 to 52 weeks and involving a total of 568 Almased diet participants, demonstrated positive health impacts with using diabetic friendly Almased. On average, individuals experienced statistically significant reduction in body weight (~20 lb) and body mass index (~8%). The studies also demonstrated strong support for healthy blood sugar levels." For additional commentary from Shively and to learn about the Health Power of Raw Honey, visit: www.AskDrS.org.

Nutrition Tip

Why add oil to the shakes?

Oil contains quality essential fatty acids that are highly beneficial for fat-soluble vitamin absorption. They also support brain function and satiety, and may further improve the metabolism.



ALMASED CLASSIC

- 8 Tbsp Almased
- 10-12 oz water
- 1 tsp flaxseed, walnut or olive oil
- Flavor with cinnamon or your favorite extract



GERMAN CHOCOLATE CAKE SHAKE

- 8 Tbsp Almased
- 12 oz unsweetened coconut milk
- 1 Tbsp unsweetened cocoa powder
- 1 Tbsp chopped nuts
- 1 tsp stevia (optional)
- ½ tsp vanilla extract



GREEN ENERGY

- 8 Tbsp Almased
- 12 oz unsweetened vanilla almond milk
- 1 cup raw spinach leaves
- ½ pear
- 1 tsp olive oil
- 1 tsp stevia (optional)



LEMON DROP

- 8 Tbsp Almased
- 12 oz water
- 2 ½ tsp lemon extract
- 1 tsp flaxseed, walnut, or olive oil
- 1 tsp stevia (optional)



STRAWBERRY FLAXTINI

- 8 Tbsp Almased
- 12 oz unsweetened vanilla almond milk
- 1 Tbsp ground flaxseeds
- 1 tsp strawberry extract