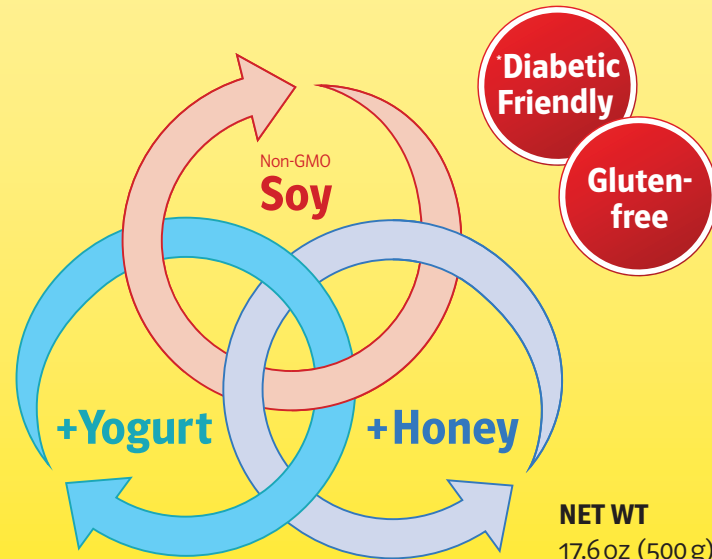


Diet Plan
under the lid

Almased®

Dietary Supplement for Weight Management



NET WT
17.6 oz (500 g)

...simply because it works
Dietary Supplement

Clinically Tested*

**Unique
Fermentation
Process**

All-Natural

**NO artificial
fillers, flavors,
added sugars,
preservatives
or stimulants**

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

See bottom for Lot# and
expiration date.

To order or find a location near
you, please call **1-800-ALMASED**
(1-800-256-2733), or visit our
website at www.almased.com

Manufactured and distributed in
the USA by Almased USA, Inc.,
St. Petersburg, FL 33711.



Supplement Facts

Serving Size: 8 tablespoons (50g)
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.

Ingredients: Soy Protein Isolate, Honey, Skim Milk Yogurt Powder, Potassium Chloride, Magnesium Carbonate, Calcium Citrate, Vitamin C, Niacin, Color Additive: 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

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

This product contains only naturally occurring essential branched-chain amino acids, digestive enzymes and probiotics.

The Almased Weight Loss Phenomenon™

Speeds up and improves the metabolism.
Reduce weight. Revitalize energy. Restore wellness.*

- Supported by over 30 years of experience and research.
- Formulated in Germany with a unique fermentation process that enables nutrients to be absorbed quickly into the bloodstream.
- Supports the retention of muscle mass while losing fat.*
- Supports digestive and immune system function with probiotics and enzymes.*
- Helps to control hunger through high amount of quality protein.*

Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.
One serving of Almased provides 25 grams of soy protein.

GENERAL DOSAGE

Mix 8 tablespoons (50g) of the powder with 10–12 oz of cold liquid, such as bottled or filtered water, low-fat milk or unsweetened almond milk. Customize your Almased shake by adding your favorite ingredients, for instance cinnamon, ground flaxseeds, vanilla or other extracts or unsweetened cocoa powder. Prepare in a blender for a smooth and creamy

texture. Almased should be made fresh and consumed immediately after mixing. Use as a meal replacement up to 3 times daily or as a wellness drink in addition to your diet.

For additional information and individual serving size recommendations, please see the instructions under the lid of the can.

NOTES

This package is sold by weight not volume. Contents may settle during shipping. Store in a dry, cool place. Best if purchased before (see bottom). If seal is broken, return for exchange or refund. If you are (or might

be) allergic to one of the ingredients or would like to take Almased on a long-term basis, please consult your physician or health care professional or call toll-free at **1-800-ALMASED (1-800-256-2733)**.

*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.