

**Soft,
Blissful
Vanilla**



product information.

FREE
SERVINGS*

MAKES
22
SHAKES

TAKE
LOVE

GLUTEN
FREE

Nutrition Facts

22 servings per container
Serving size **26g (About 1 scoop)**

Amount per serving	Shake Mix	w/ 8 fl oz Fat Free Milk
	% DV**	% DV**
Calories	110	190
Total Fat	3.5g 4%	3.5g 4%
Saturated Fat	0g 0%	0.5g 3%
Trans Fat	0g	0g
Cholesterol	0mg 0%	5mg 2%
Sodium	130mg 6%	230mg 10%
Total Carbohydrate	18g 7%	30g 11%
Dietary Fiber	4g 14%	4g 14%
Total Sugars	11g	23g
Incl. Added Sugars	10g 20%	10g 20%
Protein	2g 4%	10g 20%
Vit. D	2.5mcg 15%	5.4mcg 25%
Calcium	220mg 15%	520mg 40%
Iron	6.4mg 35%	6.4mg 35%
Potas.	140mg 2%	530mg 10%
Vit. A	150mcg 15%	300mcg 35%
Vit. C	27mg 30%	27mg 30%

**The % Daily Value (DV) 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 nutrition advice.

INGREDIENTS: SUGAR, SUNFLOWER CREAMER (SUNFLOWER OIL, BUTTERMILK, DISODIUM PHOSPHATE, NATURAL FLAVOR, SILICON DIOXIDE), CELLULOSE GEL, MALTODEXTRIN, MILK PROTEIN CONCENTRATE, NATURAL AND ARTIFICIAL FLAVOR, XANTHAN GUM, SALT, LECITHIN, ACESULFAME POTASSIUM, ASPARTAME.
VITAMIN AND MINERAL BLEND: CALCIUM CARBONATE, DIPOTASSIUM PHOSPHATE, DICALCIUM PHOSPHATE, MAGNESIUM OXIDE, D-L ALPHA TOCOPHERYL ACETATE (VITAMIN E), SODIUM ASCORBATE (VITAMIN C), FERRIC ORTHOPHOSPHATE (IRON), NIACINAMIDE (VITAMIN B3), POTASSIUM IODIDE, ZINC OXIDE, MANGANESE SULFATE, VITAMIN A PALMITATE, PHYTONADIONE (VITAMIN K1), SODIUM MOLYBDATE, SODIUM SELENITE, COPPER GLUCONATE, CHOLECALCIFEROL (VITAMIN D3), D-CALCIUM PANTOTHENATE, BIOTIN, CHROMIUM CHLORIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMINE MONONITRATE (VITAMIN B1), FOLIC ACID, RIBOFLAVIN (VITAMIN B2), CYANOCOBALAMIN (VITAMIN B12).
CONTAINS MILK AND SOY.

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Manufactured in the USA with ingredients of international and domestic origin.

Amount per serving	Shake Mix	w/ 8 fl oz Fat Free Milk
	% DV**	% DV**
Vit. E	13.5mg 90%	13.5mg 90%
Vit. K	20mcg 15%	20mcg 15%
Thiamin	0.3mg 25%	0.41mg 35%
Riboflavin	0.17mg 15%	0.62mg 50%
Niacin	5mg 30%	6.9mg 45%
Vit. B6	0.5mg 30%	0.59mg 35%
Folate	100mcg 25%	110mcg 30%
	DFE (60mcg folic acid)	DFE (60mcg folic acid)
Vit. B12	1mcg 40%	2.23mcg 90%
Biotin	10mcg 35%	14.9mcg 50%
Pantothenic Acid	1mg 20%	1.9mg 40%
Phosphorus	110mg 8%	350mg 30%
Iodine	30mcg 20%	86mcg 60%
Magnesium	100mg 25%	130mg 30%
Zinc	3mg 25%	4mg 35%
Selenium	16mcg 30%	24mcg 45%
Copper	0.2mg 20%	0.23mg 25%
Manganese	0.7mg 30%	0.71mg 30%
Chromium	10mcg 30%	10.1mcg 30%
Molybdenum	15mcg 35%	19.9mcg 45%

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CLINICALLY PROVEN
The SlimFast
1 ONE SERVING MEAL
2 REPLACES MEALS with low calories
3 UNUSUAL TASTES satisfy your palate
Recipes for 20
Visit SlimFast.com
Shake Mixes for low calorie
Directions
Combine 1 (inside container) with 8 fl. oz. shaker cup
STORE IN A cool, DRY PLACE
L-026384
0 08346 02638 8

product information.



product information



10g
PROTEIN[†]

4g
FIBER

24
VITAMINS &
MINERALS
INCLUDING
A, C, D, E & ZINC

**GLUTEN
FREE**

product information

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02638-1

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Foreword

Weight Loss Management is one of the vital concerns of health authorities who are truly dedicate in the preservation of good and better living. They are focusing themselves in this line of work so that they can easily control and monitor the condition of every person that needs support, medications and treatments so that for these people to overcome their difficulty in their diet program. The concept of this article is to make people aware on why they have to be conscious about their weight condition and on how they can prevent illness that might occur in the near future because they just neglected their unhealthy situation.

Goal Setting For Weight Management

Chapter 1:

Introduction

Synopsis

Publications are the first thing that authorities produce in order for them to effectively send their important message to the public; to be healthy with the help of Weight Loss Management. They produce and continue to create tools that can easily help them reach people who are not aware of their situation.

Basic Information

These publications are also composed of information in relation to the foods and procedures that people can follow in order to promote healthier living. By doing this, there are a lot of people that will no longer be unconscious of what specific processes of Weight Loss Management are preferred for their needs.

Health care providers are one of the most trusted entities that will never hesitate to help people who are struggling while accomplishing Weight Loss Management. These people are being taught about new and innovated processes, which are simply to conduct and maintain, so that they can elevate the number of healthy people in their place. With the contribution of this particular system, health providers will no longer have problems implementing better systems for the beneficial concerns of everyone.

Community groups and organizations that need support for the betterment of Weight Loss Management in the world also receive help that will educate them about what process of this healthy approach is necessary for each and every case or situation. In fact, these entities that work for the promotion of disease and illness-free societies help each other to attain the most positive results that they can achieve in accordance to Weight Loss Management. As long as community groups and organizations have the complete support and maintenance that they need, there is no way that they will not grant

the desires of patients who look forward to brighter results in relation to their difficulties.

Pertaining to the focus and dedication of people who are not stopping in conquering and overcoming the cause and effect of Weight Loss Mismanagement, people who are now continuing to exert their best effort will no longer have difficulty in attaining the most recommend results that they've always wanted. By the time that they achieve these outcomes, they can now be more positive in their life perspectives which is the main reason of why they can be productive as a healthy human being.

Chapter 2:

The Reason Goals Are Important In Weight Loss

Synopsis

The significance of Weight Loss Management is now said to be the top priority of health providers and authorities. As health is a concern, there is a great possibility that a lot of people will now resolve their problems when the time comes now that they are conscious of how they will live healthier.

Goals And Their Importance

Performing each of these tasks consecutively will promote a chance for people to live longer and prosper at the same time. In accordance, it is better to know the following important facts about Weight Loss Management that will help you realize how valuable it is to possess.

Diabetes is considered to be one of the top illnesses possessed by younger and older individuals. As you know, diabetes generates a lot of difficulties for living if it is not prevented and treated properly. With the presence of Weight Loss Management, there is a definite chance that people can avoid the possibility of obtaining diabetes which can cause a lot of sickness' that are serious and incurable.

Never neglect this type of condition if you have it because it can possibly make you weak as a person in terms of a degrading status of health.

Another thing that makes Weight Loss Management important is that it can totally help your blood circulate properly in your body system. Regular deliverance and circulation of blood, including the balance of its flow and existence, will develop positive results that can make you free from diseases and illnesses. Weight Loss Management can also contribute to the presence of your glucose level that prevents your body from losing its strong immune system. With the help of Weight Loss Management, you will no longer have difficulty in generating healthy cells inside your body.

As long as you practice and patronize the healthy living that is being performed with Weight Loss Management, you will never lose your confidence as a person. A lot of obese individuals do not want to go out and have shop or do other activities because of their size and health condition. It is better to exercise so that you can maintain and prevent this kind of situation. Together with Weight Loss Management, you can now attain the confidence of being fit and suitable in everyday tasks and activities for the day.

Cholesterol, blood pressure, and any other type of cardiovascular disease can only be controlled and prevented by means of Weight Loss Management. Exercising everyday will give you more defenses against these illnesses that are considered to be some of the reasons why a person cannot properly accomplish all the tasks assigned to

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