

# APPETIZER DIET® SHAKES

## DISCOVER WEIGHT LOSS MADE SIMPLE

The Appetizer Diet Shake comes in three decadent, delectable flavors: choose from Velvety Vanilla, Delicious Strawberry and Rich Chocolate. All three flavors mix with water to produce a rich, creamy shake that has just 90 to 111 calories! A low-calorie, great-tasting appetizer that can help you reach your weight management goals—who could ask for more?

To mix an Appetizer Diet Shake, just add one scoop (28 g) of powder to 12 oz of cold water and stir or shake vigorously. Drink immediately. If you use the shake as an appetite suppressant, drink one serving 15-45 minutes prior to your meal. To use the shake as a complete meal replacement, combine it with an Appetizer Diet Cookie.



### CHOCOLATE

ITEM 312 | 14.2 OZ.

\$29.95 | 18 BP

### VANILLA

ITEM 310 | 14.2 OZ.

\$29.95 | 18 BP

### STRAWBERRY

ITEM 311 | 14.2 OZ.

\$29.95 | 18 BP

#### CHOCOLATE SUPPLEMENT FACTS

Serving Size: 1 Heaping Scoop (34 g), Servings Per Container: 12

##### Amount Per Serving

	Calories 111	Calories from fat 15	% DV*
<b>Total Fat</b>	2g	3%	
Saturated Fat	1g	4%	
Trans Fat	0g		
<b>Cholesterol</b>	37mg	12%	
<b>Sodium</b>	249mg	11%	
<b>Potassium</b>	274mg	8%	
<b>Total Carbohydrate</b>	4g	1%	
Dietary Fiber	2g	9%	
Sugars	0g		
<b>Protein</b>	21g	42%	
Vitamin A	0%		
Vitamin C	1%		
Calcium	10%		
Iron	6%		

#### VANILLA SUPPLEMENT FACTS

Serving Size: 1 Scoop (27 g), Servings Per Container: 15

##### Amount Per Serving

	Calories 90	Calories from fat 15	% DV*
<b>Total Fat</b>	1g	2%	
Saturated Fat	1g	4%	
Trans Fat	0g		
<b>Cholesterol</b>	33mg	11%	
<b>Sodium</b>	249mg	11%	
<b>Potassium</b>	251mg	7%	
<b>Total Carbohydrate</b>	4g	1%	
Dietary Fiber	2g	9%	
Sugars	1g		
<b>Protein</b>	18g	35%	
Vitamin A	0%		
Vitamin C	0%		
Calcium	10%		
Iron	4%		

#### STRAWBERRY SUPPLEMENT FACTS

Serving Size: 1 Scoop (28 g), Servings Per Container: 15

##### Amount Per Serving

	Calories 90	Calories from fat 10	% DV*
<b>Total Fat</b>	1g	2%	
Saturated Fat	1g	4%	
Trans Fat	0g		
<b>Cholesterol</b>	33mg	11%	
<b>Sodium</b>	246mg	10%	
<b>Potassium</b>	249mg	7%	
<b>Total Carbohydrate</b>	4g	1%	
Dietary Fiber	2g	9%	
Sugars	1g		
<b>Protein</b>	18g	37%	
Vitamin A	0%		
Vitamin C	0%		
Calcium	10%		
Iron	4%		

+Percent Daily Values are based on a 2,000 calorie diet.  
\* Daily Value (DV) Not Established.

\*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.



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