

Thermojetics® High-Protein, Low-Carb Program Weight-Loss Management Shake Mix

Vanilla or Chocolate

Carbohydrates are healthy, filling, satisfying and taste good, but they can also add weight. In recent years, there has been an emphasis on restricting fat in our diets, yet obesity has increased to epidemic proportions. So what's wrong with this picture?

The problem is that most of the "low-fat" processed foods contain simple sugars—i.e., products made from white flour such as bread, cereal and pasta, along with naturally occurring complex carbohydrates such as rice, potato and corn. All of these foods stimulate the production of insulin, which encourages fat production. When you take in an excess amount of carbohydrates, especially the refined forms prevalent in many "low-fat" products, what isn't used for fuel is stored as fat.

Herbalife's Weight-Loss Management Shake Mix, which is part of the Thermojetics® High-Protein, Low-Carb Program, can turn up the fat-burning flames on your metabolism and help you lose weight fast. At the same time, it is formulated to leave you feeling satisfied and energized because it is super-charged with essential vitamins, minerals, nutrients and herbs to help you safely reach your weight-loss goal.

Discussion Points

- **Filling:** Helps maintain a more even blood sugar level throughout the day while alleviating hunger pangs.
- **Energizing:** Fewer carbohydrates mean no mid-afternoon energy lull or brain drain.
- **Convenient:** Just mix with water. The pre-measured packets make it easy to have a shake anytime or anywhere.

Did You Know?

Even some healthy foods contain lots of carbohydrates with a high glycemic index, such as carrots, beets and many fruits. The elimination of these foods, as well as those foods containing refined sugar, is critical to shutting off insulin, the hormone that facilitates the storage of fat. When sugar is unavailable to the cells from carbohydrates, the body turns on its fat burners and extracts energy from its own stored fat. The result is rapid weight loss and, just as important, fat loss.

Fast Facts

- Each serving has 15 grams of protein and approximately 5 to 6 grams of carbohydrates.
- Contains essential vitamins, minerals, nutrients and herbs.
- Convenient-to-use, single-serving packets mix easily with water.
- Only 110 calories and 3 or 4 grams of fat per serving.
- Two great-tasting flavors, vanilla and chocolate.

Vanilla Shake Mix Ingredients: Soy protein isolate, vegetable oil preparation (sunflower oil, maltodextrin, sodium caseinate, mono- and diglycerides, lecithin, mixed tocopherols as antioxidants, silicon dioxide), calcium caseinate, maltodextrin, vitamin and mineral mix (magnesium phosphate, niacinamide, reduced iron, vitamin C, zinc sulfate, pantothenic acid, manganese sulfate, copper gluconate, pyridoxine hydrochloride, thiamin mononitrate, riboflavin, folic acid, biotin, vitamin E, vitamin A palmitate, vitamin D, sodium molybdate, vitamin K, chromium chloride, potassium iodide, selenomethionine, vitamin B12), natural and artificial flavors. Contains 2% or less of: Maltodextrin, salt, tricalcium phosphate, xanthan gum, potassium chloride, guar gum, lecithin, silicon dioxide, sucralose (non-nutritive sweetener) and acesulfame potassium (non-nutritive sweetener).

Chocolate Shake Mix Ingredients: Soy protein isolate, vegetable oil preparation (sunflower oil, maltodextrin, sodium caseinate, mono and diglycerides, lecithin, mixed tocopherols as antioxidants, silicon dioxide), calcium caseinate, cocoa powder, vitamin and mineral mix (magnesium phosphate, niacinamide, reduced iron, vitamin C, zinc sulfate, pantothenic acid, manganese sulfate, copper gluconate, pyridoxine hydrochloride, thiamin mononitrate, riboflavin, folic acid, biotin, vitamin E, vitamin A palmitate, vitamin D, sodium molybdate, vitamin K, chromium chloride, potassium iodide, selenomethionine, vitamin B12), natural and artificial flavors. Contains 2% or less of: Maltodextrin, salt, tricalcium phosphate, xanthan gum, potassium chloride, guar gum, lecithin, silicon dioxide, sucralose (non-nutritive sweetener) and acesulfame potassium (non-nutritive sweetener).



NUTRITION FACTS

Serving Size: 2 Tablespoons (28g)
Servings Per Container: 18

	Amount Per Serving		% Daily Value*	
	Vanilla	Chocolate	Vanilla	Chocolate
Calories	110	110		
Calories from Fat	30	35		
Total Fat	3g	4g	5%	6%
Saturated Fat	0g	0.5g	0%	0%
Cholesterol	0mg	0mg	0%	0%
Sodium	340mg	280mg	14%	14%
Potassium	230mg	260mg	7%	7%
Total Carbohydrate	5g	6g	2%	2%
Dietary Fiber	1g	1g		
Sugars	0g	0g		
Protein	15g	15g	30%	30%
Vitamin A			35%	35%
Vitamin C			35	35%
Calcium			20%	20%
Iron			35%	35%
Vitamin D			35%	35%
Vitamin E			35%	35%
Vitamin K			35%	35%
Thiamin			35%	35%
Riboflavin			35%	35%
Niacin			35%	35%
Vitamin B6			35%	35%
Folate			35%	35%
Vitamin B12			30%	30%
Biotin			35%	35%
Panthenic Acid			35%	35%
Phosphorus			35%	35%
Iodine			35%	35%
Magnesium			35%	35%
Zinc			35%	35%
Selenium			35%	35%
Copper			35%	35%
Manganese			35%	35%
Chromium			25%	25%
Molybdenum			35%	35%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Notice: For weight-reduction, use only as directed in Herbalife's complete High-Protein, Low-Carb Program. Do not use in diets supplying less than 400 calories per day without medical supervision.

Ordering Details:

14 packets per container
Canister Net Weight: 14.3 oz. (406g)
Packet Net Weight: 1 oz. (29g)

Canisters:

Vanilla	Chocolate
#3175 (case of 12)	#3176 (case of 12)
#0285 (HAP)	#0286 (HAP)
\$27.95	\$27.95

Packets: 14 packets per box

Vanilla	Chocolate
#3177 (case of 12)	#3178 (case of 12)
#0287 (HAP)	#0288 (HAP)
\$27.95	\$27.95

