



Power up with protein

The body needs protein to repair and maintain itself. Muscles, hormones, enzymes and antibodies are all made of proteins. What does that mean to you? For one thing the production of antibodies is necessary to battle against infection. Another is that protein builds muscle, which in turn burns calories to help maintain your weight. Foods high in protein also take more work to digest and utilize so you'll burn more calories as your body converts them. Adults need at least 30 grams of protein at each meal, especially when dieting. Good sources of protein include nuts, such as almonds, beans, eggs, lean meat and fish and some dairy.



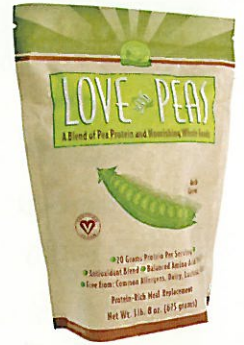
Focus on fiber

A fiber-rich diet can lower cholesterol, balance blood sugar levels, maintain bowel health and help maintain weight. Good sources include vegetables, legumes and whole grains, but for those of us with busy lives, it can be a challenge to ensure we are getting as much as we need. The recommended fiber intake for men under age 50 is 38 grams a day and 25 grams a day for women. Some meal replacements are an excellent option to help you get your daily fiber, as long as they are nutritious, low-sugar and low-calorie. You can also add fiber to shakes to help you ensure you are getting the daily recommended amount.

We recommend:

LOVE AND PEAS (STOCK NO. 3082-9)

- » Provides 20 grams of vegetable protein per serving
- » Provides 75% of the Daily Value of 18 vitamins and minerals
- » Supports the urinary and circulatory systems
- » Contains a powerful antioxidant blend
- » Is free from common allergens, dairy, lactose and gluten
- » Offers a balanced amino acid profile
- » Is certified vegan
- » Contains 3 grams of dietary fiber per serving



NATURE'S HARVEST (STOCK NO. 3090-6)

- » Provides 13 g vegetable protein per serving
- » Provides 75% of the Daily Value for 18 essential vitamins and minerals
- » Provides nutrient-dense plants, fruits and herbs for health and energy
- » Contains green foods, antioxidants, essential fatty acids, nutritive herbs, fiber and more
- » Supports the intestinal and circulatory systems
- » Is vegan, dairy-free and lactose-free
- » Contains 2 grams of dietary fiber per serving



Looking for healthy meals and snacks?

Check out the recipes on page 12.

We recommend:

SMARTMEAL™ NUTRITIONAL SHAKE MIX (Available in Vanilla (STOCK NO. 3085-8), Chocolate (STOCK NO. 3084-4) or Chai (STOCK NO. 3086-2)

- » Provides 15 grams of protein plus essential amino acids
- » Provides 35% of the recommended Daily Value for 18 vitamins and minerals
- » Contains nutrients for energy
- » May help contribute to a feeling of fullness
- » Supports cardiovascular health
- » Contains 2 grams of dietary fiber per serving



EVERYBODY'S FIBER (STOCK NO. 1336-6)

- » Supports the digestive and immune systems
- » Provides nutritional support to the bowel
- » Helps support the removal of toxins and waste
- » Promotes regularity in maintaining healthy bowel movements
- » Provides 3 grams dietary fiber per serving