

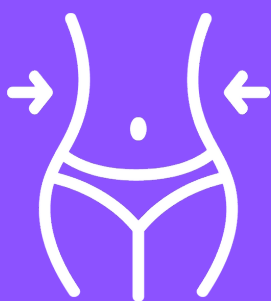
BENEFITS OF MEAL REPLACEMENTS

Meet your daily protein targets and control calories with high quality nutrition

What is a meal replacement?

A meal replacement is a powdered shake formula designed to provide specific amounts of certain nutrients and calories.

Why would I want to take a meal replacement?



Weight Loss

Increase protein, curb appetite and lower calorie intake



Weight Maintenance

Help maintain weight loss with regular use



Performance

Maintain muscle mass and fuel muscles

How do we convey that?

A meal replacement can be used to reach a variety of goals:

Lower Calorie Intake:

1-2 meal replacement per day as a substitute for normal meals has been shown to double weight loss.

Appetite Control:

Manage hunger levels by increasing protein and fiber from meal replacements.

Help Preserve Muscle Mass:

Higher protein intakes can help prevent the loss of lean mass.

