


# Metabolic Reset Chocolate Shake /630 g

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**Weight Loss Shake Mix**

As part of a healthy diet and exercise plan, revolutionary Metabolic Reset™ addresses both the glycemic and caloric causes of weight gain by safely reprogramming appetite to reduce hunger and cravings.*

- Natural formula; No artificial sweeteners or preservatives
- No stimulants
- High fiber / high protein
- Low glycemic index
- Contains 100% whey protein isolate
- Only 7 g of net carbohydrates per serving
- Fortified with vitamins & minerals

**Smooth & Delicious**

- Easier to mix and better tasting than other high fiber and protein shakes
- No fructose
- Just 130 calories!

**Dosage**
To make a satisfying shake, add 2 scoops of powder to 8 ounces of cold water. Shake or stir briskly into a smooth consistency. If desired, blend in fruit or other healthy ingredients. May also be mixed with skim, soy or other milk.

## Supplement Facts

Serving Size 1 Softgel

| Amount Per Serving | | % Daily Value |
|---|---|---|
| Calories | 130 | |
| Calories from Fat | 10 | |
| Total Fat | 1 g | 1%† |
| Cholesterol | 2 mg | 1% |
| Total Carbohydrate | 13 g | 4%† |
| Dietary Fiber | 7 g | 26%† |
| Soluble Fiber | 4 g | |
| Sugars | 1 g | |
| Protein | 21 g | |
| Vitamin A (as beta carotene) | 1,667 IU | 33% |
| Vitamin C (ascorbic acid) | 20 mg | 34% |
| Vitamin D (as ergocalciferol) | 133 IU | 33% |
| Vitamin E (as d-alpha tocopheryl acetate) | 10 IU | 33% |
| Thiamin (as thiamin mononitrate) | 0.5 mg | 33% |
| Riboflavin (Vitamin B2) | 0.57 mg | 33% |
| Niacin (as niacinamide) | 6.67 mg | 33% |
| Vitamin B6 (as pyridoxine HCl) | 0.67 mg | 33% |
| Folic Acid | 133 mcg | 33% |
| Vitamin B12 (as cyanocobalamin) | 2 mcg | 33% |
| Biotin (as biotin triturate) | 100 mcg | 33% |
| Pantothenic Acid (as d-calcium pantothenate) | 3.33 mg | 33% |
| Calcium (as dicalcium phosphate and from Whey Protein Isolate) | 500 mg | 50% |
| Phosphorus (as dicalcium phosphate) | 330 mg | 33% |
| Iodine (as potassium iodide) | 50 mcg | 33% |
| Magnesium (as magnesium oxide) | 150 mg | 33% |
| Zinc (as zinc oxide) | 5 mg | 33% |
| Copper (as copper gluconate) | 0.67 mg | 33% |
| Sodium | 150 mg | 6% |
| Potassium | 280 mg | 8% |

| | | |
|---|---|---|
| Whey Protein Isolate | 22 g | ** |
| Viscofiber® | 8 g | ** |
| Proprietary Blend Viscofiber® Oat Beta-Glucan Concentrate; Inulin (chicory root extract); Xanthan Gum | | |
| Stevia Extract (leaf) | 118 mg | ** |

**† Percent Daily Values are based on a 2,000 calorie diet.**

****Daily Value not established.**

Other ingredients: Xylitol, Dutch Cocoa, Natural Flavor, Maltodextrin