



THE IMPORTANCE OF PROTEIN

The first thing you notice when you try any of the delicious foods is their taste. But what makes the protein supplements perform so well in our weight management program is the high-quality protein they contain.

We're committed to helping you reach the optimum weight and size you need to enjoy life at its fullest.

833-4 WE HEAL
(833-493-4325)

www.ReShapeMD.com/WeightLoss

HONEY NUT
CEREAL
15 GRAMS
OF PROTEIN





CENTRAL TO YOUR DIET'S SUCCESS

HIGH-QUALITY PROTEIN

Quality protein, carefully sourced, prepared and portion-controlled – is central to the success of the phase diet plan, as has been proven in clinical tests.

Nutritional supplements provide your body with protein that is vital to preserve and maintain lean body tissue while you're going through the weight-loss phase of the plan. You'll be taking in fewer calories overall, so it's essential that you get the right amount – and the right kind – of protein to protect the major organs of body.

Protein supplements also help your body maintain a higher metabolic rate than it otherwise would during calorie restriction.

This heightened metabolism burns more fat, which helps you lose weight while at the same time giving you more energy.

It is precisely what your body needs during the weight-loss phase – the protein without the added calories and fat that you'd get in meat or dairy products. What's more, our protein supplements make you feel full – the hunger pangs subside and the high-calorie, high-fat sweets no longer seem so tempting. Because

PEANUT BUTTER -
15 GRAMS OF PROTEIN



the supplements contain precise amounts of high-quality protein, they make it easier to know exactly how much your body is getting, and to keep you on a systematic, weight-management program. Each protein supplement provides as much protein as nearly two ounces of meat – 15 grams per serving – but with far fewer calories, and of course, less fat and cholesterol.

Everything has been structured and balanced by food scientists, so you are relieved of the anxiety of reading countless labels in the grocery store. You know you're getting exactly what you need to reach your goal.

Best of all, this nourishing protein shows up on your menu in the form of delicious puddings, shakes, soups and hot beverages. You'd love the taste even if these delicious foods weren't the key to your weight management program.

