

# PROTEIN AND FIBER AT EVERY MEAL

## Make Losing Weight No Big Deal!

### Did you know?

Studies show high-protein diets increase satiety and decrease hunger compared with high-fat or high-carbohydrate diets. Most of the studies reviewed showed that most people on high-protein diets displayed a 10% reduction in overall caloric intake.



### High Fiber.

A high fiber count is desirable, as it helps fill you up.



### Low Sugar.

It is best to choose shakes with low amounts of sugar. When you consume sugar, your blood glucose level rises, in turn telling your body to store fat.



### High Protein.

High protein is what you should aim for because it helps increase metabolism and keeps you fuller, longer.

### Formulated with an optimal blend

**10 g**  
of fiber

**19 g**  
of protein

**24 essential**  
vitamins and minerals

### Blend GoTrim™ Nutrition Shakes into your day!

Make it your new healthy snack between meals to satisfy hunger between meals.

Make it a meal replacement and mix in your favorite fruit or milk for additional nutrition.

Bake it into your favorite sweet treat for added energy throughout the day.

Individuals following the GoTrim™ Lifestyle System as part of a healthy diet and exercise program can expect to lose 1-2 pounds per week.