

# 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

**6390NM** | Creamy Vanilla | **6391NM** | Chocolate Delight

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

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