



# HEALTH & WELLNESS

## PROTHIN® MEAL REPLACEMENT

*a balanced approach to a healthy lifestyle*

### ACHIEVE THE IDEAL YOU

We all know what it takes to lose weight—a reduced-calorie diet and exercise. That's the hard part. The easy part is finding the right weight management system for you—the one that helps you develop and maintain a healthy lifestyle so you can look and feel your best. That system is ProThin®. With ProThin®, you can finally achieve the ideal you. In addition to proper diet and exercise, it takes three steps to incorporate the ProThin® products into your lifestyle.



**ONE:** Get feelings of fullness with Pre-Meal Tablets.\*

**TWO:** Support your nutrition with Meal Replacement.

**THREE:** Support your metabolism with Thermogenic Blend.\*

### STEP TWO: PROTHIN® MEAL REPLACEMENT

As Step 2 in the ProThin® Weight Management System, ProThin® Meal Replacement reduces feelings of hunger. A balanced blend of protein, fiber, and key vitamins and minerals will help you feel healthy and great!

ProThin® Meal Replacement is one of the best-tasting meal replacement shakes available. On a daily basis, you can take one serving as a meal replacement. Available in delicious chocolate and vanilla flavors, this supplement mixes easily with cold water.

*(continued on next page)*

*\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



**NEWAYS**  
INTERNATIONAL



# HEALTH & WELLNESS

## PROTHIN® MEAL REPLACEMENT

(continued)

### KEY PRODUCT BENEFITS:

- Supplies natural protein, fiber, and more than 16 key vitamins and minerals
- Reduces feelings of hunger
- Supports cardiovascular health
- Supports healthy cholesterol levels
- Supports weight management with exercise and a low-calorie diet\*

### KEY INGREDIENTS:

- *Soy protein isolate*
- *Fiber*—A special blend of soluble and insoluble fibers.
- *Essential vitamins and minerals*—Meal Replacement also contains folate, thiamin, riboflavin, niacin, and vitamins A, B6, B12, C, D, and E. Essential minerals include iodine, zinc, calcium, phosphorus, magnesium, and potassium.
- *Nutrition Blend*—17g protein, 13g carbohydrate (6g fiber, 3g sugar), and a blend of vitamins and minerals at 150 calories.

### USAGE:

Mix 2 heaping scoops (39g) of powder with 6-8 oz. of cold water. Shake or stir to blend completely. Use ProThin® Meal Replacement to replace one meal per day. Carefully follow complete usage directions and Cautions/Warnings found on individual product packaging.

### TIPS:

- Use blender and mix some ice in for chilled smoothies.
- Add healthy mix-ins for your original delectable blend; fresh or frozen fruits, yogurt, mint, or ground nuts.
- See the ProThin® Meal Plan & Recipes (item #0808) for special recipes made with ProThin® Meal Replacement, like cranberry craze shake, raspberry cream shake, and lime smash shake.



NEWAYS  
INTERNATIONAL