



# HEALTH & WELLNESS

## PROTHIN® PRE-MEAL TABLET

*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 Tablet.\*

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

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

### STEP ONE: PROTHIN® PRE-MEAL TABLET

In conjunction with a low-calorie diet and adequate exercise, ProThin® Pre-Meal Tablet can help provide feelings of fullness, and support weight management. In addition, this supplement helps support digestive health.\*

As Step 1 in the ProThin® Weight Management System, ProThin® Pre-Meal Tablet dissolves effervescently for use by your body, helping you feel full.\* This appealingly citrus-flavored beverage provides feelings of fullness, helping you fight the urge to overeat.\*

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*\* 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.*



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## PROTHIN® PRE-MEAL TABLET

(continued)

### KEY PRODUCT BENEFITS:

- Supports additional satiety\*
- Provides feelings of fullness\*
- Supports digestive health\*
- Delivers active ingredients quickly with effervescent technology
- Supports weight management with exercise and a low-calorie diet\*

### KEY INGREDIENTS:

- *Phaseolamin*®—White kidney bean extract from *Phaseolus vulgaris*.
- *Chitosan*—An insoluble fiber derived from shellfish.
- *Inulin*—A soluble fiber.
- *Ascorbic Acid*—A form of vitamin C.
- *Grapefruit fiber*—An insoluble fiber.

### USAGE:

Take two tablets twice daily prior to meals. Dissolve contents of one packet (two tablets) in 8 oz. of water. Let tablets dissolve and drink immediately. Carefully follow complete usage directions and Cautions/Warnings found on individual product packaging.

### TIPS:

- ProThin® Pre-Meal Tablet may take longer to dissolve in cold water. If you'd like cold drinks, dissolve tablets in room-temperature water, then add ice before serving.
- Breaking tablets into smaller pieces will also let ingredients dissolve faster in water.
- This drink has a light, refreshing, lemon-lime flavor. Try mixing in fresh lemon, lime, and mint leaves for an additional burst of flavor.

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