

# Thermojetics® High-Protein, Low-Carb Shake Mix

## Carbohydrates are healthy, filling, satisfying and taste good, but they can also add weight.

In recent years, there has been an emphasis on restricting fat in our diets, yet obesity has increased to epidemic proportions. So what's wrong with this picture?

The problem is that most of the "low-fat" processed foods contain simple sugars—i.e., products made from white flour such as bread, cereal and pasta, along with naturally occurring complex carbohydrates such as rice, potato and corn. All of these foods stimulate the production of insulin, which encourages fat storage. When you take in an excess amount of carbohydrates, especially the refined forms prevalent in many "low-fat" products, what isn't used for fuel is stored as fat.

Herbalife's Weight-Management Shake Mix, which is part of the Thermojetics® High-Protein, Low-Carb Program, can turn up the fat-burning flames on your metabolism and help you lose weight fast. At the same time, it is formulated to leave you feeling satisfied and energized because it is super-charged with essential vitamins, minerals, nutrients and herbs to help you safely reach your weight-loss goal.

Whether you're choosing a frothy vanilla or chocolate shake, you'll get a delicious glass full of vitamins and nutrients with each serving of Thermojetics® High-Protein, Low-Carb Shake Mix. Not only is this tasty shake low in calories and carbohydrates, but it's high in protein while providing many of the vitamins and nutrients your body needs to sustain optimum health.

That's right. Now you need reach no further than Thermojetics® to obtain vitamin A, which helps in the formation and maintenance of healthy skin, hair and teeth; vitamin D, which helps maintain normal blood levels of calcium and phosphorus in the body, while helping to form and maintain strong bones; and vitamin K, which contributes to healthy bones. Thermojetics® High-Protein, Low-Carb Shake Mix also includes nutrients such as calcium and potassium so drink to your good health with Thermojetics® High-Protein, Low-Carb Shake Mix!

### Discussion Points

- **Filling:** Helps maintain a more even blood sugar level throughout the day while alleviating hunger pangs.
- **Energizing:** Fewer carbohydrates mean no mid-afternoon energy lull or brain drain.
- **Convenient:** Just mix with water. The pre-measured packets make it easy to have a shake anytime or anywhere.

### Did You Know?

Even some healthy foods contain lots of carbohydrates with a high glycemic index, such as carrots, beets and many fruits. The elimination of these foods, as well as those foods containing refined sugar, is critical to shutting off insulin, the hormone that facilitates the storage of fat. When sugar is unavailable to the cells from carbohydrates, the body turns on its fat burners and extracts energy from its own stored fat. The result is rapid weight loss and, just as important, fat loss.

### Fast Facts

- Each serving has 15 grams of protein and approximately 5 to 6 grams of carbohydrates.
- Contains essential vitamins, minerals, nutrients and herbs.
- Convenient-to-use, single-serving packets mix easily with water.
- Only 110 calories and 3 or 4 grams of fat per serving.
- Two great-tasting flavors, vanilla and chocolate.



Vanilla

### NUTRITION FACTS

Serving Size: 2 tablespoons (28 g)  
Servings per container: 18

	Amount Per Serving	% Daily Value*
Calories	110	
Calories from Fat	30	
Total Fat	3 g	5%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	340 mg	14%
Potassium	230 mg	7%
Total Carbohydrate	5 g	2%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	15 g	30%
Vitamin A	35%	Vitamin C 35%
Calcium	20%	Iron 35%
Vitamin D	35%	Vitamin E 35%
Vitamin K	35%	Thiamin 35%
Riboflavin	35%	Niacin 35%
Vitamin B6	35%	Folate 35%
Vitamin B12	30%	Biotin 35%
Pantothenic Acid	35%	Phosphorus 35%
Iodine	35%	Magnesium 35%
Zinc	35%	Selenium 35%
Copper	35%	Manganese 35%
Chromium	25%	Molybdenum 35%

Total Fat	Less Than	2,000	2,500
Sat. Fat	Less Than	65 g	80 g
Cholesterol	Less Than	20 g	25 g
Sodium	Less Than	300 mg	300 mg
Potassium	Less Than	2,400 mg	2,400 mg
Total Carbohydrate		3,500 mg	3,500 mg
Dietary Fiber		300 g	375 g
Protein		25 g	30 g
Calories per gram:	Fat 9	Carbohydrates 4	Protein 4

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Soy Protein Isolate, Vegetable Oil Preparation (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- and Diglycerides, Lecithin, Mixed Tocopherols as antioxidants, Silicon Dioxide), Calcium Caseinate, Maltodextrin, Vitamin and Mineral Mix (Magnesium Phosphate, Nicotinamide, Reduced Iron, Vitamin C, Zinc Sulfate, Pantothenic Acid, Manganese Sulfate, Copper Gluconate, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Folic Acid, Biotin, Vitamin E, Vitamin A Palmitate, Vitamin D, Sodium Molybdate, Vitamin K, Chromium Chloride, Potassium Iodide, Selenomethionine, Vitamin B12), Natural and Artificial Flavors. Contains 2% or less of: Salt, Potassium Chloride, Tricalcium Phosphate, Xanthan Gum, Guar Gum, Lecithin, Sucralose (non-nutritive sweetener), Turmeric and Acesulfame Potassium (non-nutritive sweetener).

**Directions:** Simply mix two tablespoons (2 g) with six to eight fluid ounces of cold water and stir until dissolved.

## Ordering Details

Vanilla #0285

\$27.95

# Thermojetics® High-Protein, Low-Carb Shake Mix

Chocolate

## NUTRITION FACTS

Serving Size: 2 tablespoons (29 g)  
Servings per container: 18

	Amount Per Serving	
Calories		110
Calories from Fat		35
		% Daily Value*
Total Fat	4 g	6%
Saturated Fat	0.5 g	3%
Cholesterol	0 mg	0%
Sodium	280 mg	12%
Potassium	260 mg	7%
Total Carbohydrate	6 g	2%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	15 g	30%
Vitamin A		35%
Vitamin C		35%
Calcium		20%
Iron		35%
Vitamin D		35%
Vitamin E		35%
Vitamin K		35%
Thiamin		35%
Riboflavin		35%
Niacin		35%
Vitamin B6		35%
Folate		35%
Vitamin B12		30%
Biotin		35%
Pantothenic Acid		35%
Phosphorus		35%
Iodine		35%
Magnesium		35%
Zinc		35%
Selenium		35%
Copper		35%
Manganese		35%
Chromium		25%
Molybdenum		35%

	Calories	2,000	2,500
Total Fat	Less Than	65 g	80 g
Sat. Fat	Less Than	20 g	25 g
Cholesterol	Less Than	300 mg	300 mg
Sodium	Less Than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g
Calories per gram:	Fat 9	Carbohydrate 4	Protein 4

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Soy Protein Isolate, Vegetable Oil Preparation (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- and Diglycerides, Lecithin, Mixed Tocopherols as antioxidants, Silicon Dioxide), Calcium Caseinate, Cocoa Powder, Vitamin and Mineral Mix (Magnesium Phosphate, Nicotinamide, Reduced Iron, Vitamin C, Zinc Sulfate, Pantothenic Acid, Manganese Sulfate, Copper Gluconate, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Folic Acid, Biotin, Vitamin E, Vitamin A Palmitate, Vitamin D, Sodium Molybdate, Vitamin K, Chromium Chloride, Potassium Iodide, Selenomethionine, Vitamin B12), Natural and Artificial Flavors. Contains 2% or less of: Maltodextrin, Salt, Tricalcium Phosphate, Xanthan Gum, Potassium Chloride, Guar Gum, Lecithin, Silicon Dioxide, Sucralose (non-nutritive sweetener) and Acesulfame Potassium (non-nutritive sweetener).

**Directions:** Simply mix two tablespoons (2 g) with six to eight fluid ounces of water and stir until dissolved.

## Ordering Details

Chocolate #0286

\$27.95