

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



## Add variety to your diet with delicious and nutritious soups.

Did you know that eating soup can actually help you lose weight?

That's because a low-fat, low-calorie first course of soup has enough nutrition to fill you up without filling you out. Clearly, Thermojetics® High-Protein, Low-Carb Soup Mix is a "souper" choice if you're trying to lose weight.

French researchers studied the benefits of eating soup before a meal and found that when participants were given a broth with strained vegetables and water, they weren't as hungry for their entrée. Each bowl of soup was roughly 95 calories and it dramatically reduced the amount of calories ingested during the meal.

Eating foods that are high in protein can help with losing weight because they make you feel full much faster than other calorie-rich foods. Thermojetics® High-Protein, Low-Carb Soup contains a whopping 15 g. of protein to fill you up so you eat less.

Herbalife has created two delicious low-calorie soups that allow you to step up to an entirely new dimension in weight loss or simply to enjoy tasty snacking with Thermojetics® High-Protein, Low-Carb Soup Mix. Try a cup of our Cream of Chicken or Potato Leek soups and you'll walk away from the dinner table feeling satisfied.

Low in calories and high in protein and flavor, Thermojetics® Soups come packaged in easy-to-use, single-serving packets. Simply add hot water to Thermojetics® Soup Mix for a great appetizer or between-meal snack and discover just how great tasting weight management can be!

## Discussion Points

- Instant nutrition: Easy to use for a quick meal or snack anytime, anywhere. Simply stir Soup Mix into a cup of hot water and enjoy!
- A satisfying hunger buster: With approximately 15 grams of high-quality protein, Thermojetics® High-Protein, Low-Carb Soup Mix will fill you up and leave you satisfied.
- Combine with other products: Thermojetics® High-Protein, Low-Carb Soup Mix can be used in conjunction with the Thermojetics® Weight-Management Programs and Herbalife's entire line of nutritional products.

## Fast Facts

- High in protein and low in calories.
- Easy-to-use single-serving packets.
- Just add hot water and enjoy.
- Available in two delicious flavors—Cream of Chicken and Potato Leek.
- Use concentrated as a tasty sauce for steamed vegetables.
- Can be used with either the Thermojetics® Green or Gold Weight-Management Programs as a protein-rich, filling snack.



Cream of Chicken

## NUTRITION FACTS

Serving Size: 1 packet (22g)  
Servings per container: 7 packets

Amount Per Serving			% Daily Value*
Calories			70
Calories from Fat			10
			% Daily Value*
Total Fat 1 g			2%
Saturated Fat 0 g			0%
Cholesterol less than 5 mg			1%
Sodium 500 mg			21%
Potassium 160 mg			5%
Total Carbohydrate 1 g			0%
Dietary Fiber 0 g			0%
Sugars 1 g			
Protein 15 g			30%
Vitamin A			0%
Vitamin C			0%
Calcium			20%
Iron			4%
Total Fat	Calories	2,000	2,500
Sat. Fat	Less Than	65 g	80 g
Cholesterol	Less Than	20 mg	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
		50 g	65 g
Calories per gram:	Fat 9	Carbohydrate 4	Protein 4

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Total Milk Protein Concentrate, Soy Protein Isolate, Hydrolyzed Gelatin, Salt, Onion Powder, Hydrolyzed Corn Protein (contains Thiamin Hydrochloride, Lactic Acid), Hydrolyzed Wheat Protein (contains Autolyzed Yeast Extract, Natural Flavors). Contains 2 percent or less of: Potassium Bicarbonate, Natural and Artificial Flavors, Silicon Dioxide Alginate, Xanthan Gum, Guar Gum, Spice Extractives and Green Onion Flakes.

**Directions:** Empty contents of one packet into a large cup or mug. Add approximately 6-8 fl. oz. of very hot water and stir until smooth.

**Microwave Directions:** Empty contents of one packet into a microwave-safe cup or bowl. While stirring, slowly add approximately 6-8 fl. oz. of cold water. Heat at high power for 1-1 1/2 minutes.

**Notice:** For weight reduction, use only as directed in Herbalife's complete High-Protein Low-Carbohydrate Diet Program. Do not use in diets supplying less than 400 calories per day without medical supervision.

## Ordering Details

Cream of Chicken #0291

\$10.95

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

Cream of Potato Leek

## NUTRITION FACTS

Serving Size: 1 packet (24g)

Servings per container: 7 packets

Amount Per Serving			% Daily Value*
Calories			70
Calories from Fat			0
			% Daily Value*
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Cholesterol	less than 5 mg		1%
Sodium	520 mg		22%
Potassium	220 mg		6%
Total Carbohydrate	2 g		1%
Dietary Fiber	0 g		0%
Sugars	1 g		
Protein	15 g		30%
Vitamin A			0%
Vitamin C			0%
Calcium			20%
Iron			6%
	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 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Total Milk Protein Concentrate, Soy Protein Isolate, Hydrolyzed Gelatin, Leek Extract, Dehydrated Leek Powder, Onion Powder, Hydrolyzed Vegetable Protein, Salt. Contains 2 percent or less of: Potassium Bicarbonate, Dehydrated Green Onions, Potato Flour, Silicon Dioxide, Xanthan Gum, Guar Gum, Alginate, Spice Extract and Autolyzed Yeast Extract.

**Directions:** Empty contents of one packet into a large cup or mug. Add approximately 6-8 fl. oz. of very hot water and stir until smooth.

**Microwave Directions:** Empty contents of one packet into a microwave-safe cup or bowl. While stirring, slowly add approximately 6-8 fl. oz. of cold water. Heat at high power for 1-1 1/2 minutes.

**Notice:** For weight reduction, use only as directed in Herbalife's complete High-Protein Low-Carbohydrate Diet Program. Do not use in diets supplying less than 400 calories per day without medical supervision.

## Ordering Details

Cream of Potato Leek #0292 \$10.95