

# Weight Control Bar™

## Meal Replacement Bar



### Are you:

- Always on the run, looking for a healthy meal or snack alternative?
- In a hurry in the morning and in need of a nutritious meal without preparation time?
- Looking for something to help control your appetite and reduce calories?

### The Problem:

In today's fast-paced lifestyle, many people find it hard to find time to prepare meals in advance. And if there's no time to prepare meals in advance, people tend to skip meals, depriving their bodies of much-needed nutrients, slowing their metabolism and lowering blood sugar levels. It is believed that breakfast is the most important meal each day. Given that for most people, dinner was at least 12 hours earlier, blood sugar levels tend to be extremely low upon arising in the morning. Under these circumstances, some people begin to make poor food choices, selecting high-fat, high-calorie, cholesterol-laden meals. These types of meals will quickly take their toll on both your waistline and your health.

### The Solution:

The Suddenly Slim! Weight Control Bar which is a delicious yogurt-coated weight control bar. The Suddenly Slim Weight Control bars contain a proprietary blend of thermogenic ingredients which help support weight loss. Use "on-the-run" as the perfect meal replacement or as a healthy snack.

Suddenly Slim! Weight Control Bars provide a balanced blend of biological usable proteins, energizing carbohydrates, essential fatty acids, vitamins, minerals, and more.

However, the Suddenly Slim! Weight Control Bars are unlike any other bar on the market. They contain an exclusive "thermogenic complex" (conjugated linoleic acid and bitter orange extract) which helps you achieve your weight loss goals by satisfying your hunger cravings, while assisting with decreasing body fat—and increasing lean muscle.

### The Results:

The Suddenly Slim Weight Control Bars help:

- Aid in thermogenesis (fat burning)
- Satisfy hunger
- Helps prevent bingeing and overeating
- Helps decrease body fat
- Support production of metabolic energy for physical and mental performance
- May be used as part of the Suddenly Slim Weight Loss Programs
- You lose weight and increase lean body mass, as they contain Conjugated Linoleic Acid (CLA), which creates a significant reduction in body fat and aids in the conversion of fat to lean muscle mass, while improving insulin levels.

**INGREDIENTS:** EXCLUSIVE FIRSTFITNESS PROTEIN BLEND (soy protein crisp, isolated soy protein, dry roasted soynuts), corn syrup, yogurt coating (sucrose, fractionated palm kernel oil, nonfat yogurt solids, whey, lecithin, salt, and natural and artificial flavor), high fructose corn syrup, maltitol, enriched wheat flour, rolled oats, raisins, peanut butter, natural coconut oil, honey, fruit juice concentrate (from pineapples, pears, and peaches), whey protein concentrate, citric acid, malic acid, conjugated linoleic acid, bitter orange extract, natural spice and flavors.

**Vitamins and Minerals:** Ascorbic acid, vitamin E acetate, ferrous fumarate, niacinamide, zinc oxide, copper gluconate, calcium pantothenate, vitamin A palmitate, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, folic acid, biotin, potassium iodide, and cyanocobalamin.

\*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.

Item #1040 **Berrylicious**

### KEY BENEFITS:

**High in vitamins and minerals**

**Contains 10 grams of protein**

**180 Calories**

**Cholesterol-free**

**0 Grams Trans fat**

### S U P P L E M E N T F A C T S

Serving Size: 1 Bar (48g)  
Servings Per Container: 10

Amount Per Serving		
Calories 200	Calories from Fat 40	
		<b>% Daily Value*</b>
<b>Total Fat</b>	4.5g	7%
Saturated Fat	3g	15%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	115mg	5%
<b>Potassium</b>	90mg	3%
<b>Total Carbohydrate**</b>	21g	9%
Fiber	1g	4%
Sugars	13g	
Sugar Alcohol	4g	
<b>Protein</b>	10g	20%
Vitamin A	15%	• Vitamin C 15%
Calcium	4%	• Iron 20%
Thiamin	15%	• Vitamin E 15%
Niacin	15%	• Riboflavin 15%
Folate	15%	• Vitamin B6 15%
Biotin	15%	• Vitamin B12 15%
Phosphorus	10%	• Pantothenic Acid 15%
Magnesium	2%	• Iodine 15%
Copper	15%	• Zinc 15%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

\*\* Plus 4 grams of Maltitol

**DIRECTIONS:** Use as a meal replacement or snack. Consume with 8 oz water.

The Suddenly Slim! Bar may also be used as a substitute for any "menu A" or "Snack" item when used in conjunction with the Suddenly Slim! 10-Day, 30-Day or Forever programs.

For maximum freshness, store product in a cool, dry place, preferably at 75°F. Do not freeze.