

Gluten-Free • Dairy-Free • Vegan • Non-GMO

# secure<sup>®</sup>

complete meal replacement bar

Chocolate  
Brownie  
Almond  
Crunch

16 Vitamins & Minerals  
50% RDI of 9 Vitamins  
200% RDI of B12 & Biotin

7 g Protein  
4 g Fiber

0 g Trans Fat  
0 mg Cholesterol

12 bars

140 Calories per bar • 7 g Protein • 4 g Fiber

12 - 1.06 oz (30 g) BARS  
Net Wt. 12.7 oz (360 g)

## Nutrition Facts

12 servings per box	
<b>Serving size</b>	<b>1 bar (30 g)</b>
Amount per serving	
<b>Calories</b>	<b>140</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 8 g	<b>10%</b>
Saturated Fat 2 g	<b>10%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 160 mg	<b>7%</b>
<b>Total Carbohydrate</b> 11 g	<b>4%</b>
Dietary Fiber 4 g	<b>14%</b>
Total Sugars 5 g	
Includes 4 g Added Sugars	<b>8%</b>
<b>Protein</b> 7 g	
Vitamin D <sub>3</sub> 10 mcg (400 IU)	50%
Calcium 80 mg	6%
Iron 3 mg	15%
Potassium 170 mg	4%
Vitamin C 50 mg	50%
Vitamin E 7.5 mg (11 IU)	50%
Vitamin B <sub>1</sub> 0.6 mg	50%
Vitamin B <sub>2</sub> 0.65 mg	50%
Niacin 8 mg	50%
Pantothenic Acid 2.5 mg	50%
Vitamin B <sub>6</sub> 0.85 mg	50%
Vitamin B <sub>12</sub> 4.8 mcg	200%
Folate 200 mcg DFE	50%
Biotin 60 mcg	200%
Magnesium 40 mg	10%

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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16 Vitamins & Minerals • 140 Calories per bar • 7 g Protein

Secure Complete Meal Replacement Bars are delicious, nutritious, and economical. Each bar provides a 140-calorie meal or snack containing 7 g of protein, along with 50% to 200% of the RDI of all B-vitamins, plus 50% of the RDI of vitamins C, D and E. **Secure** is designed to be the most delicious bar you have ever tasted that also satisfies your appetite and nutrient requirements. In addition to high levels of vitamins, minerals and protein, each bar is also a rich source of prebiotic inulin fiber to support a healthy microbiome, as well as beneficial medium chain triglycerides (MCTs) from coconut oil. Meal replacements are perhaps the most reliable and well-established of all weight management tools, but sadly, they are rarely enjoyable or barely healthy. **Secure** reinvents the experience and advances the science of meal replacements making them just as delicious and enjoyable as they are nutritious and healthy. Of course, **Secure** works perfectly with any sensible weight management, wellness or eating plan; however, even the most complete meal replacement should not be consumed as an exclusive source of calories and nutrition, so please be sure to consume at least one balanced meal daily. *Enjoy!*

**Ingredients:** Almonds, Non-GMO Soy Protein Isolate, Inulin (prebiotic fiber), Cane Sugar, Agave Syrup, Cocoa Powder (Processed with Alkali), Unsweetened Chocolate, Glycerin, Cocoa Butter, Natural Flavors, Coconut Oil, Soy Lecithin, Sea Salt, Vitamin Mineral Blend (Calcium Citrate/Ascorbate/Carbonate, d-alpha Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Methylfolate, Pyridoxine HCl, Cholecalciferol, Thiamine HCl, Riboflavin, Methylcobalamin, Biotin).  
**Contains: Soy and Almonds. Produced in a facility that also processes other tree nuts and peanuts.**

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Coconut  
Almond  
Cookie  
Crunch

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50% RDI of 9 Vitamins  
200% RDI of B12 & Biotin

7 g Protein  
4 g Fiber

0 g Trans Fat  
0 mg Cholesterol

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Amount per serving

**Calories** **140**

% Daily Value\*

**Total Fat** 8 g **10%**

Saturated Fat 2 g **10%**

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 130 mg **6%**

**Total Carbohydrate** 11 g **4%**

Dietary Fiber 4 g **14%**

Total Sugars 5 g

Includes 4 g Added Sugars **8%**

**Protein** 7 g

Vitamin D<sub>3</sub> 10 mcg (400 IU) 50%

Calcium 80 mg 6%

Iron 1 mg 6%

Potassium 132 mg 2%

Vitamin C 50 mg 50%

Vitamin E 7.5 mg (11 IU) 50%

Vitamin B<sub>1</sub> 0.6 mg 50%

Vitamin B<sub>2</sub> 0.65 mg 50%

Niacin 8 mg 50%

Pantothenic Acid 2.5 mg 50%

Vitamin B<sub>6</sub> 0.85 mg 50%

Vitamin B<sub>12</sub> 4.8 mcg 200%

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**Contains: Soy, Almonds and Coconut. Produced in a facility that also processes other tree nuts and peanuts.**