

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

secure[®]

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	
Serving size	1 bar (30 g)
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 160 mg	7%
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 ₃ 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 ₁ 0.6 mg	50%
Vitamin B ₂ 0.65 mg	50%
Niacin 8 mg	50%
Pantothenic Acid 2.5 mg	50%
Vitamin B ₆ 0.85 mg	50%
Vitamin B ₁₂ 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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complete meal replacement bar

Coconut
Almond
Cookie
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

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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 D₃ 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 B₁ 0.6 mg 50%

Vitamin B₂ 0.65 mg 50%

Niacin 8 mg 50%

Pantothenic Acid 2.5 mg 50%

Vitamin B₆ 0.85 mg 50%

Vitamin B₁₂ 4.8 mcg 200%

Folate 200 mcg DFE 50%

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Ingredients: Almonds, Non-GMO Soy Protein Isolate, Inulin (prebiotic fiber), Coconut, Agave Syrup, Cane Sugar, Cocoa Butter, Glycerin, Natural Flavors, Soy Lecithin, Vitamin Mineral Blend (Calcium Citrate/Ascorbate/Carbonate, Magnesium Citrate, d-alpha Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Methylfolate, Pyridoxine HCl, Cholecalciferol, Thiamine HCl, Riboflavin, Methylcobalamin, Biotin), Sea Salt.

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

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Peanut
Butter
Chocolate
Chip

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0 g Trans Fat
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% Daily Value*

Total Fat 8 g **10%**

Saturated Fat 2.5 g **13%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 190 mg **8%**

Total Carbohydrate 12 g **4%**

Dietary Fiber 4 g **14%**

Total Sugars 5 g

Includes 4 g Added Sugars **8%**

Protein 7 g

Vitamin D₃ 10 mcg (400 IU) 50%

Calcium 80 mg 6%

Iron 1 mg 6%

Potassium 111 mg 2%

Vitamin C 50 mg 50%

Vitamin E 7.5 mg (11 IU) 50%

Vitamin B₁ 0.6 mg 50%

Vitamin B₂ 0.65 mg 50%

Niacin 8 mg 50%

Pantothenic Acid 2.5 mg 50%

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