

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 per meal  
14 g Protein per bar

0 g Trans Fat  
0 g Cholesterol

6 bars  
12 MEALS

140 calories per meal • 2 meals per bar

6 - 2.1 oz (60 g) BARS  
Net Wt. 12.6 oz (360 g)

## Nutrition Facts

12 Servings per box  
Serving size 1/2 bar

### Calories

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Total Sugars

Added Sugars

Protein

Vitamin D3

Calcium

Iron

Potassium

Vitamin C

Vitamin E

Vitamin B1

Vitamin B2

Niacin

Pantothenic Acid

Vitamin B6

Vitamin B12

Folate

Biotin

Magnesium

1 meal  
half bar (30 g)

Per serving

140

% Daily Value\*

8 g 10%

2 g 10%

0 g

0 mg 0%

160 mg 7%

11 g 4%

4 g 14%

5 g

4 g 8%

7 g

10 mcg (400 IU) 50%

80 mg 6%

3 mg 15%

170 mg 4%

50 mg 50%

7.5 mg (11 IU) 50%

0.6 mg 50%

0.65 mg 50%

8 mg 50%

2.5 mg 50%

0.85 mg 50%

4.8 mcg 200%

200 mcg DFE 50%

60 mcg 200%

40 mg 10%

2 meals  
full bar (60 g)

Per bar

280

% Daily Value\*

16 g 20%

4 g 20%

0 g

0 mg 0%

320 mg 14%

22 g 8%

8 g 28%

10 g

8 g 16%

14 g

20 mcg (800 IU) 100%

160 mg 12%

6 mg 30%

340 mg 8%

100 mg 100%

15 mg (22 IU) 100%

1.2 mg 100%

1.3 mg 100%

16 mg 100%

5 mg 100%

1.7 mg 100%

9.6 mcg 400%

400 mcg DFE 100%

120 mcg 400%

80 mg 20%

\* 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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Secure Complete Meal Replacement Bars are delicious, nutritious and economical. Just a half bar provides a 140-calorie meal with 7 g of protein and 50% to 200% of the RDI of all B-vitamins, plus 50% of the RDI of vitamins C, D and E. A half bar is the perfect snack or light meal while a full bar will satisfy even a serious appetite. Each bar is also a rich source of prebiotic inulin fiber to support a healthy microbiome, along with the health benefits of medium chain triglycerides (MCTs) from coconut oil. Meal replacements are an established weight management tool and our deliciously satisfying **Secure Complete Meal Replacement Bars** are designed to work perfectly with any sensible weight management or wellness plan. Of course, even the best meal replacement should not be used as an exclusive source of nourishment, so be sure to consume at least one healthy, balanced meal daily.

**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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**Total Fat**

Saturated Fat

Trans Fat

**Cholesterol**

**Sodium**

**Total Carbohydrate**

Dietary Fiber

Total Sugars

Added Sugars

**Protein**

Vitamin D3

Calcium

Iron

Potassium

Vitamin C

Vitamin E

Vitamin B1

Vitamin B2

Niacin

Pantothenic Acid

Vitamin B6

Vitamin B12

Folate

Biotin

Magnesium

1 meal  
half bar (30 g)

Per serving

**140**

% Daily Value\*

8 g

10%

2 g

10%

0 g

0 mg

0%

130 mg

6%

11 g

4%

4 g

14%

5 g

4 g

8%

7 g

10mcg(400IU)

50%

80 mg

6%

1 mg

6%

132 mg

2%

50 mg

50%

7.5 mg(11IU)

50%

0.6 mg

50%

0.65 mg

50%

8 mg

50%

2.5 mg

50%

0.85 mg

50%

4.8 mcg

200%

200 mcg DFE

50%

60 mcg

200%

40 mg

10%

2 meals  
full bar (60 g)

Per bar

**280**

% Daily Value\*

16 g

20%

4 g

20%

0 g

0 mg

0%

260 mg

12%

22 g

8%

8 g

28%

10 g

8 g

16%

14 g

20mcg(800IU)

100%

160 mg

12%

2 mg

12%

264 mg

4%

100 mg

100%

15 mg(22IU)

100%

1.2 mg

100%

1.3 mg

100%

16 mg

100%

5 mg

100%

1.7 mg

100%

9.6 mcg

400%

400 mcg DFE

100%

120 mcg

400%

80 mg

20%

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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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complete meal replacement bar

Peanut  
Butter  
Chocolate  
Chip

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14 g Protein per bar

0 g Trans Fat  
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12 Servings per box  
Serving size 1/2 bar

### Calories

	1 meal half bar (30 g)	2 meals full bar (60 g)
	Per serving <b>140</b>	Per bar <b>280</b>
	% Daily Value*	% Daily Value*
<b>Total Fat</b>	8 g <b>10%</b>	16 g <b>20%</b>
Saturated Fat	2.5 g <b>13%</b>	5 g <b>26%</b>
Trans Fat	0 g	0 g
<b>Cholesterol</b>	0 mg <b>0%</b>	0 mg <b>0%</b>
<b>Sodium</b>	190 mg <b>8%</b>	380 mg <b>16%</b>
<b>Total Carbohydrate</b>	12 g <b>4%</b>	24 g <b>8%</b>
Dietary Fiber	4 g <b>14%</b>	8 g <b>28%</b>
Total Sugars	5 g	10 g
Added Sugars	4 g <b>8%</b>	8 g <b>16%</b>
<b>Protein</b>	7 g	14 g
Vitamin D3	10mcg(400IU) 50%	20mcg(800IU) 100%
Calcium	80 mg 6%	160 mg 12%
Iron	1 mg 6%	2 mg 12%
Potassium	111 mg 2%	222 mg 4%
Vitamin C	50 mg 50%	100 mg 100%
Vitamin E	7.5mg(11IU) 50%	15mg(22IU) 100%
Vitamin B1	0.6 mg 50%	1.2 mg 100%
Vitamin B2	0.65 mg 50%	1.3 mg 100%
Niacin	8 mg 50%	16 mg 100%
Pantothenic Acid	2.5 mg 50%	5 mg 100%
Vitamin B6	0.85 mg 50%	1.7 mg 100%
Vitamin B12	4.8 mcg 200%	9.6 mcg 400%
Folate	200 mcg DFE 50%	400 mcg DFE 100%
Biotin	60 mcg 200%	120 mcg 400%
Magnesium	40 mg 10%	80 mg 20%

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