

**Suggested Use** Mix one scoop (just over two tablespoons) of **Secure** in 6 to 12 ounces of water, juice, non-fat milk, smoothie, etc. Use more or less liquid to achieve the desired flavor intensity. **Secure** is so nutritious and low in calories, it provides the flexibility to be a healthy delicious meal or snack that will fit perfectly into any weight-management plan. **Secure** is not intended to be used as an exclusive source of nutrition, but to be used once or twice daily to help achieve one's weight management goals. **For questions about the use of this product call 800.800.1200.**

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**100% SOLAR PRODUCTION  
ZERO CARBON FOOTPRINT**

**PROCAPS**

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**Manufactured by ProCaps Labs,  
Henderson, NV 89011**

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**PROCAPS**

ZERO CARBON FOOTPRINT

**Chocolate**



**Delicious and Nutritious**

**secure**<sup>®</sup>  
complete meal replacement

Only 67 Calories per Meal • 21 Vitamins & Minerals  
Gluten-Free • Lactose-Free • Low Sodium • Low Fat  
7g Non-GMO Soy Protein • Cholesterol-Free



40.2 oz (2.5 lb) (1.14 kg) • 60 Servings

**Secure Complete Meal Replacement** is a great tasting chocolate shake that, at only 67 calories, is also the world's lowest calorie meal replacement. It is also a healthy source of protein, fiber and 21 essential vitamins and minerals. Each delicious and satisfying serving delivers 7 grams of heart and bone healthy non-GMO soy protein. For those counting "carbs", **Secure** delivers only 5 grams of carbohydrate with 2 grams of healthy fiber and provides between 50% and 500% of the RDI of 10 essential vitamins, plus 10 vital minerals, including 200 milligrams of calcium. Soy has long been a staple food in the healthy Asian diet and non-GMO soy protein is the highest quality, complete, non-animal protein available today with a long list of scientific research attesting to its myriad health and weight-loss benefits. **Secure's** rich flavor and texture also makes it easier to enjoy a reduced caloric intake, while also ensuring an abundant supply of vitamins, minerals, protein, fiber and phytonutrients. **Secure** is designed to be the best tasting, reduced calorie meal replacement available, providing a highly concentrated source of the vitamins, minerals, fiber and protein you seek without all of the undesirable calories, sugar, carbohydrate or fat you seek to avoid. Nutrient-rich **Secure** is designed to be more than the most impressive meal replacement on paper, but also the most delicious in your mouth as well. Controlling our intake of food can be difficult, but **Secure's** great taste and caloric composition make it easy and enjoyable to embrace a weight-loss regimen that actually works.

**Ingredients:** Non-GMO Soy Protein Isolate, Fructose, Non-dairy Vegetarian Creamer (Trans Fat Free), Maltodextrin (soluble dietary fiber), Cocoa Powder, Calcium Citrate, Natural & Artificial Flavors. **Contains 2 Percent or less of:** Magnesium Oxide, Calcium Ascorbate, Acesulfame Potassium (non-nutritive sweetener), Sucralose (non-nutritive sweetener), d-alpha Tocopheryl Acetate, Potassium Citrate, Niacinamide, Calcium Pantothenate, Cholecalciferol, Zinc Citrate, Folic Acid, Selenium-Methionine Complex, Pyridoxine Hydrochloride, Methylcobalamin (Proprietary Protective Methyl B12 Matrix), Thiamin Hydrochloride, Riboflavin, Chromium Nicotinate, Biotin. **Contains Soy.**

*This package is sold by weight, not by volume. It contains the full weight indicated on the label. Settling of contents can occur during shipment.*

**Nutrition Facts**

60 servings per container

**Serving size** 1 Scoop (19g) (6 1/2 tsp.)

**Amount per serving**  
**Calories** **67**

|   | % Daily Value* |
|---|----------------|
| <b>Total Fat</b> 1.5g                   | <b>2%</b>      |
| Saturated Fat 0g                        | <b>0%</b>      |
| Trans Fat 0g                            |                |
| <b>Cholesterol</b> 0mg                  | <b>0%</b>      |
| <b>Sodium</b> 60mg                      | <b>3%</b>      |
| <b>Total Carbohydrate</b> 7g            | <b>3%</b>      |
| Dietary Fiber 2g                        | <b>7%</b>      |
| Total Sugars 5g                         |                |
| Includes 5g Added Sugars                | <b>10%</b>     |
| <b>Protein</b> 7g                       | <b>14%</b>     |
| Soy Protein 7g                          |                |
| Vitamin D3 10 mcg (400 IU)              | 50%            |
| Calcium 200 mg                          | 15%            |
| Iron 1 mg                               | 6%             |
| Potassium 160 mg                        | 4%             |
| Vitamin C 60 mg                         | 70%            |
| Vitamin E 10 mg (15 IU)                 | 70%            |
| Vitamin B1 0.8 mg                       | 70%            |
| Vitamin B2 0.9 mg                       | 70%            |
| Niacin 10 mg                            | 60%            |
| Pantothenic Acid 5 mg                   | 100%           |
| Vitamin B6 1 mg                         | 60%            |
| Vitamin B12 12 mcg                      | 500%           |
| Folate 170 mcg DFE (100 mcg folic acid) | 42%            |
| Biotin 150 mcg                          | 500%           |
| Phosphorus 73 mg                        | 6%             |
| Magnesium 100 mg                        | 25%            |
| Zinc 1.3 mg                             | 10%            |
| Selenium 25 mcg                         | 45%            |
| Copper 0.1 mg                           | 10%            |
| Chromium 60 mcg                         | 170%           |

\*The % Daily Value (DV) 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.

**Suggested Use** Mix one scoop (just over two tablespoons) of **Secure** in 6 to 12 ounces of water, juice, non-fat milk, smoothie, etc. Use more or less liquid to achieve the desired flavor intensity. **Secure** is so nutritious and low in calories, it provides the flexibility to be a healthy delicious meal or snack that will fit perfectly into any weight-management plan. **Secure** is not intended to be used as an exclusive source of nutrition, but to be used once or twice daily to help achieve one's weight management goals. **For questions about the use of this product call 800.800.1200.**

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ZERO CARBON FOOTPRINT

**Vanilla**



**Delicious and Nutritious**

**secure**<sup>®</sup>  
complete meal replacement

Only 63 Calories per Meal • 21 Vitamins & Minerals  
Gluten-Free • Lactose-Free • Low Sodium • Low Fat  
7g Non-GMO Soy Protein • Cholesterol-Free



38.1 oz (2.4 lb) (1.08 kg) • 60 Servings

**Secure Complete Meal Replacement** is a great tasting vanilla shake that, at only 63 calories, is also the world's lowest calorie meal replacement. It is also a healthy source of protein, fiber and 21 essential vitamins and minerals. Each delicious and satisfying serving delivers 7 grams of heart and bone healthy non-GMO soy protein. For those counting "carbs", **Secure** delivers only 5 grams of carbohydrate with 2 grams of healthy fiber and provides between 50% and 500% of the RDI of 10 essential vitamins, plus 10 vital minerals, including 200 milligrams of calcium. Soy has long been a staple food in the healthy Asian diet and non-GMO soy protein is the highest quality, complete, non-animal protein available today with a long list of scientific research attesting to its myriad health and weight-loss benefits. **Secure's** rich flavor and texture also makes it easier to enjoy a reduced caloric intake, while also ensuring an abundant supply of vitamins, minerals, protein, fiber and phytonutrients. **Secure** is designed to be the best tasting, reduced calorie meal replacement available, providing a highly concentrated source of the vitamins, minerals, fiber and protein you seek without all of the undesirable calories, sugar, carbohydrate or fat you seek to avoid. Nutrient-rich **Secure** is designed to be more than the most impressive meal replacement on paper, but also the most delicious in your mouth as well. Controlling our intake of food can be difficult, but **Secure's** great taste and caloric composition make it easy and enjoyable to embrace a weight-loss regimen that actually works.

**Ingredients:** Non-GMO Soy Protein Isolate, Fructose, Non-dairy Vegetarian Creamer (Trans Fat Free), Maltodextrin (soluble dietary fiber), Calcium Citrate. **Contains 2 Percent or less of:** Natural & Artificial Flavors, Magnesium Oxide, Calcium Ascorbate, Acesulfame Potassium (non-nutritive sweetener), Sucralose (non-nutritive sweetener), d-alpha Tocopheryl Acetate, Potassium Citrate, Niacinamide, Calcium Pantothenate, Cholecalciferol, Zinc Citrate, Folic Acid, Selenium-Methionine Complex, Pyridoxine Hydrochloride, Methylcobalamin (Proprietary Protective Methyl B12 Matrix), Thiamin Hydrochloride, Riboflavin, Chromium Nicotinate, Biotin. **Contains Soy.**

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**Nutrition Facts**

60 servings per container  
Serving size **1 Scoop (18g) (6 1/2 tsp.)**

Amount per serving  
**Calories** **63**

|                              | % Daily Value* |
|------------------------------|----------------|
| <b>Total Fat</b> 1.5g        | <b>2%</b>      |
| Saturated Fat 0g             | <b>0%</b>      |
| Trans Fat 0g                 |                |
| <b>Cholesterol</b> 0mg       | <b>0%</b>      |
| <b>Sodium</b> 60mg           | <b>3%</b>      |
| <b>Total Carbohydrate</b> 7g | <b>3%</b>      |
| Dietary Fiber 2g             | <b>7%</b>      |
| Total Sugars 5g              |                |
| Includes 5g Added Sugars     | <b>10%</b>     |
| <b>Protein</b> 7g            | <b>14%</b>     |
| Soy Protein 7g               |                |

|   |             |
|---|-------------|
| Vitamin D3 10 mcg (400 IU)              | 50%         |
| Calcium 200 mg                          | 15%         |
| Iron 0.9 mg                             | 6%          |
| Potassium 100 mg                        | 2%          |
| Vitamin C 60 mg                         | 70%         |
| Vitamin E 10 mg (15 IU)                 | 70%         |
| Vitamin B1 0.8 mg                       | 70%         |
| Vitamin B2 0.9 mg                       | 70%         |
| Niacin 10 mg                            | 60%         |
| Pantothenic Acid 5 mg                   | 100%        |
| Vitamin B6 1 mg                         | 60%         |
| Vitamin B12 12 mcg                      | 500%        |
| Folate 170 mcg DFE (100 mcg folic acid) | 42%         |
| Biotin 150 mcg                          | 500%        |
| Phosphorus 65 mg                        | 6%          |
| Magnesium 100 mg                        | 25%         |
| Zinc 1.3 mg                             | 10%         |
| Selenium 25 mcg                         | 45%         |
| Copper 0.1 mg                           | 10%         |
| <b>Chromium</b> 60 mcg                  | <b>170%</b> |

\*The % Daily Value (DV) 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.

**Suggested Use** Mix one scoop (just over two tablespoons) of **Secure** in 6 to 12 ounces of water, juice, non-fat milk, smoothie, etc. Use more or less liquid to achieve the desired flavor intensity. **Secure** is so nutritious and low in calories, it provides the flexibility to be a healthy delicious meal or snack that will fit perfectly into any weight-management plan. **Secure** is not intended to be used as an exclusive source of nutrition, but to be used once or twice daily to help achieve one's weight management goals. **For questions about the use of this product call 800.800.1200.**

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**PROCAPS**

ZERO CARBON FOOTPRINT

**Coffee**



**Delicious and Nutritious**

**secure**<sup>®</sup>  
complete meal replacement

Only 69 Calories per Meal • 21 Vitamins & Minerals  
Gluten-Free • Lactose-Free • Low Sodium • Low Fat  
7g Non-GMO Soy Protein • Cholesterol-Free



42.3 oz (2.6 lb) (1.2 kg) • 60 Servings

**Secure Complete Meal Replacement** is a great tasting coffee shake that, at only 69 calories, is also the world's lowest calorie meal replacement. It is also a healthy source of protein, fiber and 21 essential vitamins and minerals. Each delicious and satisfying serving delivers 7 grams of heart and bone healthy non-GMO soy protein. For those counting "carbs", **Secure** delivers only 5 grams of carbohydrate with 2 grams of healthy fiber and provides between 50% and 500% of the RDI of 10 essential vitamins, plus 10 vital minerals, including 200 milligrams of calcium. Soy has long been a staple food in the healthy Asian diet and non-GMO soy protein is the highest quality, complete, non-animal protein available today with a long list of scientific research attesting to its myriad health and weight-loss benefits. **Secure's** rich flavor and texture also makes it easier to enjoy a reduced caloric intake, while also ensuring an abundant supply of vitamins, minerals, protein, fiber and phytonutrients. **Secure** is designed to be the best tasting, reduced calorie meal replacement available, providing a highly concentrated source of the vitamins, minerals, fiber and protein you seek without all of the undesirable calories, sugar, carbohydrate or fat you seek to avoid. Nutrient-rich **Secure** is designed to be more than the most impressive meal replacement on paper, but also the most delicious in your mouth as well. Controlling our intake of food can be difficult, but **Secure's** great taste and caloric composition make it easy and enjoyable to embrace a weight-loss regimen that actually works.

**Ingredients:** Non-GMO Soy Protein Isolate, Fructose, Non-dairy Vegetarian Creamer (Trans Fat Free), Natural & Artificial Flavor, Maltodextrin (soluble dietary fiber), Calcium Citrate, Coffee Powder. **Contains 2 Percent or less of:** Magnesium Oxide, Calcium Ascorbate, Acesulfame Potassium (non-nutritive sweetener), Sucralose (non-nutritive sweetener), d-alpha Tocopheryl Acetate, Potassium Citrate, Niacinamide, Calcium Pantothenate, Cholecalciferol, Zinc Citrate, Folic Acid, Selenium-Methionine Complex, Pyridoxine Hydrochloride, Methylcobalamin (Proprietary Protective Methyl B12 Matrix), Thiamin Hydrochloride, Riboflavin, Chromium Nicotinate, Biotin. **Contains Soy.**

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**Nutrition Facts**

60 servings per container  
Serving size **1 Scoop (20g) (6 1/2 tsp.)**

Amount per serving  
**Calories** **69**

|   | % Daily Value* |
|---|----------------|
| <b>Total Fat</b> 1.5g                   | <b>2%</b>      |
| Saturated Fat 0g                        | <b>0%</b>      |
| Trans Fat 0g                            |                |
| <b>Cholesterol</b> 0mg                  | <b>0%</b>      |
| <b>Sodium</b> 60mg                      | <b>3%</b>      |
| <b>Total Carbohydrate</b> 7g            | <b>3%</b>      |
| Dietary Fiber 2g                        | <b>7%</b>      |
| Total Sugars 5g                         |                |
| Includes 5g Added Sugars                | <b>10%</b>     |
| <b>Protein</b> 7g                       | <b>14%</b>     |
| Soy Protein 7g                          |                |
| Vitamin D3 10 mcg (400 IU)              | 50%            |
| Calcium 200 mg                          | 15%            |
| Iron 0.9 mg                             | 6%             |
| Potassium 180 mg                        | 4%             |
| Vitamin C 60 mg                         | 70%            |
| Vitamin E 10 mg (15 IU)                 | 70%            |
| Vitamin B1 0.8 mg                       | 70%            |
| Vitamin B2 0.9 mg                       | 70%            |
| Niacin 10 mg                            | 60%            |
| Pantothenic Acid 5 mg                   | 100%           |
| Vitamin B6 1 mg                         | 60%            |
| Vitamin B12 12 mcg                      | 500%           |
| Folate 170 mcg DFE (100 mcg folic acid) | 42%            |
| Biotin 150 mcg                          | 500%           |
| Phosphorus 65 mg                        | 6%             |
| Magnesium 100 mg                        | 25%            |
| Zinc 1.3 mg                             | 10%            |
| Selenium 25 mcg                         | 45%            |
| Copper 0.1 mg                           | 10%            |
| Chromium 60 mcg                         | 170%           |

\*The % Daily Value (DV) 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.

**Suggested Use** Mix one scoop (just over two tablespoons) of **Secure** in 6 to 12 ounces of water, juice, non-fat milk, smoothie, etc. Use more or less liquid to achieve the desired flavor intensity. **Secure** is so nutritious and low in calories, it provides the flexibility to be a healthy delicious meal or snack that will fit perfectly into any weight-management plan. **Secure** is not intended to be used as an exclusive source of nutrition, but to be used once or twice daily to help achieve one's weight management goals. **For questions about the use of this product call 800.800.1200.**

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**Piña Colada**



**Delicious and Nutritious**

**secure**<sup>®</sup>  
complete meal replacement

Only 65 Calories per Meal • 21 Vitamins & Minerals  
Gluten-Free • Lactose-Free • Low Sodium • Low Fat  
7g Non-GMO Soy Protein • Cholesterol-Free



39 oz (2.4 lb) (1.11 kg) • 60 Servings

**Secure Complete Meal Replacement** is a great tasting piña colada shake that, at only 65 calories, is also the world's lowest calorie meal replacement. It is also a healthy source of protein, fiber and 21 essential vitamins and minerals. Each delicious and satisfying serving delivers 7 grams of heart and bone healthy non-GMO soy protein. For those counting "carbs", **Secure** delivers only 5 grams of carbohydrate with 2 grams of healthy fiber and provides between 50% and 500% of the RDI of 10 essential vitamins, plus 10 vital minerals, including 200 milligrams of calcium. Soy has long been a staple food in the healthy Asian diet and non-GMO soy protein is the highest quality, complete, non-animal protein available today with a long list of scientific research attesting to its myriad health and weight-loss benefits. **Secure's** rich flavor and texture also makes it easier to enjoy a reduced caloric intake, while also ensuring an abundant supply of vitamins, minerals, protein, fiber and phytonutrients. **Secure** is designed to be the best tasting, reduced calorie meal replacement available, providing a highly concentrated source of the vitamins, minerals, fiber and protein you seek without all of the undesirable calories, sugar, carbohydrate or fat you seek to avoid. Nutrient-rich **Secure** is designed to be more than the most impressive meal replacement on paper, but also the most delicious in your mouth as well. Controlling our intake of food can be difficult, but **Secure's** great taste and caloric composition make it easy and enjoyable to embrace a weight-loss regimen that actually works.

**Ingredients:** Non-GMO Soy Protein Isolate, Fructose, Non-dairy Vegetarian Creamer (Trans Fat Free), Maltodextrin (soluble dietary fiber), Natural & Artificial Flavors, Calcium Citrate. **Contains 2 Percent or less of:** Magnesium Oxide, Calcium Ascorbate, Acesulfame Potassium (non-nutritive sweetener), Sucralose (non-nutritive sweetener), d-alpha Tocopheryl Acetate, Potassium Citrate, Niacinamide, Calcium Pantothenate, Cholecalciferol, Zinc Citrate, Folic Acid, Selenium-Methionine Complex, Pyridoxine Hydrochloride, Methylcobalamin (Proprietary Protective Methyl B12 Matrix), Thiamin Hydrochloride, Riboflavin, Chromium Nicotinate, Biotin. **Contains Soy.**

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**Nutrition Facts**

60 servings per container  
Serving size **1 Scoop (18.5g) (6 1/2 tsp.)**

Amount per serving  
**Calories** **65**

|                              | % Daily Value* |
|------------------------------|----------------|
| <b>Total Fat</b> 1.5g        | <b>2%</b>      |
| Saturated Fat 0g             | <b>0%</b>      |
| Trans Fat 0g                 |                |
| <b>Cholesterol</b> 0mg       | <b>0%</b>      |
| <b>Sodium</b> 60mg           | <b>3%</b>      |
| <b>Total Carbohydrate</b> 7g | <b>3%</b>      |
| Dietary Fiber 2g             | <b>7%</b>      |
| Total Sugars 5g              |                |
| Includes 5g Added Sugars     | <b>10%</b>     |
| <b>Protein</b> 7g            | <b>14%</b>     |
| Soy Protein 7g               |                |

|   |      |
|---|------|
| Vitamin D3 10 mcg (400 IU)              | 50%  |
| Calcium 200 mg                          | 15%  |
| Iron 0.8 mg                             | 4%   |
| Potassium 100 mg                        | 2%   |
| Vitamin C 60 mg                         | 70%  |
| Vitamin E 10 mg (15 IU)                 | 70%  |
| Vitamin B1 0.8 mg                       | 70%  |
| Vitamin B2 0.9 mg                       | 70%  |
| Niacin 10 mg                            | 60%  |
| Pantothenic Acid 5 mg                   | 100% |
| Vitamin B6 1 mg                         | 60%  |
| Vitamin B12 12 mcg                      | 500% |
| Folate 170 mcg DFE (100 mcg folic acid) | 42%  |
| Biotin 150 mcg                          | 500% |
| Phosphorus 65 mg                        | 6%   |
| Magnesium 100 mg                        | 25%  |
| Zinc 1.4 mg                             | 15%  |
| Selenium 25 mcg                         | 45%  |
| Copper 0.1 mg                           | 10%  |
| Chromium 60 mcg                         | 170% |

\*The % Daily Value (DV) 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.