

**TYPE 2** 0 G ADDED SUGAR  
1 G TOTAL SUGAR

# secure®

complete meal replacement bar

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

**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** 10 g 13%

Saturated Fat 2 g 10%

Trans Fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 140 mg 6%

**Total Carbohydrate** 10 g 4%

Dietary Fiber 4 g 14%

Total Sugars 1 g

Includes 0 g Added Sugars 0%

**Protein** 7 g

Vitamin D3 10 mcg (400 IU) 50%

Calcium 80 mg 6%

Iron 3 mg 15%

Potassium 164 mg 4%

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%

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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**Chocolate  
Brownie  
Almond  
Crunch**

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

**TYPE 2 secure Complete Meal Replacement Bars** are delicious, nutritious, economical and above all, exceptionally low in sugar. Each 140-calorie bar contains zero grams added sugar and barely 1 gram total sugar while also providing 7 g of protein and 50% to 200% of all key vitamins, including all B-vitamins, plus vitamins C, D and E. **TYPE 2 secure** is designed to support healthy blood sugar while also avoiding blood sugar spikes. It is formulated for those directed to or seeking to reduce sugar intake. **TYPE 2 secure** will be the most delicious meal replacement or protein bar you have ever tasted. It will both satisfy your appetite and the most demanding nutrient requirements. Each bar is also a rich source of prebiotic fiber to support a healthy microbiome, as well as beneficial medium chain triglycerides (MCTs).

Meal replacements have been long established as an extremely reliable weight management tool, but sadly, typical meal replacements are rarely enjoyable and barely healthy. **TYPE 2 secure** reinvents the experience and advances the science of meal replacements making them just as delicious and enjoyable as they are nutritious and healthy. *Enjoy!*

**Ingredients:** Almonds, Non-GMO Soy Protein Isolate, Inulin (prebiotic fiber), Glycerin, Cocoa Powder (Processed with Alkali), Unsweetened Chocolate, Cocoa Butter, 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, Stevia Extract. **Contains: Soy and Almonds.** Produced in a facility that also processes other tree nuts and peanuts. Not a low calorie food.



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1 G TOTAL SUGAR

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Gluten-Free • Vegan  
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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

150 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**

**150**

% Daily Value\*

**Total Fat** 10 g **13%**

Saturated Fat 2 g **10%**

Trans Fat 0 g

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

**Sodium** 125 mg **5%**

**Total Carbohydrate** 10 g **4%**

Dietary Fiber 4 g **14%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

**Protein** 7 g

Vitamin D3 10 mcg (400 IU) **50%**

Calcium 80 mg **6%**

Iron 1 mg **6%**

Potassium 146 mg **4%**

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%**

Biotin 60 mcg **200%**

**Magnesium** 40 mg **10%**

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complete meal replacement bar

Coconut  
Almond  
Cookie  
Crunch

16 Vitamins & Minerals • 150 Calories per bar • 7 g Protein

**TYPE 2 secure Complete Meal Replacement Bars** are delicious, nutritious, economical and above all, exceptionally low in sugar. Each 150-calorie bar contains zero grams added sugar and barely 1 gram total sugar while also providing 7 g of protein and 50% to 200% of all key vitamins, including all B-vitamins, plus vitamins C, D and E. **TYPE 2 secure** is designed to support healthy blood sugar while also avoiding blood sugar spikes. It is formulated for those directed to or seeking to reduce sugar intake. **TYPE 2 secure** will be the most delicious meal replacement or protein bar you have ever tasted. It will both satisfy your appetite and the most demanding nutrient requirements. Each bar is also a rich source of prebiotic fiber to support a healthy microbiome, as well as beneficial medium chain triglycerides (MCTs).

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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

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

Peanut  
Butter  
Chocolate  
Chip

12 bars

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

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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** 9 g **12%**

Saturated Fat 2.5 g **13%**

Trans Fat 0 g

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

**Sodium** 180 mg **8%**

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

Dietary Fiber 4 g **14%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

**Protein** 7 g

Vitamin D3 10 mcg (400 IU) 50%

Calcium 80 mg 6%

Iron 1 mg 6%

Potassium 113 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%

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Peanut  
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