

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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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.