

Introducing

The New and Improved Light Living™

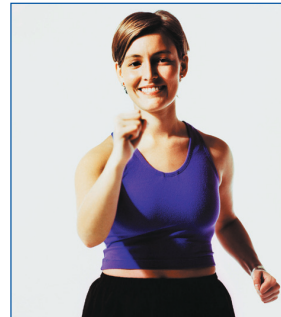
PREMEAL Beverage

and Weight Loss Plan

For Promoting Healthy Weight Loss and Maintenance



- ✓ Addresses the Underlying Mechanisms leading to weight gain
- ✓ Contains natural Amino Acids proven to reduce sugar cravings
- ✓ Dramatic reduction in Sugar and Carbohydrate Cravings
- ✓ Feel Satisfied and Balanced
- ✓ Increased Energy Levels
- ✓ Essential Fatty Acid Balance
- ✓ Healthy Body Composition
- ✓ Enhanced Carbohydrate and Lipid Metabolism
- ✓ All Natural Ingredients and sweetened with Stevia
- ✓ Addresses Food-Mood Responses and Satiety
- ✓ Promotes healthy glucose and insulin metabolism



Order Online at www.lightlivingprogram.com

Or Call 1-800-297-5943 To Order

Quantity Discounts Available

The Light Living Program
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Light Living™ PREMEAL Beverage

French Vanilla

one scoop contains

calories	98
total fat	<1 g
saturated fat	<1 g
cholesterol	<1 mg
sodium	68 mg
carbohydrate	11 g
dietary fiber	3.6 g
sugars	3.2 g
protein	11.2 g
vitamin C (pure ascorbic acid)	83.5 mg
vitamin C (buffered ascorbic acid)	41.5 mg
(from calcium ascorbate, magnesium ascorbate, potassium ascorbate)	
vitamin C (as ascorbyl palmitate)	10 mg
vitamin D ₃	100 i.u.
d-alpha tocopherol succinate (vitamin E)	33.5 i.u.
thiamine HCl (B ₁)	8.5 mg
riboflavin (B ₂)	4 mg
riboflavin 5' phosphate (activated B ₂)	2 mg
niacinamide	8.5 mg
inositol hexaniacinate	7.5 mg
pyridoxine HCl (B ₆)	2 mg
pyridoxal 5'phosphate (activated B ₆)	2 mg
folic acid	100 mcg
methylcobalamin (B ₁₂)	83.5 mcg
biotin	1.3 mg
pantothenic acid (calcium pantothenate) (B ₅)	33.5 mg
calcium (naturally occurring, calcium citrate and milk minerals)	369 mg
phosphorus	150 mg
magnesium (naturally occurring and magnesium citrate)	44 mg
zinc (picolinate)	2 mg
selenium (selenomethionine)	16.5 mcg
manganese (aspartate)	0.8 mg
chromium (polynicotinate)	200 mcg
molybdenum (aspartate)	8.5 mcg
potassium (naturally occurring and potassium aspartate)	69 mg
mixed carotenoids	1,250 i.u.
vanadium (aspartate)	16.5 mcg
Serotein™ Functional Protein Complex w/ MFR Factors	15 g
(providing 12 mg isoflavones)	
calcium enriched soy protein isolate	
whey protein isolate	
myo-inositol	
SloCarb™ Slow Release Carbohydrate Complex	7.5 g
high amylose resistant starch (maltodextrin)	
high viscosity glucomannan (konjac root)	
high lignan flax seed fiber	
1,3 beta glucan	
LivClear™	215 mg
red beet extract (fruit)	
milk thistle extract (80% silymarin) (fruit)	
taurine	
green tea extract (leaf)	
(standardized to contain a minimum of 65% total tea catechins) providing:	
epigallocatechin gallate (EGCG) (min) 23%	
caffeine 7%	
stevia	30 mg
other ingredients:	calcium enriched soy protein isolate, whey protein isolate, natural flavors, Lo Han (Momordica grosvenori fruit extract).

serving size: 25.5 g. (1 scoop)

servings per container: 26

*****WARNING: Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision. Not for use by infants, children, pregnant or nursing women.**

Basic Recommended Preparation:

For optimal taste and texture, mix in a blender. Add 1 scoop to 8–12 oz of water or milk. If you prefer to use juice, use unsweetened juice diluted 50% with water. Do not use with juices that contain added fructose, artificial flavors or sugars. Add your favorite flavors such as almond extract, banana extract, other extracts or stevia if desired. Light Living™ PREMEAL Beverage tastes best when made with frozen, low glycemic fruit such as cherries, berries and peaches. Blend until smooth. Drink slowly over several minutes.

Light Living PREMEAL Beverage Amino Acid Profile serving size (1 scoop)

aspartic acid	1.20 g	leucine	1.02 g
threonine	0.61 g	tyrosine	0.36 g
serine	0.54 g	phenylalanine	0.42 g
glutamic acid	1.94 g	lysine	0.76 g
proline	0.68 g	histidine	0.25 g
glycine	0.30 g	arginine	0.48 g
alanine	0.48 g	cysteine/cystine	0.26 g
valine	0.58 g	tryptophan	0.16 g
methionine	0.18 g	tryptophan/lnaa	0.053
isoleucine	0.62 g	(lnaa=large neutral amino acids)	