

ANTHONY ROBBINS INNER BALANCE™

Meal Replacement Shake Vanilla Flavor

HOW IT WORKS

Inner Balance Meal Replacement Shakes provide convenient access to complete and satisfying nutrition. Best used with soy milk as a morning meal replacement, Inner Balance Meal Replacement Shakes are specially formulated with whey protein and low-glycemic load carbohydrates to help promote and sustain weight loss while controlling hunger naturally.

Inner Balance Meal Replacement Shakes:

- Help control hunger and promote weight loss
- Provide low-calorie and low-glycemic load nutrition
- Serve as a convenient and satisfying breakfast alternative

WHY YOU NEED IT

Unfortunately, weight gain of one to two pounds per year is common for anyone over 30. While losing this weight can be difficult, it's usually not as hard as keeping it off. According to a recent study, the best way to achieve and sustain weight loss is to substitute one meal and one snack each day with a shake and a bar, respectively (Flechtner-Mors M. *Obes Res* 2000; 8:399-402; Rothacker DQ. *Nutrition* 2000; 5:344-348; Blackburn GL. *N Am Assoc Study Obes. Abstract*, 2003; Oct. 11-15, Ft. Lauderdale, Flor.).

In one of the longest studies ever conducted on weight loss, individuals who wanted to lose weight permanently consumed one shake for breakfast and one food bar in-between meals later in the day. A second group of subjects merely followed a low-calorie diet. After 10 years, the group that took the shakes and bars lost five pounds. While this may seem insignificant, it's important to note that members of the other group *gained* 25 pounds.

While some weight gain is to be expected as you age, excessive weight may put you at an increased risk for heart disease, diabetes and other chronic medical conditions. The best way to stay in a healthy weight zone as you age is to use a meal replacement shake every morning and a snack bar later in the day. The people in the above study only used shakes and bars five days each week; so you can take the weekends off if you choose.

Furthermore, Inner Balance Meal Replacement Shakes and Natural Energy Bars are formulated to stimulate weight loss more than the study's bars and shakes, which were predominantly sweetened with sugar. After

ingesting these products, participants experienced a sharp rise in blood sugar followed by a quick decline. This spike induced hunger roughly two hours after participants consumed the shake or bar. Basically, participants ended up eating more just to satisfy the hunger brought on by the shakes and bars. Hunger-inducing foods including the shakes and bars used in this study are referred to as high-glycemic load (high-GL) foods and were not fully understood at the time the study 10-year study was conducted.

Today it is certain that low-GL foods prevent hunger and weight gain (Bell SJ, *The Slow Carb Revolution*, 2006; Ludwig DS. *JAMA* 2002; 287:2414-2423; Ludwig DS. *Pediatrics* 1999; 103:e26; Brand-Miller JC. *J Nutr* 2003; 133:2728-2732; Bell SJ. *Crit Rev Food Sci Nutr* 2003; 43:357-377). Therefore, Inner Balance Shakes and Natural Energy Bars have been reformulated to contain only low-GL sweeteners. Inner Balance Meal Replacement Shakes also contain whey as a protein source. Protein itself has a low-GL and is therefore non-hunger producing, but whey satisfies hunger for a longer period of time (Hall WL. *Br J Nutr* 2003; 89:239-248). Drinking an Inner Balance Meal Replacement Shake as a breakfast replacement ensures that you will likely remain hunger-free until lunchtime.

No other weight loss and maintenance technique has proven to be as effective as the long-term use of a daily meal replacement shake and snack bar. Additionally, waking up every day to a delicious yet healthful Inner Balance Meal Replacement Shake reminds you that you are in control of your health and sets you on the right course for your day!

PRODUCT DESCRIPTION

One-month supply of Inner Balance Meal Replacement Shakes powder

INSTRUCTIONS FOR USE

Daily serving: Add one cup of soy milk to once scoop of powder and stir gently. If you wish to add fruit, add to the soy milk/powder mixture and blend on high for 30 seconds, or until the desired consistency is achieved. For best results, replace your typical breakfast with one shake.

Price: \$39.99

To order visit TonyRobbins.com/InnerBalance
Toll Free: **1.877.464.4733**

Nutrition Facts		Amount Per Serving		Shake Mix	With 8 fl. oz. Soy Milk
Serving Size: 1 Scoop or 1/2 cup (42 g)					
Servings Per Container: 15					
					% DV*
Amount Per Serving	Shake Mix	With 8 fl. oz. Soy Milk			
Calories	150	270			
Calories from Fat	25	70			
Total Fat	2.5 g	4%	12%		
Saturated Fat	2 g	12%	15%		
Trans Fat	0 g				
Cholesterol	20 mg	7%	7%		
Sodium	135 mg	6%	7%		
Total Carbohydrate	14 g	5%	9%		
Dietary Fiber	3 g	12%	25%		
Soluble Fiber	3 g				
Sugars	11 g				
Protein	18 g	36%	54%		
Vitamin A	30%	32%			
Vitamin C	30%	30%			
Calcium	35%	35%			
Iron	30%	38%			
Vitamin D	30%	30%			
Vitamin E	30%	30%			
Thiamin	30%	55%			
Riboflavin	30%	40%			
Niacin	30%	32%			
Vitamin B6	30%	36%			
Folate	30%	32%			

Amount Per Serving	Shake Mix	With 8 fl. oz. Soy Milk
Vitamin B12	30%	30%
Biotin	30%	34%
Pantothenic Acid	30%	32%
Phosphorus	30%	40%
Iodine	30%	30%
Magnesium	30%	40%
Zinc	30%	34%
Copper	30%	45%
Manganese	30%	50%
Molybdenum	30%	30%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Whey protein isolate and concentrate (from milk), fructose, medium chain triglycerides, natural vanilla flavor, guar gum, xanthan gum, maltodextrin, calcium phosphate, magnesium oxide, sucralose, zinc gluconate, ascorbic acid, ferrous fumarate, biotin, kelp, d-alpha tocopheryl acid succinate, niacinamide, manganese gluconate, copper gluconate, calcium pantothenate, retinyl palmitate, folic acid, cholecalciferol, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, cyanocobalamin, molybdic acid, and soy lecithin.

DIRECTIONS: Adults age 18 and older, mix one scoop (42g) with 8 fl. oz. of soy milk. Shake well and drink.

