

FitSmart Shake

Fiber and Protein Shake

- Natural ingredients
- Delicious, easy to prepare
- 20 grams of protein
- 10 grams of fiber
- 145 to 160 calories per serving
- Excellent source of calcium and Vitamin D3



It is no secret that a diet rich in fiber offers a multitude of health benefits. In addition to promoting great health, increasing the fiber in your diet promotes healthy weight management.* Brenda Watson formulated the Fiber35 Diet products to help you achieve your goal of consuming 35 grams of fiber every day.

The Fiber35 FitSmart Shake is a nutrient-rich meal supplement you can enjoy with or between meals for a great-tasting energy boost.* Each serving contains 20 grams of whey protein and 10 grams of natural acacia fiber to help fill your stomach and leave you feeling satisfied.*

Protein and fiber are two critical ingredients in maintaining a healthy body weight. Protein is used for every process the body undertakes. It is crucial that we get enough healthy protein in our diet to help maintain our lean muscle mass.*

The other main ingredient in the FitSmart Shake is fiber. Fiber plays several important roles in maintaining healthy body weight. Fiber helps to slow down the rate at which the body converts carbohydrates into sugar.* Fiber has no calories and fills the stomach, making you feel fuller for longer periods of time.*

In addition to protein and fiber, each serving provides a blend of 7 digestive enzymes to help break down the protein and carbohydrates for easy digestion.* Fiber35 FitSmart shakes are an excellent source of calcium and Vitamin D3 to help maintain your body's health.*

Delicious Fiber35 Diet FitSmart Shakes are available in multi-serving canisters. Two mouthwatering flavors; Chocolate Crème and Old-Fashioned Vanilla.



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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



The FitSmart Shake was formulated by renowned natural healthcare expert Brenda Watson, creator of The Fiber35 Diet and president of ReNew Life Formulas.

Chocolate Crème

Supplement Facts		
Serving Size: 2 Scoops (42.5g)		Servings per Container: 14
	Amount per Serving	%DV**
Calories	145	
Calories from Fat	5	
Total Fat	<1 g	<1%
Saturated Fat	0 g	<1%
Trans Fat	0 g	***
Sodium	65 mg	3%
Total Carbohydrate	17 g	6%
Dietary Fiber	10 g	40%
Soluble Fiber	10 g	***
Sugars	3 g	***
Xylitol	3 g	***
Protein	20 g	40%
Vitamin D-3 (as cholecalciferol)	400 IU	100%
Calcium (from tricalcium phosphate)	200 mg	20%
Digestive Enzyme Blend	100 mg	
Papain, Amylase, Bromelain, Protease, Lipase, Lactase, Cellulase		***
Stevia Extract leaf	75 mg	***

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
***Daily Value not established Not a significant source of cholesterol.

Other Ingredients: Whey protein isolate, acacia fiber, sugar, cocoa, natural flavors, xanthum gum, guar gum, salt, caramel color

Directions: Stir, blend or shake two level (2) scoops of powder into 8 to 10 ounces of cold water (scoop supplied with shake containers). Can also be mixed with almond, soy or low-fat milk.

WARNING: Do not use this product if you are pregnant or nursing. Consult your physician before using this or any product if you are trying to conceive, taking medication or have a medical condition.

Old-Fashioned Vanilla

Supplement Facts		
Serving Size: 2 Scoops (42.5g)		Servings per Container: 14
	Amount per Serving	%DV**
Calories	160	
Calories from Fat	5	
Total Fat	<1 g	<1%
Saturated Fat	0 g	<1%
Trans Fat	0 g	***
Sodium	65 mg	3%
Total Carbohydrate	18 g	6%
Dietary Fiber	10 g	40%
Soluble Fiber	10 g	***
Sugars	5 g	***
Xylitol	3 g	***
Protein	20 g	40%
Vitamin D-3 (as cholecalciferol)	400 IU	100%
Calcium (from tricalcium phosphate)	200 mg	20%
Digestive Enzyme Blend	100 mg	
Papain, Amylase, Bromelain, Protease, Lipase, Lactase, Cellulase		***
Stevia Extract leaf	75 mg	***

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
***Daily Value not established Not a significant source of cholesterol.

Other Ingredients: Whey protein isolate, acacia fiber, sugar, natural flavors, xanthum gum, guar gum, salt

**Chocolate
Crème**



**Old-Fashioned
Vanilla**

