

**We packed a shopping cart full of nutrition  
into just one low-calorie scoop of...**



*SiseL*

# Fit & Fabulous: Look Healthy. Feel Healthy. Live Healthy.

You just can't beat the nutritional power—and cost and calorie savings—you get by replacing just one meal a day with a serving of SiseLEAN! To get the same vitamins, minerals, nutrients, proteins and fiber, you would have to eat the equivalent of:



**16 Eggs**  
for the Vitamin D  
& Protein  
(1,176 Calories, \$2.64)



**1.7 Cups of Broccoli**  
for the Vitamin E  
(53 Calories, \$1.29)



**6 Peaches**  
for the Vitamin A  
(220 Calories, \$4.64)



**2.5 Chicken Breasts**  
for the Vitamin B12  
(411 Calories, \$4.33)



**1.8 Cups of Frozen Yogurt**  
for the Calcium  
(452 Calories, \$3.06)



**1.7 Cups of Bran Flakes**  
for the Magnesium  
(223 Calories, \$0.41)



**21 OZ of Tomato Juice**  
for the Vitamin B6  
(107 Calories, \$1.46)



**6 OZ of Cheddar Cheese**  
for the Zinc  
(648 Calories, \$4.26)



**3.5 Cups of Lima Beans**  
for the Niacin  
(661 Calories, \$3.75)



**17 Slices of Wheat Bread**  
for the Pantothenic Acid  
(1,131 Calories, \$1.09)



**23 Spears of Asparagus**  
for the Riboflavin  
(22 Calories, \$4.62)



**2.3 Cups of Mushrooms**  
for the Copper  
(34 Calories, \$5.78)



**34 Apples**  
for the Chromium  
(2,204 Calories, \$16.90)



**11 Stalks of Celery**  
for the Manganese  
(81 Calories, \$0.99)



**3.5 Tomatoes**  
for the Molybdenum  
(89 Calories, \$1.76)



**4 Pineapples**  
for the Digestive Enzymes  
(1,766 Calories, \$15.56)



**34 Prunes**  
for the Fiber  
(696 Calories, \$7.58)

or

just one serving of



**Only 76 calories & \$1.64 per serving!**

To find out how you can start the **12 + 1 challenge** today contact the person who gave you this incredible marketing piece!

Total Calories: **9,974** Total Cost: **\$80.12**

Name: \_\_\_\_\_