

 Vitality for Life®

# Attain®

*A Complete System of Great-Tasting, On-the-Go Nutrition to Help You Lose Weight*

*Attain Shakes and Meal Bars*

are the great-tasting way to satisfy your hunger with the balanced nutrition of a healthy meal. With more

vitamins and minerals

than grocery store

brands, and healthy

servings of heart-friendly

soy protein, *Attain*

*Shakes and Meal Bars*

are the delicious way to

help control your weight

without sacrificing nutrition.



Simple, nutritious, and great-tasting!  
It's easy to follow the *Vitality for Life*  
weight loss plan. Start today for a  
healthier, slimmer you... for life!

## Quick & Easy

- *Attain Shakes and Meal Bars* are an easy way to enjoy a healthy meal anytime, anywhere.

## Balanced Nutrition

- Each shake and bar is packed with more vitamins and minerals than any leading brand—and is more nutritious than almost any typical lunch!

## Great Taste

- Made with great-tasting flavors, *Attain Shakes and Bars* make it easy to replace calorie-laden snacks and meals with a delicious, healthy alternative—weight-loss success has never tasted sweeter!

\**Attain* should not be used as a sole source of nutrition. Eat at least one nutritionally-balanced meal daily. Before starting any weight loss program or diet plan, be sure to check with your physician first, especially if you are pregnant, nursing, have a health problem, are under the age of 18, or intend to lose more than 30 pounds or 15% of your starting weight. Rapid weight loss without medical supervision may be associated with health problems.

According to the National Institutes of Health, a third of Americans are medically obese (more than 20% overweight), and we're getting fatter. We've gained an average of 12 pounds in the last decade alone. Fad diets and weight-loss programs aren't helping. Only 2 out of 100 dieters on fad diet programs actually succeed in losing an appreciable amount of weight and keeping it off.

*Attain Shakes* and *Meal Bars* can help you lose weight by satisfying your hunger with something not only quick and filling, but also nutritious. Packed with more vitamins and minerals than the leading



shakes and bars, *Attain Shakes* and *Meal Bars* provide the balanced

nutrition of a healthy meal. Combined with regular exercise, *Attain Shakes* and *Meal Bars* can be an effective, healthy way to permanently shed unwanted pounds.

### Attain Shakes and Meal Bars for Weight Loss

A National Institutes of Health study on 200 dieters who use meal replacement shakes found that "drinking five to ten shakes a week no matter where or when can allow you to permanently live at a lower body weight."<sup>\*</sup>

In another 27-month study in the *American Journal of Clinical Nutrition*, 100 obese people went on a low-calorie diet that included three nutritionally-balanced meals and two snacks every day. Half of them ate only regular food while the other half ate two daily snacks in the form of nutritional snack bars. After three months, the traditional food group lost an average of 3 pounds, while the meal-replacement group dropped an average of nearly 17 pounds.

By helping you lose small amounts of weight each week, meal replacement shakes and bars like *Attain* help you lose fat—instead of water and muscle like you may lose on a fad diet.

*Attain Shakes* and *Meal Bars* can help you lose weight, but more importantly they can also help you permanently maintain that new weight.

<sup>\*</sup> Tests were not performed on *Attain* specifically. Quotes cited are for purposes of information only. They constitute no endorsement, approval, or agreement on the part of the National Institutes of Health with Melaleuca, Inc.

### And... Great Nutrition!

It's always important to get your daily requirements of vitamins and minerals. But when you're trying to lose weight, it's even more important. Smaller servings of food may reduce your caloric intake, but they may also reduce important nutrients you need.

*Attain Shakes* and *Meal Bars* give you the nutrition you need while eliminating unwanted calories. Compare them with the other leading shakes and meal bars. The following charts give you a taste of how they compare:

	SlimFast® French Vanilla	Attain Creamy Vanilla
Vitamin C	100%	130%
Calcium	40%	40%
Vitamin E	100%	110%
Riboflavin	35%	45%
Vitamin B <sub>6</sub>	35%	110%
Folate	30%	60%
Vitamin B <sub>12</sub>	35%	110%
Zinc	15%	45%
Copper	0%	30%
Selenium	25%	30%

	SlimFast® Chocolate Cookie Dough Bar	Attain Cookies & Cream Bar
Vitamin C	35%	100%
Vitamin E	35%	100%
Riboflavin	35%	50%
Vitamin B <sub>6</sub>	35%	40%
Folate	30%	50%
Vitamin B <sub>12</sub>	35%	60%
Zinc	15%	45%
Copper	0%	20%
Selenium	25%	40%

### Soy Protein

According to the FDA, consuming 25 grams of soy protein a day can provide significant heart benefits. Each *Attain Shake* and *Meal Bar* contains about 7–8 grams of soy protein.

In addition to being heart-healthy, soy protein also helps maintain bone strength and normal cell functioning. *Attain* supplies essentially a meal's worth of soy protein—making it easy to take advantage of soy's natural heart-friendly properties.

### Nutrition that fits your busy lifestyle:

*Attain Results*  
4-week program:

Breakfast: *Attain Shake* or *Meal Bar*

Lunch: *Attain Shake* or *Meal Bar*

Dinner: Sensible meal consisting of 4–6 oz poultry, fish, or lean meat; 1/2 baked potato; 3 steamed vegetables; a large salad; fruit for dessert

Sensible Snacking: 2 pieces of fruit or 1/2 *Attain Meal Bar*

Water: 8 glasses per day

Supplements: *Daily for Life Pack* (See below)

Exercise: Aerobic exercise (like walking) 30 minutes 4 times a week

### Daily for Life Pack™

When you're trying to lose weight, you can unintentionally cut back on important nutrients you need when you cut back on calories.

The *Daily for Life Pack* (*Cell-Wise*,<sup>®</sup> *PROVEXCV*,<sup>®</sup> *Mel-Vita*,<sup>®</sup> and *Mela-Cal*<sup>®</sup>) provides the vitamins and minerals, proven antioxidants, and natural heart protection your body needs to operate at its peak and ensure you get the most out of your *Attain Results Diet Plan*.

This information sheet is intended only for use in the United States. The material contained herein is written in compliance with U.S. requirements. Please use only those materials that have been specifically approved for marketing this product in your country.

