

Sherman Complete is a medical food formulated to nutritionally support the management of conditions associated with metabolic syndrome, such as central obesity, insulin resistance, and altered body composition. Sherman Complete has been demonstrated to have a low glycemic index (referenced against glucose) and has been clinically tested and shown—along with a healthy dietary program and regular exercise—to support a healthy body composition by targeting fat loss and helping to maintain lean muscle.

Each serving of Sherman Complete provides:

- **PharmaSoy®**—a technologically advanced nutritional blend of superior soy protein, isoflavones, and dairy-free calcium.
- **ActiFolate®**—containing a proprietary blend of body-ready folates to promote healthy homocysteine levels.
- **Low-glycemic-index** meal option to help maintain healthy blood sugar levels.
- **Good source of fiber** which may support healthy glucose metabolism.
- **600 mg of dairy-free calcium** (60% RDI). Calcium, along with regular exercise and a healthy diet, can play a significant role in reducing the rate of bone loss or bone thinning and protecting bone strength.
- **Comprehensive foundation nutrition.**

Directions: Blend, shake, or briskly stir 2 level scoops (47 grams) of Sherman Complete into 8 fluid ounces of chilled water.

NOTICE: THIS PRODUCT IS TO BE USED UNDER THE DIRECT SUPERVISION OF A PHYSICIAN OR OTHER LICENSED HEALTHCARE PRACTITIONER. DO NOT ENGAGE IN ANY DIET SUPPLYING LESS THAN 800 CALORIES PER DAY WITHOUT MEDICAL SUPERVISION.

Ingredients: Soy protein isolate† (PharmaSoy®) (soy), fructose, maltodextrin, soy fiber (soy), corn bran, magnesium citrate, natural strawberry flavors, potassium chloride, natural flavors, lecithin (soy), beet powder (color), dicalcium phosphate, olive oil, xanthan, carrageenan, cellulose gum, ascorbic acid, zinc citrate, d-alpha tocopheryl acetate, niacinamide, copper gluconate, D-calcium pantothenate, molybdenum amino acid chelate, pyridoxine HCl, riboflavin, retinyl palmitate, thiamin HCl, folic acid, biotin, potassium iodide, phytanadione, selenomethionine, chromium polynicotinate, cholecalciferol, methylcobalamin, cyanocobalamin, L-5-methyl tetrahydrofolate, and 5-formyl tetrahydrofolate. Contains: soy.

This product is produced in a facility that produces products containing soy, dairy, fish, and crustacean shellfish.

WARNING: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 5000 IU of preformed vitamin A (retinyl palmitate) per day.

Formulated to Exclude: Wheat, gluten, yeast, egg, stimulants, dairy products, nuts, tree nuts, fish, crustacean shellfish, or artificial colors, sweeteners, or flavors.

UltraMeal is also available in delicious bars.

Storage: Keep tightly closed in a cool, dry place.

This product contains no high fructose corn syrup.



Sherman Complete

NUTRITIONAL SUPPORT FOR THE MANAGEMENT OF CONDITIONS ASSOCIATED WITH METABOLIC SYNDROME

- *Central Obesity* • *Altered Body Composition*
- *Insulin Resistance*



Medical Food
Strawberry Supreme
 NET WT. 23.2 oz (1 lb 7.2 oz) (658 g)

Information per Serving:

Serving size	2 scoops (47 g)
Servings per container	14
Calories	160
Fat	2 g
Cholesterol*	0 mg
Sodium	180 mg
Potassium	510 mg
Carbohydrate	24 g
Dietary fiber	4 g
Protein†	15 g

*Information on cholesterol content is provided for individuals who, on the advice of a physician, are modifying their dietary intake of cholesterol.

†Non-Genetically Engineered, Identity-Preserved Soy Protein

Contents sold by weight, not volume. Some settling may occur during shipping and handling.

TAMPER EVIDENT

Do not use if safety seal is missing or broken.

Percentage of Reference Daily Intakes (RDI)	Each Serving Contains:	% RDI
	Vitamin A	1750 IU 35
	Vitamin C	60 mg 100
	Calcium	600 mg 60
	Iron	2.5 mg 15
	Vitamin D	200 IU 50
	Vitamin E	11 IU 35
	Vitamin K	40 mcg 50
	Thiamin	0.75 mg 50
	Riboflavin	0.85 mg 50
	Niacin	10 mg 50
	Vitamin B ₆	25 mg 1250
	Folate††	500 mcg 125
	(as folic acid, L-5-methyl tetrahydrofolate†††, and 5-formyl tetrahydrofolate)	
	Vitamin B ₁₂	30 mcg 500
	(as methylcobalamin and cyanocobalamin)	
	Biotin	150 mcg 50
	Pantothenic acid	5 mg 50
	Phosphorus	460 mg 45
	Iodine	75 mcg 50
	Magnesium	160 mg 40
	Zinc	9 mg 60
	Selenium	35 mcg 50
	Copper	1 mg 50
	Manganese	0.35 mg 20
	Chromium	100 mcg 80
	Molybdenum	75 mcg 100
	Isoflavones	17 mg **

**Daily value not established.

††Featuring ActiFolate™, a proprietary blend of active folates.

†††As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.

Distributed by: Sherman Sports Injury Center
 Dr. Alan Sherman
 22235 Sherman Way, Suite 100
 Canoga Park, CA 91303
 818-888-8058