

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 bonestrength.
- **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 flavors, potassium chloride, lecithin (soy), dicalcium phosphate, olive oil, xanthan, carrageenan, cellulose gum, beet powder (color), annatto (color), ascorbic acid, pyridoxine HCl, d-alpha tocopheryl acetate, niacinamide, zinc citrate, D-calcium pantothenate, copper gluconate, chromium polynicotinate, riboflavin, thiamin HCl, retinyl palmitate, folic acid, biotin, potassium iodide, molybdenum amino acid chelate, L-5-methyl tetrahydrofolate, 5-formyl tetrahydrofolate, cholecalciferol, phytonadione, cyanocobalamin, methylcobalamin, and selenomethionine. 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, and artificial colors, sweeteners, or flavors.

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

Natural Country Peach

NET WT. 23.2 oz (1 lb 7.2 oz) (658 g)

Information per Serving:

Serving size2 scoops (47 g)
Servings per container14
Calories160
Fat2 g
Cholesterol*0 mg
Sodium180 mg
Potassium510 mg
Carbohydrate24 g
Dietary fiber4 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 A1750 IU	35
Vitamin C60 mg	100
Calcium600 mg	60
Iron2.5 mg	15
Vitamin D200 IU	50
Vitamin E11 IU	35
Vitamin K40 mcg	50
Thiamin0.75 mg	50
Riboflavin0.85 mg	50
Niacin10 mg	50
Vitamin B ₆25 mg	1250
Folate††500 mcg	125
	(as folic acid, L-5-methyl tetrahydrofolate†††, and 5-formyl tetrahydrofolate)	
Vitamin B ₁₂30 mcg	500
	(as methylcobalamin and cyanocobalamin)	
Biotin150 mcg	50
Pantothenic acid5 mg	50
Phosphorus460 mg	46
Iodine75 mcg	50
Magnesium170 mg	40
Zinc9 mg	60
Selenium35 mcg	50
Copper1 mg	50
Manganese0.45 mg	20
Chromium100 mcg	80
Molybdenum75 mcg	100
Isoflavones17 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.

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