

Sherman Complete is a medical food designed to nutritionally support the management of conditions associated with altered body composition, including dyslipidemia, hypertension, metabolic syndrome, and estrogen imbalance. Designed for those who want to improve body composition, Sherman Complete promotes the loss of body fat while helping to maintain lean muscle mass. Sherman Complete also supports healthy heart function by providing 15 grams of soy protein per serving from PharmaSoy®—a technologically advanced nutritional blend of superior soy protein, isoflavones, and dairy-free calcium. Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. Soy protein has also been shown to have cholesterol-lowering effects. Sherman Complete also has a clinically tested low glycemic index (referenced against glucose) to support optimal blood sugar levels.

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

This product is produced in a facility that produces products containing soy, fish, nuts, tree nuts, dairy, 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 pre-formed 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.



Sherman Complete

NUTRITIONAL SUPPORT FOR THE MANAGEMENT OF CONDITIONS ASSOCIATED WITH ALTERED BODY COMPOSITION

- *Dyslipidemia* • *Hypertension*
- *Metabolic Syndrome* • *Estrogen Imbalance*

Natural Banana Blast

Medical Food

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.

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

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	3 mg	15
Vitamin D	200 IU	50
Vitamin E	11 IU	35
Vitamin K.....	40 mcg	50
Thiamin	750 mcg	50
Riboflavin	850 mcg	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	1 mg	50
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.

EXP. 0100

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