

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, natural chocolate flavors, dutch processed cocoa, soy fiber (soy), magnesium citrate, corn bran, lecithin (soy), potassium chloride, natural flavor, caramel color, 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. Contains: soy.

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 preformed vitamin A (retinyl palmitate) per day.

Formulated to Exclude: Wheat, gluten, yeast, egg, 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

Naturally Dutch Chocolate

Medical Food

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
Sodium170 mg
Potassium660 mg
Carbohydrate24 g
Dietary fiber5 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
Iron3 mg	15
Vitamin D200 IU	50
Vitamin E11 IU	35
Vitamin K40 mcg	50
Thiamin750 mcg	50
Riboflavin850 mcg	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
Phosphorus500 mg	50
Iodine75 mcg	50
Magnesium190 mg	50
Zinc9 mg	60
Selenium35 mcg	50
Copper1 mg	50
Manganese1 mg	50
Chromium100 mcg	83
Molybdenum75 mcg	100
Isoflavones17 mg	**

**Daily value not established.

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

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

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