



The ViSalus Nutra-Cookie™ is more than your ordinary protein snack, it is packed with nutrition to help your body support a healthy immune system, a healthy digestive system, a healthy heart, while fueling your body with energizing protein, fiber & other nutrients to keep you feeling full. Ideal for anyone who wants a healthy snack on the go or a boost of energy for the day ahead! Our Nutra-Cookie™ can also be a nutritious and delicious mini meal the whole family can enjoy.

**Great as a Snack:** Eat one Nutra-Cookie™ for a delicious protein snack with fiber to help keep you from feeling hungry between meals. It's the perfect on the go snack!

**Meal Replacement:** Eat two Nutra-Cookies™ in place of a meal or have one Nutra-Cookie™ with a delicious Vi-Shape® Nutritional Shake mixed with water. For added weight management support add Vi-Slim® to help boost your metabolism and Vi-Trim® to help you control hunger.

## What Makes It Different?

Our cookie has 9 grams of a proprietary Tri-Sorb™ protein system designed to curb your appetite and control your hunger. A patent pending blend of proteins and branch chain amino acids are helpful for immune support and muscle health; and to support the di-sulfide bridge for cellular protein absorption.

### What's in the ViSalus Nutra-Cookie™?

- 9 grams of our proprietary Tri-Sorb™ protein system
- 2.2 Servings of Fruit and Vegetable Antioxidants
- 5 grams of Fiber with Feeling of Fullness Benefits
- Prebiotics & Fiber for Digestive Health
- Non-GMO Soy (cultivated without biotechnology), specially processed to remove isoflavones



## Who can eat the cookie?

**The Whole Family:** Great for fighting those pre-dinner cravings.

**Kids:** They may think its a yummy treat, yet it is healthy and sustaining.

**Sports Enthusiasts:** Provides pre-workout fuel, nutrients and protein to sustain your energy levels and post-workout and can speed up recovery time.

**Dieters:** Sustain your appetite with a full serving of fiber.

**Health Conscious:** Those who want a healthy snack without wasting calories eating empty foods.

## NUTRITION FACTS

### Oatmeal Raisin Nutra-Cookie™

Serving Size: 1 Cookie

Ingredient	Amount	%DV	Ingredient	Amount	%DV
Calories	150		Sodium	140 mg	6%
Calories from Fat	45		Total Carbohydrate	20 g	7%
Total Fat	5 g	8%	Dietary Fiber	5 g	20%
Saturated Fat	0 g	3%	Sugars	13 g	
Trans Fat	0 g	0%	Protein	9 g	
Cholesterol	0 mg	0%			

Vitamin A 0%

Calcium 45%

Vitamin C 4%

Iron 8%

**Ingredients:** Raisins, Brown Sugar, Canola Oil, Soy Protein Concentrate, Whey Protein Concentrate, Oats, Sugar, Enriched Inulin, Whey Protein Concentrate Crisps, Water, Calcium Carbonate, Whole Wheat Flour, Cinnamon, Sodium Bicarbonate, Salt, Vitaberry (Grape Powder, Grape Seed Extract, Wild Blueberry Powder, Wild Blueberry Extract, Raspberry Powder, Raspberry Extract, Cranberry Powder, Prune Powder, Tart Cherry Powder, Wild Bilberry Powder, Wild Bilberry Extract, Strawberry Powder, Silica Dioxide), Vitaveggie (Broccoli Powder, Broccoli Sprout Concentrate, Tomato Powder, Carrot Powder, Spinach Powder, Kale Powder, Brussel Sprout Powder, Onion Extract, Corn Starch, Lecithin), Potato Extract.

**Contains:** Soy, Milk, And Wheat (Gluten).

### Chocolate Chip Nutra-Cookie™

Serving Size: 1 Cookie

Ingredient	Amount	%DV	Ingredient	Amount	%DV
Calories	150		Sodium	120 mg	5%
Calories from Fat	50		Total Carbohydrate	19 g	6%
Total Fat	6 g	9%	Dietary Fiber	6 g	22%
Saturated Fat	1.5 g	6%	Sugars	11 g	
Trans Fat	0 g	0%	Protein	9 g	
Cholesterol	5 mg	2%			

Vitamin A 0%

Calcium 30%

Vitamin C 0%

Iron 6%

**Ingredients:** Oats, Chocolate Chips (Sugar, Processed Cocoa, Cocoa Butter, Vanilla, Soy Lecithin), Soy Protein Concentrate, Whey Protein Concentrate, Sugar, Brown Sugar, Canola Oil, Enriched Inulin, Whey Protein Concentrate Crisp, Date Paste, Water, Calcium Carbonate, Resistant Maltodextrin, Vitaberry (Grape Powder, Grape Seed Extract, Wild Blueberry Powder, Wild Blueberry Extract, Raspberry Powder, Raspberry Extract, Cranberry Powder, Prune Powder, Tart Cherry Powder, Wild Bilberry Powder, Wild Bilberry Extract, Strawberry Powder, Silica Dioxide), Vitaveggie (Broccoli Powder, Broccoli Sprout Concentrate, Tomato Powder, Carrot Powder, Spinach Powder, Kale Powder, Brussel Sprout Powder, Onion Extract, Corn Starch, Lecithin), Salt, Sodium Bicarbonate, Natural Flavor, Potato Extract.

**Contains:** Soy, Milk, And Wheat (Gluten).

### Peanut Butter Nutra-Cookie™

Serving Size: 1 Cookie

Ingredient	Amount	%DV	Ingredient	Amount	%DV
Calories	170		Sodium	110 mg	4%
Calories from Fat	80		Total Carbohydrate	15 g	5%
Total Fat	8 g	13%	Dietary Fiber	5 g	21%
Saturated Fat	1 g	5%	Sugars	10 g	
Trans Fat	0 g	0%	Protein	10 g	
Cholesterol	5 mg	2%			

Vitamin A 0%

Calcium 45%

Vitamin C 0%

Iron 8%

**Ingredients:** Peanut Butter (Peanuts, Salt), Whey Protein Concentrate, Soy Protein Concentrate, Sugar, Water, Enriched Inulin, Whey Protein Concentrate Crisps, Canola Oil, Natural Flavor, Calcium Carbonate, Sodium Bicarbonate, Vitaberry (Grape Powder, Grape Seed Extract, Wild Blueberry Powder, Wild Blueberry Extract, Raspberry Powder, Raspberry Extract, Cranberry Powder, Prune Powder, Tart Cherry Powder, Wild Bilberry Powder, Wild Bilberry Extract, Strawberry Powder, Silica Dioxide), Vitaveggie (Broccoli Powder, Broccoli Sprout Concentrate, Tomato Powder, Carrot Powder, Spinach Powder, Kale Powder, Brussel Sprout Powder, Onion Extract, Corn Starch, Lecithin), Salt, Potato Extract.

**Contains:** Peanuts, Soy And Milk

\*Percent Daily Values are based on a 2,000 calorie diet.

**Allergen Warning:** Manufactured On Equipment That Processes Products Containing Milk, Egg, Soy, Wheat, Tree Nuts, Peanuts And Peanut Flavor.