

APPETIZER DIET® COOKIES

THE COOKIE THAT'S MORE THAN A COOKIE!

Bite into an Appetizer Diet® Cookie and the first thing you notice, not surprisingly, is that the taste is delicious. But this is more than just a tasty snack. The Appetizer Diet® Cookie provides all the nutritional support, energy and fullness of traditional 'sports bars' with the added benefit of more fiber—which is an essential to weight management, well being, and overall good health.*

The Appetizer Diet® Cookie is a convenient snack or meal that provides the nutrition, energy and tastiness you crave in this fast-paced world. Eat an Appetizer Diet® Cookie 15-45 minutes before your meal, or combine it with the Appetizer Diet® Shake to provide a nutritious, low calorie (220 calories combined), high fiber (10 grams combined) meal replacement.



1 BOX CHOCOLATE CHIP

ITEM 300 | 30 Cookies

\$44.95 | 25 BP

1 BOX OATMEAL RAISIN

ITEM 301 | 30 Cookies

\$44.95 | 25 BP

CHOCOLATE CHIP NUTRITION FACTS

Serving Size: 1 Cookie (38g)
Servings Per Container: 30

Amount Per Serving		% DV
Calories	120	
Calories from Fat	35	
Total Fat	4g	6%
Saturated Fat	1g	5%
Trans Fat	0	0%
Cholesterol	0mg	0%
Sodium	65mg	3%
Potassium	70mg	2%
Total Carbohydrate	24g	8%
Dietary Fiber	8g	30%
Sugar	11g	
Sugar Alcohol	3g	
Protein	5g	
Vitamin A		30%
Vitamin C		35%
Calcium		2%
Iron		30%
Vitamin D		35%
Vitamin E		30%
Thiamin		30%
Riboflavin		35%
Niacin		30%
Vitamin B6		30%
Vitamin B12		35%
Biotin		30%
Pantothenic Acid		30%
Zinc		30%
Copper		35%

+Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value (DV) Not Established.

OATMEAL RAISIN NUTRITION FACTS

Serving Size: 1 Cookie (38g)
Servings Per Container: 30

Amount Per Serving		% DV
Calories	140	
Calories from Fat	45	
Total Fat	5g	8%
Saturated Fat	.5g	3%
Trans Fat	0	0%
Cholesterol	0mg	0%
Sodium	75mg	3%
Potassium	75mg	3%
Total Carbohydrate	23g	8%
Dietary Fiber	8g	32%
Sugar	9g	
Sugar Alcohol	3g	
Protein	5g	
Vitamin A		35%
Vitamin C		35%
Calcium		4%
Iron		35%
Vitamin D		35%
Vitamin E		40%
Thiamin		35%
Riboflavin		35%
Niacin		35%
Vitamin B6		35%
Vitamin B12		35%
Biotin		35%
Pantothenic Acid		35%
Zinc		35%
Copper		35%

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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