



# cinch™ inch loss plan Shake Mix

## THE CHALLENGE

You go on a diet to lose jiggy fat, but with many diets you'll also end up losing lean muscle. And that can set you up for future weight regain, because muscle is what burns calories. It's key to your metabolism. Fat, on the other hand, is just — fat. Many diets also leave you feeling deprived, hungry, and finding time to prepare a healthy, nutritious meal can often be a real chore. When you're rushed, you often make poor choices, reaching for fast food or take-out options that are high in calories and fats and low in nutrition. How can you have a nutritious meal that's easy to prepare, tastes great, and will help you reach your weight loss goal?

## THE SOLUTION

### CINCH SHAKE MIX

#### All the Benefits of a Meal

Cinch™ shakes are a quick and healthy answer to "What's for breakfast?" or "What's for lunch?" Cinch shakes are a great tasting, nutritious way to help retain that all important muscle and keep you feeling full and satisfied while you lose weight. Our proprietary formula is Powered by Leucine™, the amino acid that signals the body to preserve muscle during weight loss. In other words, the leucine in Cinch shakes helps you keep muscle so you lose fat.

Each time you drink a Cinch shake, you get **24 grams of protein\*\***. And that's important. Why? Because protein is used to build muscle, and muscle is what keeps your metabolism up and burns calories. Protein-rich foods also hold off hunger, which can help reduce between-meal snacking. And let's not forget about that muscle-sparing leucine and essential nutrients your body needs. Look for our many great tasting shake recipes on CinchClub.com.

#### Benefits

- Provides the benefits of a meal, but tastes like dessert
- Powered by Leucine™ to preserve muscle while you lose weight
- 24 grams of protein per serving\*\* to help you feel satisfied and full
- High in fiber; with 6 grams per serving
- Low glycemic to retain normal blood sugar levels and sustain energy
- Delivers 35% or more of the Daily Value for 21 essential vitamins and minerals



#### Cinch™ Chocolate Shake Mix ☆

Canister, 15 servings #20341  
net wt. 1 lb. 11 oz. (765 g)

Single-Serving Packets, 14 packets #20343  
net wt. 1 lb. 9 oz. (714 g)



#### Cinch™ Vanilla Shake Mix ☆

Canister, 15 servings #20340  
net wt. 1 lb. 10 oz. (720 g)

Single-Serving Packets, 14 packets #20342  
net wt. 1 lb. 8 oz. (672 g)



#### Cinch™ Cafe Latte Shake Mix ☆

Canister, 15 servings #20339  
net wt. 1 lb. 10 oz. (750 g)

Single-Serving Packets, 14 packets #20338  
net wt. 1 lb. 9 oz. (700 g)

\*\* When prepared as directed.

## THE SHAKLEE DIFFERENCE

- With **Cinch Pro™**, an exclusive blend of protein enhanced with the amino acid leucine
- **Powered by Leucine™** to preserve muscle while you lose weight†
- Part of the **clinically tested** Cinch Inch Loss Plan†
- **No artificial** flavors, colors, or sweeteners
- Non-GMO soy protein

## WHO WILL BENEFIT?

- 65% of adults in the United States who are overweight or obese
- Anyone looking for a healthy way to manage their weight, inches, and reduce calories
- Anyone who is seeking an alternative to the fatigue, hunger, and food cravings from typical diets
- Anyone who wants a convenient, healthy, and satisfying meal

## HOW-TO AND SERVING SUGGESTIONS

Put two scoops (or 1 packet) of powder in one cup nonfat milk or light soy milk. Mix like you mean it. If you choose to make your shake with water, use three scoops instead of two, or 1 1/2 packets. For a tasty treat, prepare in the blender and toss in a serving of fresh or frozen fruit like berries or a half banana. If you like it frothy, add ice cubes. Experiment and have fun. For more tasty shake recipes, visit [CinchClub.com](http://CinchClub.com)

## NUTRITION FACTS

# cinch™ vanilla shake mix

inch loss plan

Nutrition Facts							
Serving Size: 1 Packet (48 g)							
Servings per Container: 15							
Amount Per Serving	Mix Alone	with Nonfat Milk	with Light Soy Milk	Amount Per Serving	Mix Alone	with Nonfat Milk	with Light Soy Milk
<b>Calories</b>	180	270	250 †	<b>Vitamin B<sub>12</sub></b>	35%	50%	80% †
Calories from Fat	25	30	45 †	<b>Biotin</b>	35%	35%	35%
<b>% Daily Value**</b>				<b>Pantothenic Acid</b>	35%	45%	45% ††
<b>Total Fat</b> 3 g*	5%	5%	8% †	<b>Phosphorus</b>	35%	60%	45% ††
Saturated Fat 0.5 g	3%	3%	3% †	<b>Iodine</b>	35%	35%	35%
Trans Fat 0 g				<b>Magnesium</b>	35%	40%	50% ††
Polysaturated Fat 0.5 g				<b>Zinc</b>	35%	40%	40% †
Monounsaturated Fat 1.5 g				<b>Selenium</b>	35%	45%	50% ††
<b>Cholesterol</b> 0 mg	0%	0%	0% †	<b>Copper</b>	35%	35%	35%
<b>Sodium</b> 370 mg	15%	20%	20% †	<b>Manganese</b>	35%	35%	35%
<b>Potassium</b> 400 mg	11%	22%	20% †	<b>Chromium</b>	80%	80%	80%
<b>Total Carbohydrate</b> 23 g	8%	13%	10% †	<b>Molybdenum</b>	35%	35%	35%
Dietary Fiber 6 g	24%	24%	28% †	<b>Chloride</b>	10%	15%	10%
Soluble Fiber 6 g				<small>* Amount in Mix</small>			
Sugars 15 g				<small>** Percent Daily Values are based on a 2,000 calorie diet.</small>			
<b>Protein</b> 16 g	32%	49%	44% †	<small>Your daily values may be higher or lower depending on your calorie needs.</small>			
<b>Vitamin A</b>	10%	20%	20% †	Calories	2,000	2,500	
<b>Vitamin C</b>	35%	35%	35% †	Total Fat	Less than 65 g	80 g	
<b>Calcium</b>	35%	60%	60% †	Sat Fat	Less than 20 g	25 g	
<b>Iron</b>	25%	25%	30% †	Cholesterol	Less than 300 mg	300 mg	
<b>Vitamin D</b>	35%	60%	60% †	Sodium	Less than 2,400 mg	2,400 mg	
<b>Vitamin E</b>	35%	35%	35%	Potassium	3,500 mg	3,500 mg	
<b>Thiamin</b>	35%	40%	45% ††	Total Carbohydrate	300 g	375 g	
<b>Riboflavin</b>	35%	60%	60% †	Dietary Fiber	25 g	30 g	
<b>Niacin</b>	35%	35%	35%	Protein	50 g	65 g	
<b>Vitamin B<sub>6</sub></b>	35%	40%	45% ††	<small>† Based on nutrient values from Silk® brand Light Plain Soy Milk</small>			
<b>Folate</b>	35%	40%	40% †	<small>†† Based on nutrient values from USDA database</small>			

**INGREDIENTS:** CINCH™ PRO PROPRIETARY PROTEIN BLEND (SOY PROTEIN ISOLATE, L-LEUCINE, RICE PROTEIN CONCENTRATE), FRUCTOSE, CINCH™ FIBER BLEND (ACACIA GUM, GUAR GUM, INULIN), HIGH OLEIC SUNFLOWER OIL POWDER, DICALCIUM PHOSPHATE, NATURAL FLAVORS, SODIUM CITRATE, POTASSIUM CHLORIDE, SOY LECITHIN, CANOLA OIL, MAGNESIUM OXIDE, ASCORBIC ACID, SELENIUM YEAST, D-ALPHA TOCOPHERYL ACETATE, MOLYBDENUM YEAST, FERROUS FUMARATE, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, MANGANESE SULFATE, VITAMIN B<sub>12</sub>, VITAMIN D, VITAMIN B<sub>6</sub>, CHROMIUM NICOTINATE, RIBOFLAVIN, THIAMINE MONONITRATE, MIXED TOCOPHEROL CONCENTRATE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE.



## CINCH INCH LOSS PLAN

Cinch Shake Mix is just one part of the comprehensive Cinch Inch Loss Plan. To get the full benefits, use the shakes with the other remarkable products in the Cinch Inch Loss Plan.

- **Cinch™ 3-in-1 Boost™** is three products in one—a balanced multivitamin with 23 essential nutrients, a metabolic booster that kicks you into calorie-burning gear, and nutrients including chromium to help retain normal blood sugar levels and keep energy levels stable.\*
- **Cinch™ Bars** serve up hard-to-believe snacking pleasure with hunger-fighting protein. Powered by Leucine™, they help preserve muscle. 120–130 calories per bar.

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

†Based on results from a 12-week preliminary study.

- **Cinch™ Energy Tea Mix** serves natural oomph in a cup. Hot or cold, this exotic blend of red, white, and green teas gives you a natural energy boost anytime you need it. Available in unsweetened and pomegranate flavors.

The Cinch Inch Loss Plan with leucine is formulated to help you break the diet cycle so you:

- **Keep muscle** you have
- **Burn fat** you don't need
- **Lose inches** you don't want

## SUPPORT MATERIALS AND RESOURCES

- **Introduction to Cinch** A recorded three-minute call (925.924.3030)
- **Say Hello to Cinch DVD** #66101 Single; #67000 5-Pack
- **Cinch™ Inch Loss Plan Brochure** #75359 English; #75360 Spanish
- **CinchPlan.com** A Web site for new consumers and prospects
- **Introduction to Cinch PowerPoint Presentation** (available to download at MyShaklee.com)
- **Cinch™ Success Guide and Cinch Coach™ Software CD** Everything you need to do the program and support to help you reach your goals. Included in the Cinch Starter Kit and available separately. #75361
- **Cinch™ Daily Journal** (English/Spanish). A portable journal to track your product use and meals when you are on the Cinch Plan. #75362
- **CinchClub.com** A Web site for those on the plan that provides comprehensive support in the form of meal plans, recipes, community, and educational materials
- **2007 Product Guide** #81835 English; #81837 Spanish

## SCIENTIFIC REFERENCES

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For more information, visit [CinchPlan.com](http://CinchPlan.com)

We stand behind each and every one of our products. The ingredients, purity, safety, and performance of all our Nutrition, Healthy Home, and Personal Care products are 100% guaranteed.

