

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.*

In addition, the Appetizer Diet Cookie provides important nutrients, including 35%-40% of the Daily Value of Vitamins A,C, D, E,B 1, B 2, B 12, Niacin, B 6, Biotin, Zinc, Pantothenic Acid, Iron and Calcium.



ITEM 301 | 30 PER BOX
\$44.95 | 25 BP

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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%
Saturated Fat	0	0%
Cholesterol	0mg	0%
Sodium	75mg	3%
Potassium	75mg	3%
Total Carbohydrate	23g	7%
Dietary Fiber	8g	32%
Sugar	9g	
Sugar Alcohol	3g	
Protein	5g	
Vitamin A		35%
Vitamin C		35%
Calcium		4%
Iron		40%
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%

* Percent Daily Values are based on a 2000

The Appetizer Diet Cookie also includes quality proteins: soy protein impacts sports performance, it also provides health and immune enhancing antioxidants due to its amazing isoflavones and it also impacts heart health.* Another source of protein in the Appetizer Diet Cookie is whey protein. It is considered excellent for babies, children, pregnant and nursing women, active teens and healthy adults. Whey proteins are complete and provide the body with all the essential amino acids. Athletes appreciate whey protein for its branched-chain amino acids, which impact the body's ability to repair and rebuild.*

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.



VITAMARK INTERNATIONAL
13430 NORTHWEST FREEWAY,
SUITE 290 HOUSTON TX 77040
(281) 220-1240
WWW.VITAMARK.COM

*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.