



Cinch® Shake Mix

THE CHALLENGE

You go on a diet to lose jiggly 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 CinchWellness.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 non-GMO soy 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 of 21 essential vitamins and minerals



Cinch® Chocolate Shake Mix ☆

Canister, 15 servings **#20341**
Net wt. 27 oz. (1 lb. 11 oz.) 765 g

Single-Serving Packets, 14 packets **#20343**
1.8 oz. (51 g) ea.
Total net wt. 25 oz. (714 g)



Cinch® Strawberry Shake Mix ☆

Canister, 15 servings **#20336**
Net wt. 27 oz. (1 lb. 11 oz.) 765 g

Single-Serving Packets, 14 packets **#20335**
1.8 oz. (51 g) ea.
Total net wt. 25 oz. (714 g)



Cinch® Vanilla Shake Mix ☆

Canister, 15 servings **#20340**
Net wt. 25 oz. (1 lb. 9 oz.) 720 g

Single-Serving Packets, 14 packets **#20342**
1.7 oz. (48 g) ea.
Total net wt. 24 oz. (672 g)



Cinch® Café Latte Shake Mix ☆

Canister, 15 servings **#20339**
Net wt. 26 oz. (1 lb. 10 oz.) 750 g

Single-Serving Packets, 14 packets **#20338**
1.8 oz. (50 g) ea.
Total net wt. 25 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, sweeteners, or colors
- Non-GMO soy protein

WHO WILL BENEFIT?

- 65% of adults in the United States who are overweight
- Anyone looking for a healthy way to manage their weight, lose 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 of 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 1½ 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 CinchWellness.com.

NUTRITION FACTS

cinch® vanilla shake mix

inch loss plan

Nutrition Facts				Nutrition Facts			
Serving Size: 1 Packet (48 g)				Serving Size: 1 Packet (48 g)			
Servings per Container: 14				Servings per Container: 14			
Amount Per Serving	Mix Alone	with Nonfat Milk	with Light Soy Milk	Amount Per Serving	Mix Alone	with Nonfat Milk	with Light Soy Milk
Calories	180	270	250†	Vitamin B₁₂	35%	50%	80%†
Calories from Fat	25	30	45†	Biotin	35%	35%	35%
% Daily Value**				Pantothenic Acid	35%	45%	45%††
Total Fat 3 g*	5%	5%	8%†	Phosphorus	35%	60%	45%††
Saturated Fat 0.5 g	3%	3%	3%†	Iodine	35%	35%	35%
Trans Fat 0 g				Magnesium	35%	40%	45%††
Polyunsaturated Fat 0.5 g				Zinc	35%	40%	40%†
Monounsaturated Fat 1.5 g				Selenium	35%	45%	45%††
Cholesterol 0 mg	0%	0%	0%†	Copper	35%	35%	50%
Sodium 370 mg	15%	20%	20%†	Manganese	35%	35%	60%
Potassium 400 mg	11%	22%	20%†	Chromium	80%	80%	80%
Total Carbohydrate 23 g	8%	13%	10%†	Molybdenum	35%	35%	35%
Dietary Fiber 6 g	24%	24%	28%†	Chloride	10%	15%	10%
Soluble Fiber 6 g				* Amount in Mix			
Sugars 15 g				** Percent Daily Values are based on a 2,000 calorie diet.			
Protein 16 g	32%	49%	44%†	Your daily values may be higher or lower depending on your calorie needs.			
Vitamin A	10%	20%	20%†	Calories	2,000	2,500	
Vitamin C	35%	35%	35%†	Total Fat	Less than 65 g	80 g	
Calcium	35%	60%	60%†	Sat Fat	Less than 20 g	25 g	
Iron	25%	25%	30%†	Cholesterol	Less than 300 mg	300 mg	
Vitamin D₃	35%	60%	60%†	Sodium	Less than 2,400 mg	2,400 mg	
Vitamin E	35%	35%	35%	Potassium	3,500 mg	3,500 mg	
Thiamin	35%	40%	45%††	Total Carbohydrate	300 g	375 g	
Riboflavin	35%	60%	60%†	Dietary Fiber	25 g	30 g	
Niacin	35%	35%	40%††	Protein	50 g	65 g	
Vitamin B₆	35%	40%	45%††	† Based on nutrient values from Silk® brand Light Plain Soy Milk.			
Folate	35%	40%	40%†	†† Based on nutrient values from USDA database.			

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 B₁₂, VITAMIN D, VITAMIN B₆, CHROMIUM NICOTINATE, RIBOFLAVIN, THIAMINE MONONITRATE, MIXED TOCOPHEROL CONCENTRATE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE.



†Based on results from a 12-week preliminary study, which did not include Cinch Meal-in-a-Bar, as it was introduced after the study.

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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® Meal-in-a-Bar** in two scrumptious flavors—Berry Almond Crunch and Peanut Butter Chocolate Chip. A great alternative to a serving of shake mix. Packed with 20 grams of protein to keep you feeling full and Powered by Leucine™ to help hold on to muscle while you lose weight.
- **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® Snack Bars** serve up hard-to-believe snacking pleasure with hunger-fighting protein. Powered by Leucine™, they help preserve muscle. 120–130 calories per bar.
- **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)
- **Cinch® Inch Loss Plan Brochure** #75555 English; #75556 Spanish
- **CinchWellness.com** A tools and support site for Cinch customers
- **A Happier, Healthier You DVD** #66007 Single; #59053 5-Pack; #59054 50-Pack
- **Cinch Program Guide (English/Spanish)** Everything you need to know about the Cinch Program #79304
- **Introduction to Cinch PowerPoint Presentation** (Available to download at MyShaklee.com)
- **Cinch® Daily Journal (English/Spanish)** A portable journal to track your product use and meals when you are on the Cinch Plan #75362
- **Product Guide** (For details, talk to your Shaklee Independent Distributor)

SCIENTIFIC REFERENCES

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*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.

cinch®
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For more information, visit CinchWellness.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.

