

(U.S. product)

Article No. 22090 (220 g/7.7 oz.—6 servings)
A part of Watkins Weight Management System

Watkins SoyNilla® with FiberAid™:

- High in protein
- High in calcium, magnesium and chromium
- Trans fat-free
- Cholesterol-free
- A good source of fiber

This great-tasting soy beverage contains 50 mg of naturally-occurring soy isoflavones, the compounds in soy that are thought to be responsible for many of soy's health benefits. But we didn't stop there. We've added FiberAid®, a cutting-edge dietary fiber from arabinogalactan that promotes intestinal health and has been shown to support healthy cholesterol levels.* Additional calcium and magnesium enhance the effects of soy in promoting bone health; soy lecithin supports brain function, and Chromium Chelavite® supports your body's metabolism.* Simply blend with water, milk or your favorite beverage for a smooth, creamy drink that takes only seconds to make.

- **Soy isoflavones:** Contains 50 mg—the amount recommended for reported health benefits.
- **FiberAid® (arabinogalactan):** A dietary fiber from the larch tree promotes intestinal health and supports healthy cholesterol levels.*
- **Added calcium and magnesium** to promote bone health.*
- **Chromium Chelavite®:** Better-absorbed than other forms of chromium.
- **Soy lecithin:** Provides phosphatidylserine and choline, essential brain chemicals.
- **Watkins Original Vanilla:** No other soy drink contains our superior vanilla flavor.

Benefits

- **May reduce the risk of heart disease*** (soy) (Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. Two servings of SoyNilla provide 27 grams of soy protein.)
- **May help to ease menopausal symptoms*** (soy isoflavones)
- **Supports healthy cholesterol levels*** (FiberAid®)
- **Promotes bone health*** (soy isoflavones, calcium, magnesium)
- **Promotes intestinal health and immune function*** (FiberAid®)
- **Supports brain function*** (soy lecithin)
- **Better metabolism*** (Chromium Chelavite®)



Directions for use: Mix 5 tbsp (35 g) SoyNilla® into 8 fl. oz. (1 cup) water. For a richer, smoother beverage, use skim milk instead of water. For best results, use a blender or shaker cup. Add fruit or Watkins extracts or spices for variety.

Banana-Cinnamon Smoothie

- 5 tbsp Watkins SoyNilla®
- 1 cup skim milk or soy milk
- 1 cup crushed ice
- 1 cup sliced banana
- 1-1/2 tsp Watkins Cinnamon

Place all ingredients in a blender; blend very well.

Amount Per Serving		Calories from Fat 5	
		% Daily Value*	
Calories 130			
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 120mg			5%
Total Carbohydrate 18g			6%
Dietary Fiber 3g			12%
Sugars 10g			
Protein 14g			28%
Vitamin A 0%	•	Vitamin C 0%	
Calcium 30%	•	Iron 11%	
Chromium 42%	•	Magnesium 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Soy protein isolate (providing a minimum of 50 mg isoflavones per serving), fructose, soy protein concentrate, maltodextrin, rice flour, arabinogalactan, natural & artificial flavors, magnesium aspartate, dicalcium phosphate, soy fiber, soy lecithin, chromium chelate. Contains Milk, Soy.

Testimonials—

Individual results may vary. Consult your physician before taking any dietary supplements.

“My cholesterol level was a whopping 578, and my doctor wanted me to go on medication right away, but I asked if I could try Watkins SoyNilla® first. The doctor agreed, but demanded that I get tested again in a week. After using Watkins SoyNilla® for just one week, my cholesterol dropped to 520. After only one month of using SoyNilla®, my cholesterol dropped to 361; six months after starting SoyNilla®, it dropped to 349; and after a year of SoyNilla®, it went down to 327. At the same time, my LDL, the bad cholesterol, and my triglycerides went way down, while my HDL, the good cholesterol, went up! My doctor explained that based on these results my risk of heart disease, or cardiac risk, went from 8.6, the highest risk for a heart attack, down to 4.2, a low risk for a heart attack. Thanks Watkins, for literally saving my life!”

—**Mary Lowther,**
Independent Watkins Associate, California

“I was having quite a time with hot flashes until using Watkins SoyNilla®. I am using it twice a day, and thanks to Watkins Extracts, I can have different flavors everyday! I haven’t had hot flashes since, and it tastes great, too!”

—**Connie Jagnow,**
Independent Watkins Associate, Iowa

“I have lost 74 pounds using Watkins SoyNilla® and I feel great! I have two SoyNilla® shakes each day, along with Watkins Superfood Multiple and Fruit/Veggie Complex. With Watkins spices and extracts, the combinations are endless, so you can have a different flavor every day! My favorite is chocolate SoyNilla®, chocolate soy milk, a frozen banana and Watkins Peanut Butter Extract in the blender with 3 to 4 ice cubes. Since using Watkins SoyNilla®, not only have I lost weight, but I also have more energy and don’t have hot flashes anymore. I am really sold on Watkins SoyNilla®!”

—**Michelle Jaquette,**
Independent Watkins Associate, California