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FIVE DOLLARS OFF FIRST PURCHASE

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FIVE

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**The All Natural
Solution for Low
Carb Diets**



**Keep Muscle,
Lose Fat and
Feel Great!**

Defining You Inc.
571 331-2129



Cynthia Bialek has been in the Health and Fitness Field for over 28 years. Her professional experience as an educator, presenter, and trainer include dance, group exercise, personal training, and yoga.

As an RYT 500 Yoga Teacher, Cynthia has studied the importance of natural foods for improving conditions and disorders like ADD (Attention Deficit Disorder) Diabetes, Hypoglycemia, Obesity and others. One powerful natural food is "whey".

Whey is a simple natural food derived from milk. Many protein powders are made with a combination of whey protein, milk protein and soy. The problem is many people are allergic to soy and or lactose. These combination protein powders can also be difficult to mix in water without clumping. Cynthia's Whey is the answer.

The protein powder is pure 100% ionized whey isolate, contains no lactose and mixes instantly in water. All of the flavors are natural and include the natural sweetener "stevia" which has just a negligible impact on the glycemic index. An eight once serving only contains 6 carbohydrates.



Cynthia's Whey Products

Protein Powder Drink Mix

Cynthia's Whey is proud to offer you this high-quality, bio-available, great tasting powder for your convenience. Add to low-fat milk, water or juice to create a shake. Add extra protein to your muffins, cereals, pancakes or waffles.

Ingredients: 100% Cold-Filtered Whey Isolate, Ion-Exchange Whey, Guar Gum, Xanthan Gum, Natural Flavors and Natural Sweetener (Stevia). Stevia is a natural botanical sweetener found in the rainforests of the world.



1 lb \$18.95 / 3 lb \$48.95

Lo-Carb Baking Mix

This great tasting high protein baking powder can be added to low fat milk, water, juice or fruit to create your favorite muffin and cookie recipes, cereals, pancakes or waffles.

Ingredients: 100% Cold-Filtered Whey Isolate, Ion-Exchange Whey, Guar Gum, Stone Ground Whole Wheat Flour, Oat Bran, Vita-Plex™, Natural Flavors and Natures-Sweet™ contains our all natural Botanical Sweetener, and Sucralose (SPLENDA® Brand).



3lb size \$ 48.95

Recipe Book

Buy our WHEY PROTEIN and BAKING MIX Recipe book and High Protein Baking Mix to make over 50 of your favorite recipes.

1 Book \$ 8.95



Order Form

Product	Cost	Quantity	Total
1 lb Protein Powder Drink Mix	\$18.95	x _____	= _____
3 lb Protein Powder Drink Mix	\$48.95	x _____	= _____
3 lb Lo-Carb Baking Mix	\$48.95	x _____	= _____
Recipe Book	\$ 8.95	x _____	= _____
Product Price Total			_____
Shipping & Handling (10% of purchase price)			_____
Total Cost (product & shipping)			_____



Name: _____

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