



Fly High and Fight for Your Life With ProSure

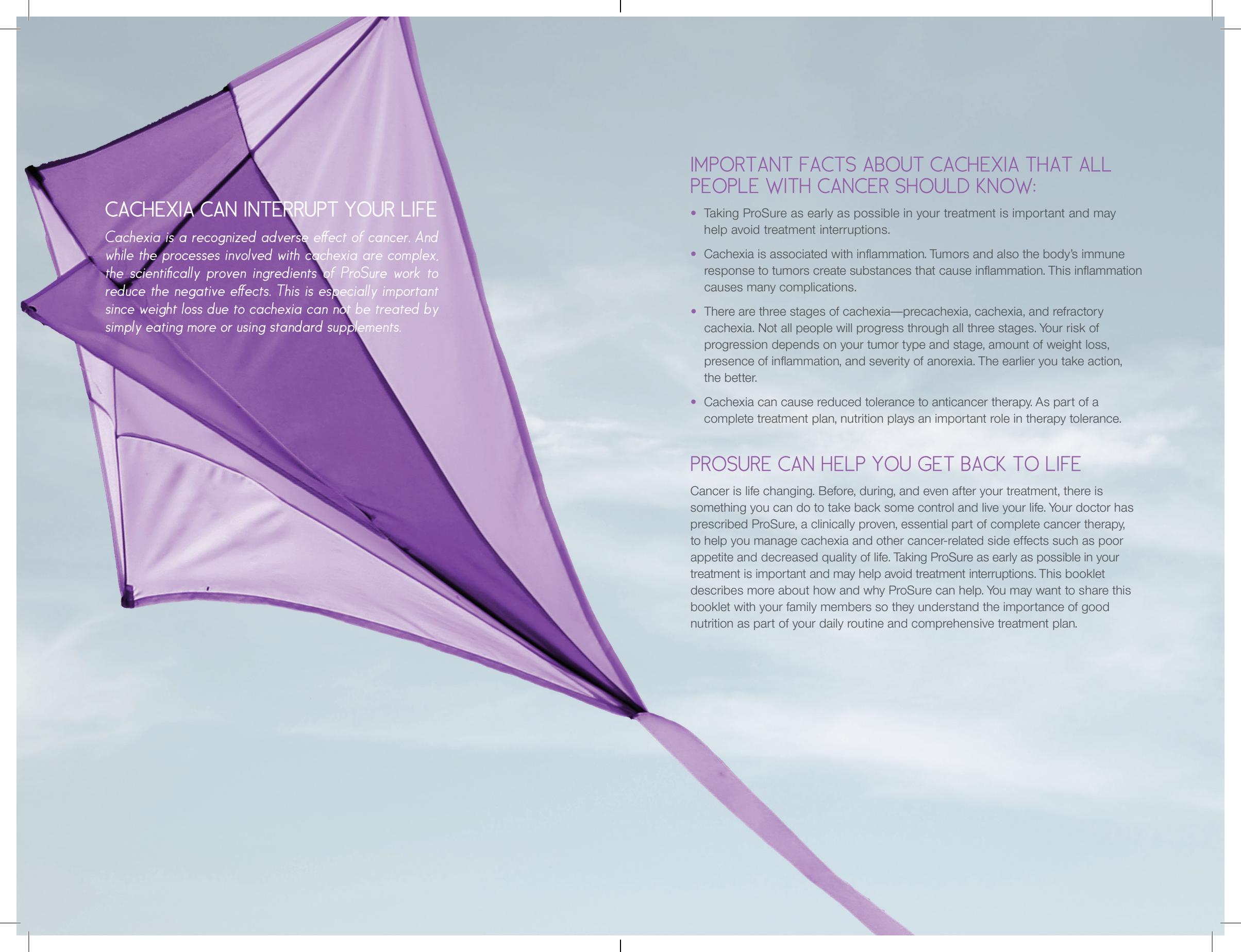
A GUIDE FOR PATIENTS AND THEIR FAMILIES



Learn how to keep cachexia
from putting a tear in your life



Abbott
A Promise for Life



CACHEXIA CAN INTERRUPT YOUR LIFE

Cachexia is a recognized adverse effect of cancer. And while the processes involved with cachexia are complex, the scientifically proven ingredients of ProSure work to reduce the negative effects. This is especially important since weight loss due to cachexia can not be treated by simply eating more or using standard supplements.

IMPORTANT FACTS ABOUT CACHEXIA THAT ALL PEOPLE WITH CANCER SHOULD KNOW:

- Taking ProSure as early as possible in your treatment is important and may help avoid treatment interruptions.
- Cachexia is associated with inflammation. Tumors and also the body's immune response to tumors create substances that cause inflammation. This inflammation causes many complications.
- There are three stages of cachexia—precachexia, cachexia, and refractory cachexia. Not all people will progress through all three stages. Your risk of progression depends on your tumor type and stage, amount of weight loss, presence of inflammation, and severity of anorexia. The earlier you take action, the better.
- Cachexia can cause reduced tolerance to anticancer therapy. As part of a complete treatment plan, nutrition plays an important role in therapy tolerance.

PROSURE CAN HELP YOU GET BACK TO LIFE

Cancer is life changing. Before, during, and even after your treatment, there is something you can do to take back some control and live your life. Your doctor has prescribed ProSure, a clinically proven, essential part of complete cancer therapy, to help you manage cachexia and other cancer-related side effects such as poor appetite and decreased quality of life. Taking ProSure as early as possible in your treatment is important and may help avoid treatment interruptions. This booklet describes more about how and why ProSure can help. You may want to share this booklet with your family members so they understand the importance of good nutrition as part of your daily routine and comprehensive treatment plan.



PROSURE
COMES IN SEVERAL
PALATE PLEASING
FLAVORS

HOW CACHEXIA INTERFERES WITH YOUR USUAL ACTIVITIES

Weight loss is a common occurrence among people with cancer. It may be due to the tumor or a side effect of cancer treatment. It can also be the result of anorexia or reduced food intake.

But weight loss is just one effect of the disease. Cancer-related changes in your metabolism can also decrease your appetite which can result in a decrease in your intake of healthy food, make your body burn more calories than usual, and increase breakdown of muscle and fat.

These effects may make you feel more tired than usual, and you may not want to pursue some of your usual activities. Good nutrition can help. But eating more food, by itself, is not enough. The underlying effects causing the weight loss and other cancer-related changes must be addressed.

PROSURE IS DESIGNED TO HELP YOU GAIN WEIGHT AND INCREASE ENERGY

- High level of high-quality protein to help build muscle mass (16 grams of protein per serving)
- Energy-dense formulation, with 300 calories in each serving to provide energy in a small volume
- Lower-fat formula reduces feelings of fullness
- Contains EPA*, an omega-3 fatty acid from fish oil, to normalize some of the metabolic processes that cause weight loss and help reduce inflammation.
- MCT (medium-chain triglycerides) oil – an easily digested, readily absorbed source of fat
- FOS**, a prebiotic fiber found in many foods (bananas, tomatoes, onions, barley) that helps maintain health of the digestive tract, helps manage diarrhea associated with chemotherapy or radiation, and helps relieve constipation associated with pain medications
- Enhanced levels of vitamins and minerals that are commonly reduced in cancer patients
- A range of taste-tested flavors designed to meet the preferences of people with cancer—not too sweet

PROSURE IS THE FIRST AND ONLY THERAPEUTIC NUTRITION WITH CLINICALLY DEMONSTRATED EFFECTIVENESS

Studies conducted in people with cancer show that ProSure can help:

- Promote weight gain¹⁻¹⁴
- Build or maintain muscle^{1, 3-5, 8, 10, 12, 15, 16}
- Improve appetite and amount of food eaten^{1, 4, 5, 8, 9, 16-18}
- Reduce the severity of inflammation^{2, 9, 10, 14-16, 19, 20}

ProSure is also associated with:

- Increased strength in those who gained weight²¹
- Improved physical activity^{1, 18, 22}
- Improved quality of life^{4, 5, 9, 10, 16, 17, 21-23}
- Reduced treatment interruptions/toxicities^{13, 16, 23, 24}



*EPA = eicosapentaenoic acid, an omega-3 fatty acid **FOS = fructooligosaccharides, a prebiotic fiber

CACHEXIA

IS KNOWN TO BE CAUSED BY A
NEGATIVE PROTEIN AND CALORIE BALANCE
DUE TO A COMBINATION OF REDUCED FOOD INTAKE
AND ABNORMAL METABOLISM.



PROSURE IS EASY TO USE

ProSure is available in a convenient container, complete with straw. And the five flavors have been taste-tested by cancer patients—they are satisfying and not too sweet.

Here are some tips for making ProSure part of your regular diet.

- Shake each package vigorously before opening it.
- Drink ProSure straight from the pack through a straw, or pour ProSure into a container that can be covered, and drink it through a straw.
- Try drinking ProSure chilled or blended with ice cream.
- Try sipping ProSure throughout the day, rather than drinking a full container all at once.
- Add flavor extracts for increased variety—chocolate, almond, or maple.
- Add ProSure to food, such as coffee, tea, cereal, soups, ice cream, and fruit.
- If possible, take your medications with ProSure.

HOW MUCH PROSURE?

- It is important to drink no fewer than two containers each day for optimum effectiveness. You should begin to see results in three weeks. Your doctor will tell you exactly how long to take ProSure.
- ProSure does not interfere with your usual meal intake



WAYS TO HANDLE SOME EATING PROBLEMS

I DON'T FEEL LIKE EATING

- Eat more when you feel most hungry.
- Eat several small meals each day rather than three large ones.
- Keep a supply of yogurt, ice cream, cheese and other high-calorie, high-protein snacks that appeal to you within easy reach.
- Eat in relaxing and enjoyable surroundings.
- Make your food look as attractive as possible—a little parsley, lemon wedge or tomato can brighten your plate and may tempt your appetite.

WHEN I TRY TO EAT, I FEEL SICK

- Sip fluids frequently between meals and try to drink fluids that contain calories each day.
- Chilled or frozen fluids are often easier to keep down.
- Although you are trying to increase your calorie intake, if you feel sick, try avoiding greasy, fatty, or fried foods temporarily.
- Let your healthcare team know if you can't keep food down; there are a number of anti-nausea treatments available.

MY MOUTH/THROAT IS SORE

- If you can't eat much, try to eat moist to puréed foods rich in calories and protein (fish, meat, nuts, yogurt, puddings, creamy soups, cheese, milk).
- Try introducing solid foods gradually, after starting with high-calorie fluids.
- Avoid salty/spicy foods that may irritate your mouth.
- Try sucking on ice or popsicles before you eat.
- Your healthcare team can give you advice on mouth and throat problems and may be able to give you medication to help.

MY TREATMENT LEAVES ME WITH A DRY MOUTH

- Carry your favorite calorie-containing drink around with you in a water bottle.
- Use lots of fluids with meals to help keep food moist.
- Keep gravies and sauces available to add to food to increase moisture.
- Your nurse or doctor may be able to recommend a lip balm to keep your lips moist.

FOOD TASTES DIFFERENT TO ME SINCE I STARTED MY TREATMENT

- Many people with cancer find that the taste of food changes, which may be temporary. Try a variety of foods on a regular basis and you may find new favorites.
- Try new herbs and spices to season your food.
- If some drinks taste too strong or sweet, try watering them down.
- Some people find cold or cool-temperature foods tastier than hot foods.



CACHEXIA
IS COMMON
and has significant adverse effects
ON PEOPLE'S
QUALITY OF LIFE.

WARM COMFORT FOOD



TASTY RECIPES

The following recipes provide some delicious ways to easily add ProSure to your daily diet.

GENERAL RECIPE INSTRUCTIONS

Your goal is to drink two containers of ProSure daily for optimal results.

When using ProSure to prepare any of the following foods and beverages, remember to cover and refrigerate unused portions and use the opened portion within 24 hours.

Because ProSure is protein-rich, do not boil it because this causes unsatisfactory texture changes.

PROSURE PORRIDGE

Makes 2 servings

INGREDIENTS:

- 30-40 g (6-8 Tbsp) quick-cooking oats or 2 packets instant oatmeal
- 240 mL (1 container) vanilla-flavored ProSure
- Cinnamon to taste

DIRECTIONS: Empty quick-cooking oats or packet of instant oatmeal into a bowl. Stir in hot but not boiling ProSure. Sprinkle with cinnamon and top with fruit if desired.

APPROXIMATE NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 430
- Protein: 20 g
- Carbohydrate (includes 8 g dietary fiber): 47 g
- Fat [1 g EPA (an omega-3 fatty acid) from ProSure]: 8 g
- Vitamin C: 103 mg
- Calcium: 455 mg
- Phosphorus: 604 mg
- Potassium: 385 mg
- Sodium: 440 mg

MAGNIFICENT MASHED POTATOES

Makes 6 servings

INGREDIENTS:

- 155 g (5-1/2 oz) instant mashed potatoes
- 430 mL (1 ¾ cup) water
- 240 mL (1 container) vanilla-flavored ProSure
- 40 mL (2-3/4 Tbsp) butter
- Salt and pepper to taste

DIRECTIONS: Follow package directions for combining ingredients, substituting ProSure for milk. Whip with fork until smooth.

APPROXIMATE NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 201
- Protein: 10 g
- Carbohydrate (includes 4 g dietary fiber): 42 g
- Fat [0.33 g EPA (an omega-3 fatty acid) from ProSure]: 5 g
- Vitamin C: 34 mg
- Calcium: 118 mg
- Phosphorus: 168 mg
- Potassium: 160 mg
- Sodium: 570 mg



PROSURE FLAVOR TIPS:

ProSure can be used in place of milk in other instant hot cereals. It can be poured over muesli and other dry cereals.

SAVORY SOUPS AND SAUCES

TASTY THAI CHICKEN COCONUT SOUP

Makes 2 servings

INGREDIENTS:

- 1,570 mL (19 fl-oz) can ready-to-serve chicken noodle soup
- 240 mL (1 cup) light coconut milk
- 226 g (8 oz) firm tofu diced
- 240 mL (1 container) vanilla-flavored ProSure
- 5 mL (1 tsp) Thai chili paste with garlic
- 1 lime
- Scallion or cilantro

DIRECTIONS: Combine chicken noodle soup, coconut milk and tofu in a large saucepan and bring to slow boil, stirring often, for about seven minutes. Stir in ProSure, the juice of one lime, and Thai chili paste with garlic. Gently warm and serve with sliced scallion or chopped cilantro.

APPROXIMATE NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 495
- Protein: 21 g
- Carbohydrate (includes 5 g dietary fiber): 22 g
- Fat [0.5 g EPA (an omega-3 fatty acid) from ProSure]: 16 g
- Vitamin C: 108 mg
- Calcium: 507 mg
- Phosphorus: 504 mg
- Potassium: 480 mg
- Sodium: 702 mg

CHARMING CHICKEN AND RICE CONGEE

Makes 2 servings

INGREDIENTS:

- 960 mL (4 containers) vanilla-flavored ProSure
- 150 g (1 cup) chopped chicken meat
- 133 g (1 cup) bok choy (coarsely chopped)
- 95 g (1/2 cup) uncooked rice
- 6 g (1-1/2 tsp) fresh ginger (grated)
- 7.5 mL (1-1/2 tsp) soy sauce
- 6 shitake mushrooms
- 2 cloves garlic (crushed)
- salt and pepper to taste

DIRECTIONS: Place all the ingredients in a slow-cooker and cook on low for six hours OR place all ingredients in a pan and simmer gently until done. Add more or less of the seasonings to taste.

APPROXIMATE NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 947
- Protein: 53 g
- Carbohydrate (includes 11 g dietary fiber): 125 g
- Fat [2.2 g EPA (an omega-3 fatty acid) from ProSure]: 17
- Vitamin C: 222 mg
- Calcium: 947 mg
- Phosphorus: 1021 mg
- Potassium: 1101 mg
- Sodium: 1047 mg



FANTASTIC FROZEN FLAVORS

FULL-OF-FLAVOR FRUIT SMOOTHIE

Makes 1 serving

INGREDIENTS:

- 240 mL (1 container) banana-flavored ProSure
- 10 whole strawberries
- Sweetener to taste

DIRECTIONS: Pour ProSure into an ice cube tray and freeze. Clean and freeze strawberries. Blend the frozen ProSure and strawberries in a blender until the mixture reaches the desired consistency. Sweeten to taste.

APPROXIMATE NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 348
- Protein: 16 g
- Carbohydrate (includes 6 g dietary fiber): 48 g
- Fat [1.1 g EPA (an omega-3 fatty acid) from ProSure]: 6 g
- Vitamin C: 103 mg
- Calcium: 355 mg
- Phosphorus: 504 mg
- Potassium: 480 mg
- Sodium: 360 mg

FUN FLOAT

Makes 1 serving

INGREDIENTS:

- 60 mL (2 fl-oz) cola
- 240 mL (1 container) vanilla-flavored ProSure

DIRECTIONS: Freeze ProSure in freezer overnight. Pour cola over frozen ProSure.

APPROXIMATE NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 350
- Protein: 16 g
- Carbohydrate (includes 5g dietary fiber): 51 g
- Fat [1.1 g EPA (an omega-3 fatty acid) from ProSure]: 6 g
- Vitamin C: 103 mg
- Calcium: 355 mg
- Phosphorus: 504 mg
- Potassium: 480 mg
- Sodium: 360 mg

NUTTY YOGURT SHAKE

Makes 1 serving

INGREDIENTS:

- 240 mL (1 container) of ProSure Banana
- 1 banana
- 1 hazelnut yogurt
- 1 scoop of vanilla ice cream

DIRECTIONS: Pour ProSure into a bowl, add yogurt, banana and ice cream. Blend. Serve in a tall glass.

APPROXIMATE NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 700
- Protein: 27 g
- Carbohydrate (includes 5 g dietary fiber): 114 g
- Fat [1.1 g EPA (an omega-3 fatty acid) from ProSure]: 15 g
- Vitamin C: 113 mg
- Calcium: 706 mg
- Phosphorus: 482 mg
- Potassium: 1303 mg
- Sodium: 527 mg

BANANA MILKSHAKE

Makes 1 serving

INGREDIENTS:

- 240 mL (1 container) of ProSure Banana
- 1 scoop (75 g) of ice cream
- 1 ripe banana

DIRECTIONS: Blend. Serve immediately in a tall glass.

APPROXIMATE NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 570
- Protein: 20 g
- Carbohydrate (includes 7 g dietary fiber): 91 g
- Fat [1.2 g EPA (an omega-3 fatty acid) from ProSure]: 14 g
- Vitamin C: 113 mg
- Calcium: 451 mg
- Phosphorus: 331 mg
- Potassium: 629 mg
- Sodium: 420 mg

PROSURE FLAVOR TIPS:

Fruit combinations:

- Banana ProSure + pineapple
- Vanilla ProSure + mango
- Chocolate ProSure + banana

Shake combinations: Blend 120 mL of chilled ProSure with 240 mL (2 scoops) of your favorite frozen treat

- Vanilla-flavored ProSure + strawberry ice cream
- Chocolate ProSure + raspberry sorbet
- Coffee ProSure + chocolate gelato
- Chocolate ProSure + cinnamon ice cream
- Banana ProSure + orange sherbet



DELICIOUS DESSERTS

GREAT STRAWBERRY MOUSSE

Makes 4 servings

INGREDIENTS:

- 240 mL (1 cup) water
- 1 envelope unflavored gelatin
- 240 mL (1 container) vanilla-flavored ProSure
- 150 g (1 cup) unsweetened strawberries (sliced)

DIRECTIONS: Blend water, gelatin, ProSure and strawberries in a blender. Pour into gelatin mold or four individual cups. Remove any foam that forms on top. Chill in refrigerator until firm and then serve. Try other fruits such as guava to create different mousse flavors.

APPROXIMATE NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 87
- Protein: 4 g
- Carbohydrate (includes 1 g dietary fiber): 14 g
- Fat [0.3 g EPA (an omega-3 fatty acid) from ProSure]: 2 g
- Vitamin C: 26 mg
- Calcium: 89 mg
- Phosphorus: 126 mg
- Potassium: 120 mg
- Sodium: 90 mg

YUMMY YOGURT COOLER

Makes 1 serving

INGREDIENTS:

- 240 mL (1 container) your favorite ProSure
- 140 g (4 oz) yogurt
- Your favorite fruit
- Granola

DIRECTIONS: Blend ProSure with yogurt. Top with fruit and granola.

APPROXIMATE NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 430
- Protein: 21 g
- Carbohydrate (includes 5 g dietary fiber): 61 g
- Fat [1.1 g EPA (an omega-3 fatty acid) from ProSure]: 8 g
- Vitamin C: 103 mg
- Calcium: 525 mg
- Phosphorus: 504 mg
- Potassium: 430 mg
- Sodium: 530 mg



PROSURE FLAVOR TIPS:

ProSure pudding – Use ProSure in place of milk to prepare instant pudding. Layer different ProSure pudding flavors in a glass to make pudding parfait. Top with whipped cream and fruit.

DELIGHTFUL DRINKS

LE FIZZ

Makes 1 serving

INGREDIENTS:

- 240 mL (1 container) of ProSure (any flavor)
- carbonated mineral water
- ice

DIRECTIONS: Whisk ProSure lightly and pour over ice in a tall glass. Fill to the top with sparkling water. Stir gently.

APPROXIMATE NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 305
- Protein: 16 g
- Carbohydrate (includes 2.3 g dietary fiber): 44 g
- Fat [1.1 g EPA (an omega-3 fatty acid) from ProSure]: 6 g
- Vitamin C: 103 mg
- Calcium: 355 mg
- Phosphorus: 252 mg
- Potassium: 480 mg
- Sodium: 360 mg

IRISH COFFEE

Makes 1 serving

INGREDIENTS:

- 240 mL (1 container) of ProSure Vanilla
- 1 teaspoon of instant coffee
- 1 tablespoon of whiskey
- 1 scoop of fresh whipped cream

DIRECTIONS: Heat ProSure Vanilla in a pan (do not boil). Add the coffee and whiskey. Top with whipped cream and serve.

APPROXIMATE NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 365
- Protein: 16 g
- Carbohydrate (includes 2.3 g dietary fiber): 45 g
- Fat [1.1 g EPA (an omega-3 fatty acid) from ProSure]: 9 g
- Vitamin C: 103 mg
- Calcium: 361 mg
- Phosphorus: 260 mg
- Potassium: 521 mg
- Sodium: 363 mg

CAPTIVATING CAFÉ AU LAIT

Makes 1 serving

INGREDIENTS:

- 240 mL (1 container) of ProSure Vanilla
- 1 teaspoon of instant coffee

DIRECTIONS: Dissolve instant coffee in 15 mL (2 tsp) hot water. Heat ProSure in a pan (do not boil). Add coffee to warmed ProSure, pour into a cup and sip.

APPROXIMATE NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 330
- Protein: 16 g
- Carbohydrate (includes 5 g dietary fiber): 44 g
- Fat [1.1 g EPA (an omega-3 fatty acid) from ProSure]: 6 g
- Vitamin C: 103 mg
- Calcium: 355 mg
- Phosphorus: 504 mg
- Potassium: 480 mg
- Sodium: 360 mg

HEAVENLY HOT COCOA

Makes 1 serving

INGREDIENTS:

- 240 mL (1 container) of ProSure Vanilla
- 1 packet of instant hot cocoa mix

DIRECTIONS: Blend warmed vanilla-flavored ProSure with a packet of instant hot cocoa mix for a warm beverage. Try chocolate-flavored ProSure for an extra chocolate punch.

APPROXIMATE NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 450
- Protein: 16 g
- Carbohydrate (includes 5 g dietary fiber): 67 g
- Fat [1.1 g EPA (an omega-3 fatty acid) from ProSure]: 9 g
- Vitamin C: 103 mg
- Calcium: 375 mg
- Phosphorus: 504 mg
- Potassium: 480 mg
- Sodium: 360 mg



PROSURE FLAVOR TIPS:

If you like even more flavor, try these stir-in ideas:

- Stir 60 mL (2 Tbsp) chocolate syrup into 240 mL (1 container) of chocolate-flavored ProSure
- Stir 5 mL (1 tsp) vanilla extract into 240 mL (1 container) of vanilla-flavored ProSure
- Stir 5 mL (1 tsp) coconut flavoring into 240 mL (1 container) of banana-flavored ProSure

Here are some sprinkle-on flavor ideas:

- Sprinkle ground cinnamon over chocolate or coffee-flavored ProSure
- Sprinkle ground ginger and allspice over banana-flavored ProSure
- Sprinkle ground nutmeg, mace, and cloves over vanilla-flavored ProSure

Blend ProSure flavors to create new flavors:

Experiment with other ProSure flavor blends—banana and vanilla, chocolate and coffee, vanilla and chocolate, and more

Try other flavor combinations:

- Chocolate-flavored ProSure and root beer
- Vanilla-flavored ProSure and orange soda

MY PROSURE DIARY

Name _____

Beginning Weight

It is important to consume **2** containers of ProSure each day. This diary can help you keep track of how much ProSure you drink each day—mark the diary after you have consumed each pack. Write down any questions you may want to discuss with your doctor on the back of this booklet.

Week 1	ProSure Pack #1	ProSure Pack #2	Week 2	ProSure Pack #1	ProSure Pack #2
MONDAY	<input type="checkbox"/>	<input type="checkbox"/>	MONDAY	<input type="checkbox"/>	<input type="checkbox"/>
TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>	TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>	WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>
THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>	THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>	FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>
SATURDAY	<input type="checkbox"/>	<input type="checkbox"/>	SATURDAY	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	<input type="checkbox"/>	<input type="checkbox"/>	SUNDAY	<input type="checkbox"/>	<input type="checkbox"/>

Week 3	ProSure Pack #1	ProSure Pack #2	Week 4	ProSure Pack #1	ProSure Pack #2
MONDAY	<input type="checkbox"/>	<input type="checkbox"/>	MONDAY	<input type="checkbox"/>	<input type="checkbox"/>
TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>	TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>	WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>
THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>	THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>	FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>
SATURDAY	<input type="checkbox"/>	<input type="checkbox"/>	SATURDAY	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	<input type="checkbox"/>	<input type="checkbox"/>	SUNDAY	<input type="checkbox"/>	<input type="checkbox"/>

Week 5	ProSure Pack #1	ProSure Pack #2	Week 6	ProSure Pack #1	ProSure Pack #2
MONDAY	<input type="checkbox"/>	<input type="checkbox"/>	MONDAY	<input type="checkbox"/>	<input type="checkbox"/>
TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>	TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>	WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>
THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>	THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>	FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>
SATURDAY	<input type="checkbox"/>	<input type="checkbox"/>	SATURDAY	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	<input type="checkbox"/>	<input type="checkbox"/>	SUNDAY	<input type="checkbox"/>	<input type="checkbox"/>

Week 7	ProSure Pack #1	ProSure Pack #2	Week 8	ProSure Pack #1	ProSure Pack #2
MONDAY	<input type="checkbox"/>	<input type="checkbox"/>	MONDAY	<input type="checkbox"/>	<input type="checkbox"/>
TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>	TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>	WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>
THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>	THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>	FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>
SATURDAY	<input type="checkbox"/>	<input type="checkbox"/>	SATURDAY	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	<input type="checkbox"/>	<input type="checkbox"/>	SUNDAY	<input type="checkbox"/>	<input type="checkbox"/>

Weight after 4 weeks _____

Weight after 8 weeks _____

ProSure

ProSure. Strength to Fight
and Get Back to Life



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