

FIXX[®]

SUSTAINABLE ENERGY AND PROTEIN IN ONE!

FIXX[®] is a delicious 24-Karat Chocolate meal replacement energy shake that is made with the highest-quality clean ingredients to support your weight management goals.

FIXX features cold-processed New Zealand whey from clean pasture-raised cows that contains no hormones or second-hand antibiotics, and is 99% lactose free. We also added 30 organic fruits and vegetables, along with antioxidants, vitamins, minerals and probiotics to provide you with a naturally nutritious meal replacement option.

Start your day—and your weight management goals—off right by getting your daily fix of FIXX



FIXX shake

BENEFITS OF FIXX

- Supports balanced blood sugar levels
- Enhances muscle endurance and joint health
- Assists in energy and weight loss
- Supports immune function
- Promotes beneficial digestive tract bacteria
- Provides vital amino acids and protein for overall health
- Supports optimal metabolic function for maximum weight control

ONLY THE BEST INGREDIENTS

- 24-Karat Chocolate[®] powder
- Organic whey protein
- Organic vegetable blend that includes: carrot, broccoli, tomato, cucumber, kale, spinach, parsley, cabbage, celery, cauliflower, green bell peppers, asparagus, Brussel sprouts, onion, garlic and ginger
- Organic fruit blend that includes: apple, grape, grapefruit, orange, pineapple, lemon, lime, cherry, watermelon, pear, mango, strawberry, papaya, tangerine and apricot
- Probiotic blend
- Chromium
- Guarana powder
- Vitamins A, B1, B2, B6, B12 and D3

BUILDING BLOCKS

In today's world, we encounter countless meal replacement shake options that claim to help us reach our weight management goals. Many of these are loaded with hormones, sugar, second-hand antibiotics, genetically-modified fillers and chemicals—all ways for product manufactures to cut corners and reduce costs.

Unfortunately for us, our bodies are not designed to digest and utilize most of these ingredients! Instead of supporting our goals with nutrition many of these products are actually depleting our bodies, leaving us wanting more, which ultimately can lead to additional unwanted weight gain.

Protein is also an essential building block in the human body. It is found in every cell in the body, and makes it possible for the body to repair and rebuild damaged cells as well as produce new cells. Protein plays a crucial role in the healthy development of muscle, bone, skin, and hair and is essential to the body's ability to produce enzymes and hormones.

Since your body doesn't process it the same way it processes carbohydrates and fat, protein is important in managing cravings and maintaining healthy blood sugar levels making it an important component in achieving healthy weight management goals.

A balanced breakfast that is high in protein is the key to managing your cravings all day long so you can start achieving your physical goals. Starting your day with FIXX will help you maintain healthy blood sugar and energy levels while keeping your appetite under control.



THE FIXX DIFFERENCE

With so many options, it's difficult to determine the right choices for you. The Farmers Market difference means you don't have to guess anymore. We offer high-quality products that include the best ingredients known to man, all designed to support your body's optimal physical health.

The protein in FIXX comes from New Zealand whey that is cold-processed, which allows for the preservation of natural elements without compromising its fragile immune factors and nutrients, leaving an ideal blend of easily-absorbed amino acids, antioxidants, peptides, immune factors and minerals. It comes from clean pasture-raised cows that contains no bGH, rbGH, bST, bST hormones or second-hand antibiotics, and is 99% lactose free.

ONE-OF-A-KIND

- All-natural ingredients
- Rich in antioxidants
- Certified hormone and pollutant-free proteins
- 30 organic fruits and vegetables
- Sweetened naturally
- 4 grams of fiber per serving
- No soy protein
- No gluten
- No GMOs
- No artificial colors or flavorings
- No preservatives
- No added sugar
- Tastes amazing
- Convenient single-serve pouches

WHEY FOR WEIGHT MANAGEMENT

FIXX is an ideal start to any day. It is an amazing source of protein and other nutrients, and it tastes great. But how can it help you reach your weight management goals?

According to a study performed at the University of Missouri-Columbia, eating breakfast can help people experience a dramatic decline in cravings for sweet foods throughout the day. The study also showed that higher-protein breakfasts have beneficial effects on the appetitive hormonal and neural signals that control energy intake regulation in overweight individuals.

One of the biggest health problems faced today is that people are insulin resistant, making it difficult for them to lose weight. A recent study performed at Australia's University of Adelaide found that a high-protein diet reduces the need for calorie intake, and that whey protein is more effective than red meat in reducing body weight gain and increasing insulin sensitivity.

Whey is great for increasing lean muscle and burning fat. It is better absorbed before any form of exercise, and has even been shown to have a positive effect on stress and mood. A recent article from the American Journal of Clinical Nutrition found that whey "improved coping ability, probably through alterations in brain serotonin."

Additionally, the American Journal of Clinical Nutrition has also stated that "Under most conditions, protein is more satiating than the ingestion of carbohydrates. This suggests that a modest increase in protein may promote satiety and facilitate weight loss through reduced energy (caloric) consumption."

