



## The Institute of Human Performance

**IHPCOMBAT**

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### ULTRAMET Low Carb

\$ 49.95

#### Low carbohydrate meal replacement

- Only 6g of Carbs per Serving
- 35g of Protein
- Fortified with 27 Vitamins & Minerals
- Fiber & FOS

**Available flavors:** Chocolate fudge or Vanilla cream.

**Available sizes:** Box of 20 packets or 60 packets.

#### COMPLETE NUTRITION FOR A LOW CARB LIFESTYLE

Whether you are a serious athlete trying to improve your lean body mass, or a busy mother trying to eat better and reduce body fat, ULTRAMET LOW CARB is complete nutrition for anyone trying to reduce the carb content in their diet. Each serving of ULTRAMET LOW CARB delivers only 6.5 g of carbs (4.5g net carbs), plus essential fatty acids, vitamins, minerals, fiber, micro-nutrients and a whopping 35 g of protein! UltraMet Low-Carb also helps you burn your existing fat stores while reducing the conversion of carbs into fat.

**Fact: Muscle is what burns fat. If you run short**

of protein on your low-carb diet, your body will begin to consume your muscles for energy. Your metabolism

will slow down. The extra high quality protein and amino acids in ULTRAMET LOW CARB help to protect your muscles and keep your metabolism going strong so you can burn fat and stay strong.

## Low-carb doesn't have to mean high fat.

Many people say that a low-carb diet means a high fat diet because some low-carb diets include irresponsible levels of unhealthy fats. ULTRAMET LOW CARB contains only 6.5 g of fat! This is a minimal amount and important for appetite control and health, particularly when you are trying to control your weight.

## UltraMet Low Carb keeps you satisfied longer

The secret to sticking to your low-carb diet is to never feel hungry. The trouble with most low-carb diet supplements is that they don't keep you full until your next meal. ULTRAMET LOW CARB contains up to 10 grams more protein per serving than other low-carb meal supplements. You'll breeze through to your next meal without cheating.

## Your body wants fiber and FOS

Fact: Low-carb diets don't include much fruit. ULTRAMET LOW CARB contains soluble fiber, like that found in fruit, and is the only product of its kind to contain FOS (fructo-oligosaccharides), which aid in digestion.

## When dieting, good nutrition is vital to improving your fitness and well being!

With today's busy schedules it's nice to know you have a delicious, compact and convenient alternative to home cooking. Just open a packet of ULTRAMET LOW CARB... mix and enjoy.

Make ULTRAMET LOW CARB an integral part of your exercise and weight management program and enjoy the journey to a healthier lifestyle. Who said dieting is a chore!

<b>SUPPLEMENT FACTS</b> (chocolate fudge)		
Serving size 1 packet (56 g)		
<b>Amount Per Serving</b>		
<b>Calories</b> 230	Calories from Fat 60	
<b>% Daily Value*</b>		
<b>Total Fat</b> 6.5 g		10%
Saturated Fat 4g		20%
Trans Fat 0 g		
<b>Cholesterol</b> 80 mg		27%
<b>Sodium</b> 370 mg		15%
<b>Total Carbohydrate</b> 6 g		2%
Dietary Fiber 1.5 g		6%
Sugars 4 g		
<b>Protein</b> 35 g		68%
Vitamin A	2000 IU	40%
Vitamin C	30 mg	50%

Vitamin D	200 IU	50%
Vitamin E	30 IU	100%
Thiamin	750 mcg	50%
Riboflavin	850 mcg	50%
Niacin	10 mg	50%
Vitamin B6	1 mg	50%
Folate	200 mcg	50%
Vitamin B12	3 mcg	50%
Biotin	150 mcg	50%
Pantothenic Acid	5 mg	50%
Calcium	500 mg	50%
Iron	9 mg	50%
Phosphorus	500 mg	50%
Iodine	75 mcg	50%
Magnesium	200 mg	50%
Zinc	7.5 mg	50%
Selenium	21 mcg	30%
Copper	1 mg	50%
Manganese	1 mg	50%
Chromium	60 mg	50%
Molybdenum	15 mcg	50%
Chloride	300 mg	9%
Boron	1 mg	†
CitriMax (garcinia cambogia)	200 mg	†

**Ingredients:** Peptol EX-LC™ (proprietary blend consisting of ion-exchange whey protein isolate, calcium caseinate, milk protein isolate, potassium caseinate, egg albumen, whey protein concentrate, sodium caseinate, L-glutamine, taurine, glycine and calcium alpha-ketoglutarate), natural and artificial flavoring, lowfat dutch cocoa, vitamin-mineral blend consisting of: (dicalcium phosphate, magnesium oxide, potassium phosphate, potassium citrate, potassium chloride, vitamin E acetate, ascorbic acid, ferrous fumarate, beta-carotene, boron proteinate, biotin, niacinamide, zinc oxide, manganese gluconate, vitamin A palmitate, calcium pantothenate, molybdenum amino acid chelate, copper gluconate, folic acid, Vitamin D3, copper sulfate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, chromium polynicotinate, selenium amino acid chelate, potassium iodide, cyanocobalamin), fructooligosaccharides, xanthan gum, cellulose gum, salt, garcinia cambogia extract, canola oil, medium-chain triglycerides, sucralose, carrageenan, bromelain, borage oil, acesulfame potassium.

Note: - Nutritional Facts and Ingredients may vary slightly depending upon flavor

## Frequently Asked Questions:

**Q. Does ULTRAMET LOW CARB contain any sugar alcohols?**

**A.** No. ULTRAMET LOW CARB contains NO sugar alcohols.

## **Q. How is ULTRAMET LOW CARB different from ULTRAMET LITE?**

**A.** Although they may seem similar these products are designed for very different individuals. One is for the active individual seeking to provide their body a needed energy boost with a focus on fat burning, and the other is for the individual looking to keep their carbohydrate intake to a minimum without sacrificing other important nutrients.

ULTRAMET LOW CARB is 10% carbohydrates and over 62% protein, whereas ULTRAMET LITE is made up of 30% carbohydrates and 52% protein, different parameters for very different dieting needs.

*The statements presented on this website have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

[Vendor Information](#)

**Customer Reviews:** There are yet no reviews for this product.  
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