

NEW!

LOSE WEIGHT WITH OUR DELICIOUS PROTEIN PRODUCTS BY ROBARD

New to New Horizon Medical, Robard's meal replacement and protein supplements offer an outstanding nutritional profile that features high-quality protein in many foods and flavors. This combination of nutrition, variety, and taste is the key to your success!

Produced in the U.S., Robard's products are known in the industry for their appealing flavors, delicious taste, and variety.

More than 170 physician-reviewed, high-protein meal replacements and nutritional supplements utilize high-quality ingredients that are tested for safety, nutritional content, and functional application.



Try all of our delicious, easy-to-prepare protein meal replacements and supplements for a combination of nutrition, variety, and flavor that will help you achieve weight loss success!

- Nutritional bars
- Pudding shakes
- Thick shakes
- Hot cocoas
- Gourmet coffee
- Exotic fruit drinks
- Hearty soups
- Gourmet entrees
- Breakfast items
- Soups
- Puddings
- Healthy snacks

PROTEIN
YOUR KEY
TO EFFECTIVE WEIGHT LOSS

Lose Weight With Our Delicious Protein Products

Our meal replacement and protein supplements offer an outstanding nutritional profile that features high-quality protein in many foods and flavors. This combination of nutrition, variety, and taste is the key to your success!

Enjoy these supplements with our comprehensive program and meal plans to:

- Help your body burn fat instead of muscle for healthier weight loss
- Support your natural metabolism so you'll lose weight quicker
- Curb your hunger between meals and avoid "snacking temptation"
- Maintain the energy you need for daily physical activity
- Enjoy convenient, portion-controlled nutrition



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HIGH-QUALITY PROTEIN PLAYS A CRITICAL ROLE IN HEALTHY WEIGHT LOSS

Food provides calories—the fuel that keeps your body functioning. Your body uses these calories to meet its metabolic needs. When you use more calories than you consume, you lose weight.

But did you know that your need for high-quality protein becomes more important as you reduce your calorie intake for weight loss?



In fact, depending on your target weight*, you'll need a minimum of 87 grams of protein each day to help you lose body fat—not muscle.

Our program will help you consume fewer calories, increase your "calorie burning" activities, and get the high-quality protein you need to improve your weight loss results.

What is Protein?

The word "protein" is derived from a Greek word meaning "of first importance." A daily supply of protein is necessary to support the body and promote or maintain many metabolic functions.

In addition to helping with weight loss, protein helps:

- Build and repair body tissues, including muscle, major organs, and collagen
- Keep hair, skin, bones, and nails healthy
- Regulate body processes, including digestion and metabolism
- Form hormones, enzymes, and immune system antibodies to help your body function properly

Providing your body with adequate protein throughout the day as part of a balanced diet allows you to maintain good health while you lose weight!

*Dietary Protein Guidelines (measured as 1.2g to 1.5g of protein per kilogram of target body weight)

If your target weight is...	Your protein intake should be...
160 lbs.	87-109 grams
180 lbs.	98-123 grams
200 lbs.	109-136 grams

Traditional sources of protein like meat and dairy tend to add unhealthy amounts of calories, fat and cholesterol to your diet. Now you can get the daily protein you need with our nutritional supplements. They're high in protein, low in fat and cholesterol, and taste delicious!



The Importance of Protein Quality

Proteins are very important molecules in our cells. They are involved in virtually all cell functions.

Consideration of protein quality is especially important while on a diet because all of your cells function through their proteins.

Your diet must provide the proper balance of amino acids and nitrogen essential for your body to satisfy protein synthesis, a basic biological function needed for cell growth and maintenance.

