



**META~SWITCH™**  
WEIGHT MANAGEMENT SYSTEM



## Purpose

Chocolate Coconut Meta-Switch Be™ Fiber & Protein Bars are an excellent source of fiber and promote digestive health. Be bar has been formulated with not only soluble fiber, but also insoluble fiber, providing benefits that have been known to help promote good health.\* Insoluble fiber helps support regularity and digestive health, while soluble fiber supports healthy blood sugar and cholesterol levels, slows digestion, and provides feelings of "fullness" to aid in diet control and weight management.

## General Description

### Need for Fiber & Benefits of Protein:

The fiber and protein in Be can help the body to feel reduced or delayed feelings of hunger. The fiber and protein in Be can provide relief when the body starts to experience hunger and cravings and assists with weight management.\*

Flavorful ingredients and plant-based protein (low-fat) can assist to ease cravings and assist in supporting hunger control. Fiber expands in the stomach, filling it, and can create a sensation of fullness. This sensation can help delay hunger. Additionally, fiber can help:

- Support and promote regularity and digestive health.\*
- Support and promote healthy blood sugar levels.\*
- Support and promote healthy cholesterol levels.\*
- Support and promote the body's metabolism.\*

Fiber is believed to contribute to good health as it is one of the effective ways to keep your heart, liver, and digestive system clean, healthy, and working optimally. The plant-based protein assists in providing fuel as one of the body's energy sources.

### Soluble and Insoluble Fiber

There are two types of fiber. They are both important to our health and well-being.

**Soluble fiber is like a sponge.** It absorbs water and helps trap fats, sugars, and cholesterol. Soluble fiber also slows down the rate of digestion of the foods consumed.

**Insoluble fiber is like a broom.** Rather than absorbing liquid and food components, it quickly moves through your system and helps clean the intestines. It helps prevent occasional constipation, helps move food, and speeds up the removal of toxins.

### Be is Optimal Fiber\*

Max's Be bar is a snack alternative that incorporates soluble and insoluble fiber. These have been known to help curb cravings and can assist in managing hunger. The Chocolate Coconut Be bar's ratio of 11 grams of fiber to 10 grams of protein at 170 calories per bar helps feed hunger and curb cravings. The Be bar is a flavorful, healthy snack option to replace foods that are high in fat, sodium, and calories.\*

Although Be can be eaten on its own, it is designed to be an integral part of Max's Meta-Switch™ Weight Management System – A Plan for Life™.

Eating Be bars as a snack alternative and taking the Switch™ capsules 30 minutes before every meal helps support a healthy metabolism while providing feelings of fullness and helping control hunger.\*

## Nutrition Facts

8 Servings per container  
Serving size 1 bar (50g)

Amount per serving  
**Calories 170**

%Daily Value\*

**Total Fat 7g 9%**

Saturated Fat 3.5g 17%

Trans Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 1g

**Cholesterol 0mg 0%**

**Sodium 10mg 0%**

**Total Carbohydrate 25g 9%**

Dietary Fiber 11g 39%

Soluble Fiber 5.5g

Insoluble Fiber 5.5g

Total Sugars 9g

Includes 5g Added Sugars 10%

**Protein 10g 20%**

Vitamin D 0 mcg 0%

Calcium 36 mg 2%

Iron 2 mg 10%

Potassium 125 mg 2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**META~SWITCH™**  
WEIGHT MANAGEMENT SYSTEM



## Product Benefits

- The vegan Be bar is a delicious snack choice created the way it should be - with soluble and insoluble fiber, plant-based protein, and high-quality ingredients.
- Chocolate Coconut Be provides 11 grams of fiber and 10 grams of plant-based protein at 170 calories per bar.
- Uses MoistureLok®, an all natural ingredient made from pectin and fruit juice used to preserve food, keeping food fresher, longer.\*
- Low in sodium and fat to help promote healthy weight management.\*
- Free of gluten, soy, dairy, and peanut.
- Halal and Kosher certified.

## Ingredients:

Pea protein crisp (pea protein concentrate, brown rice flour (rice flour & rice bran)), chicory root fiber, tapioca syrup, sunflower seed, corn bran, date paste, water, whole grain brown rice protein, dried coconut, chia, MoistureLok (grape juice concentrate, rice dextrin), organic semi-sweet chocolate chip (56% cocoa) (organic cane sugar, organic unsweetened chocolate, organic cocoa butter, organic vanilla), unsweetened chocolate, cocoa (processed with alkali), coconut oil, natural flavor, pectin. Contains: coconut.

Produced in a factory that processes egg, may contain traces of egg.

**Gluten-free, Soy-free, Dairy-free, Peanut-free**

**Low in Sodium**

**Vegan friendly**

**No Artificial Flavors**

**No Artificial Sweeteners**

**Kosher**

**Halal**

## FAQs

### How many bars can I eat in a day?

Eat one to two Meta-Switch Be™ Fiber & Protein Bars as your morning or afternoon snack to help control your hunger between meals.\*

### I already take fiber supplements, should I eat Be bars?

While Meta-Switch Be™ Fiber & Protein bars can be eaten with your other fiber supplements, we recommend that you research the amount of soluble and insoluble fiber contained in these other supplements.

The Be bar is designed to provide a balanced ratio of insoluble to soluble fiber. If those other products are only soluble or insoluble fiber, then your balance of fiber will be skewed.

Use Be bar as your primary source of fiber apart from the food you eat and use lower amounts of other supplements to keep your fiber intake in balance.

### What if I have food allergies, is the be bar safe for me?

All Be bars are gluten free, dairy free, soy free, and peanut free. Be bar is also free of artificial sweeteners. Because the Be bars are manufactured in a facility that handles egg products, they may contain traces of egg.

### Does Meta-Switch work with weight loss programs?

Meta-Switch is designed to be flexible enough to work with any weight management program.

### Can I only take the Switch Supplement for the program?

#### Do I need to take the Be fiber bar?

Be bar and Switch are designed to work together in order to assist your metabolism and promote healthy weight management. Be bar plays an essential role in the Meta-Switch System, including easing sense of hunger, providing healthy ingredients and flavorful choices that can help fight cravings, promoting digestive health, boosting energy, providing you with a fiber supplement.\*

### Can I lose all the weight I want just by taking the Meta-Switch products?

While taking only the Switch capsules and the Be bar has been known to assist your body in maintaining a healthy metabolism, the most effective means to weight management includes portion control, a healthy diet, and regular exercise. To support your efforts and success, Max created **A Plan for Life™**.\*

**A Plan for Life** is a healthy and holistic approach and guide to help maintain a healthy weight. It consists of:

- Max's Meta-Switch products
- Flex Food Guide
- Flex Fitness Guide

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



**META~SWITCH™**  
WEIGHT MANAGEMENT SYSTEM

## Be bar Weighs in Against the Competition

Meta-Switch Be™ Fiber & Protein Bars are formulated for you to feel and be the best you can be. The Be bar is the perfect blended balance of nature's finest - deliciously flavored and convenient enough to assist in maintaining a healthy weight.\*

Be bars provide healthy nutrients and mouthwatering flavors with quality ingredients you want and free of the ones you don't.

Formulated with a unique combination of soluble and insoluble fiber, protein and healthier ingredients, Be bars have all the

good stuff the body needs to help manage success and none of the bad stuff to weigh it down.\*

Be bars are free of artificial sweeteners, gluten, soy, peanut, and dairy, and are low in sodium. Every delicious Be Fiber & Protein bar helps encourage a healthy lifestyle so you can feel your very best. Choose the Be bar. It's the one choice for you. Be a happier, healthier you.\*

be. Balanced for life.

	Be Bar	Visalus Nutra-Cookie Raisin	Isagenix Fiber Snacks	Herbalife Cookies n'cream
Calories	170	150	150	200
Fat Calories	15	45	60	45
Fat	7g	5g	6g	5g
Cholesterol	0g		5 mg	
Sodium	10mg	140mg	95mg	320mg
Carbohydrates	25g	20g	19g	28g
<b>Total Fiber</b>	<b>11g</b>	<b>5g</b>	<b>6g</b>	<b>5g</b>
Soluble Fiber	5.5g			
Insoluble Fiber	5.5g		2g	
<b>Protein</b>	<b>10g</b>	<b>9g</b>	<b>6g</b>	<b>0g</b>
Sugars	9g	13g	6g	11g

  

	Kashi - GoLean Crisp Cinnamon Crumble	Jenny Craig Anytime Bar	FiberOne Chewy Bars	Atkins Chocolate Oatmeal Fiber Bar	Metamucil
Calories	190	110	140	130	45
Fat Calories	35		35	45	
Fat	4g	4g	4g	5g	
Cholesterol					
Sodium	130mg	115mg	90mg	110mg	5g
Carbohydrates	34g	12g	29g	24g	12g
<b>Total Fiber</b>	<b>9g</b>	<b>4g</b>	<b>9mg</b>	<b>10g</b>	<b>3g</b>
Soluble Fiber	5g				2g
Insoluble Fiber	4g				1g
Protein	11g	8g	6g	6g	0g
Sugars	10g	7g	10g	1g	

Gluten Free • Dairy Free • No Preservatives • No Artificial Sweeteners • Low Sodium

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.