



# Indulgently delicious recipes.

Achieving  
your right size  
will be delicious!



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## RightSize® FAQ

### Preparing RightSize

ONLY  
\$10  
+ P&H

30-Meal  
Supply

BUY NOW

Q: How do I prepare RightSize smoothies?

A: Pour 8 oz. of fat-free milk into a RightSize shaker bottle. Then add one scoop of RightSize powder smoothie mix to the milk. Lastly, shake well and enjoy!

For a thicker smoothie, add ½ cup ice to a blender and blend. Smoothies can also be prepared in a glass.

RightSize® is delicious and nutritious mixed with milk or your favorite dairy alternative, such as lactose-free milk, soy milk, almond milk, coconut milk and may even be mixed with water or juice.

### Dietary Restrictions

Q: How much caffeine does the product have?

A: Each of our flavors contain less caffeine than a cup of coffee, which has about 80-100mg of caffeine.

- Lean Cocoa Bean® — 22.2mg (mostly from cocoa powder)
- SkinniVanilla® — 3.3mg (from green tea extract)
- Slend-A-Berry® — 3.3mg (from green tea extract)
- Leano Cappuccino® — 60mg

Q: Are your products nut-free?

A: Yes.

Q: Are your products produced in a nut-free environment?

A: Yes.

Q: Do your products contain dairy and in what form?

A: Yes, in the form of sodium caseinate (casein).

Q: Are your products gluten-free?

A: Yes.

Q: Are your products kosher?

A: Yes.

### Ordering

Q: How can I save on shipping?

A: In addition to saving 60% on your first order, you'll receive free shipping on every additional delivery through our Continuity Program. We'll also send monthly gifts - with no shipping cost - that will help you achieve your goal.

Q: I am having trouble ordering online.

A: Please call 1-877-328-8297 to speak with our website customer service care team.

Q: What if I am not satisfied with the results and would like to return the product?

A: There is a 30-day money-back guarantee on all orders. To return product or cancel your subscription and avoid delayed billing, you must call Customer Service at 1-877-328-8297 for return instructions. you may keep your blender bottle and/or single serve variety pack with our compliments. Cancelling your order will automatically cancel auto-shipments if you enrolled in this program. Customers are responsilbe for return shipping fees.

## Weight Loss

Q: [How much weight will I lose on RightSize?](#)

A: You can expect to lose over a pound a week if you follow the RightSize plan as directed. Heavier individuals may see larger losses at first, but we encourage people to strive for no more than two pounds per week for healthy weight loss.

Q: [Why is slow and steady weight loss better than quick weight loss?](#)

A: Slow steady weight loss is recommended by health experts because it gives you time to make new, healthy lifestyle changes such as eating a healthy diet and increasing your physical activity level. (National Institutes for Health, Aim for a Healthy Weight, 2005)

## Ingredients

Q: [What is the nutritional value and ingredients in RightSize?](#)

**Lean Cocoa Bean**

**Nutrition Facts**

Serving Size 1 scoop (29g)

Serving per Container: 30

**Amount Per Serving**

Calories 100

Calories from Fat 25

**% Daily Value**

Total Fat 3g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 8%

Potassium 240mg 7%

Total Carbohydrate 13g 4%

Dietary Fiber 6g 24%

Sugar 6g

Protein 7g 14%

**Ingredients:**

SOY PROTEIN ISOLATE, CRYSTALLINE FRUCTOSE, RESISTANT MALTODEXTRIN (SOLUBLE DIETARY FIBER), COCOA (PROCESSED WITH ALKALI), CANOLA OIL, CORN SYRUP SOLIDS, NATURAL AND ARTIFICIAL FLAVORS, SILICON DIOXIDE (AN ANTICAKING AGENT), CARBOXYMETHYLCELLULOSE GUM, XANTHAN GUM, SALT, SODIUM CASEINATE (A MILK DERIVATIVE), GREEN TEA EXTRACT, DIPOTASSIUM PHOSPHATE, ACESULFAME POTASSIUM, SOY LECITHIN, MONO- AND DIGLYCERIDES, GINGER ROOT EXTRACT, SUCRALOSE, CINNAMON BARK EXTRACT. **VITAMINS AND MINERALS:** DICALCIUM PHOSPHATE, DIMAGNESIUM PHOSPHATE, ASCORBIC ACID, VITAMIN E ACETATE, NIACINAMIDE, ZINC CITRATE, D-CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, MANGANESE SULFATE, RIBOFLAVIN, THIAMIN MONONITRATE, COPPER GLUCONATE, FOLIC ACID, BIOTIN, CHROMIUM PICOLINATE, POTASSIUM IODIDE, PHYTONADIONE, SODIUM MOLYBDATE, SODIUM SELENITE, CHOLECALCIFEROL (VITAMIN D3), CYANOCOBALAMIN (VITAMIN B12).

**Skinni Vanilli**

**Nutrition Facts**

Serving Size 1 scoop (29g)  
Serving per Container: 30

**Amount Per Serving**

Calories 100  
Calories from Fat 25

**% Daily Value**

Total Fat 3g 5%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 140mg 6%  
Potassium 100mg 3%  
Total Carbohydrate 15g 5%  
Dietary Fiber 6g 24%  
Sugar 6g  
Protein 7g 14%

**Ingredients:**

SOY PROTEIN ISOLATE, RESISTANT MALTODEXTRIN (SOLUBLE DIETARY FIBER), CRYSTALLINE FRUCTOSE, CANOLA OIL, CORN SYRUP SOLIDS, MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVORS, SILICON DIOXIDE (AN ANTICAKING AGENT), CARBOXYMETHYLCELLULOSE GUM, XANTHAN GUM, SALT, SODIUM CASEINATE (A MILK DERIVATIVE), GREEN TEA EXTRACT, DIPOTASSIUM PHOSHPATE, ACESULFAME POTASSIUM, SOY LECITHIN, MONO- AND DIGLYCERIDES, GINGER ROOT EXTRACT, SUCRALOSE, CINNAMON BARK EXTRACT. **VITAMINS AND MINERALS** DICALCIUM PHOSPHATE, DIMAGNESIUM PHOSPHATE, ASCORBIC ACID, VITAMIN E ACETATE, NIACINAMIDE, ZINC CITRATE, D-CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, MANGANESE SULFATE, RIBOFLAVIN, THIAMIN MONONITRATE, COPPER GLUCONATE, FOLIC ACID, BIOTIN, CHROMIUM PICOLINATE, POTASSIUM IODIDE, PHYTONADIONE, SODIUM MOLYBDATE, SODIUM SELENITE, CHOLECALCIFEROL (VITAMIN D3), CYANOCOBALAMIN (VITAMIN B12).

**Slend-A-Berry**

**Nutrition Facts**

Serving Size 1 scoop (29g)  
Serving per Container: 30

**Amount Per Serving**

Calories 100  
Calories from Fat 25

**% Daily Value**

Total Fat 3g 5%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 130mg 5%  
Potassium 100mg 3%  
Total Carbohydrate 15g 5%  
Dietary Fiber 6g 24%  
Sugar 6g  
Protein 7g 14%

**Ingredients:**

SOY PROTEIN ISOLATE, RESISTANT MALTODEXTRIN (SOLUBLE DIETARY FIBER), CRYSTALLINE FRUCTOSE, CANOLA OIL, CORN SYRUP SOLIDS, NATURAL AND ARTIFICIAL FLAVORS, BEET POWDER (COLOR), SILICON DIOXIDE (AN ANTICAKING AGENT), CARBOXYMETHYLCELLULOSE GUM, XANTHAN GUM, SALT, SODIUM CASEINATE (A MILK DERIVATIVE), GREEN TEA EXTRACT, DIPOTASSIUM PHOSPHATE, ACESULFAME POTASSIUM, SOY LECITHIN, MONO- AND DIGLYCERIDES, GINGER ROOT EXTRACT, SUCRALOSE, CINNAMON BARK EXTRACT. **VITAMINS AND MINERALS** DICALCIUM PHOSPHATE, DIMAGNESIUM PHOSPHATE, ASCORBIC ACID, VITAMIN E ACETATE, NIACINAMIDE, ZINC CITRATE, D-CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, MANGANESE SULFATE, RIBOFLAVIN, THIAMIN MONONITRATE, COPPER GLUCONATE, FOLIC ACID, BIOTIN, CHROMIUM PICOLINATE, POTASSIUM IODIDE, PHYTONADIONE, SODIUM MOLYBDATE, SODIUM SELENITE, CHOLECALCIFEROL (VITAMIN D3), CYANOCOBALAMIN (VITAMIN B12).

**Leano Cappuccino**

**Nutrition Facts**

Serving Size 1 scoop (29g)

Serving per Container: 30

**Amount Per Serving**

Calories 100

Calories from Fat 25

**% Daily Value**

Total Fat 2.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Potassium 200mg 6%

Total Carbohydrate 15g 5%

Dietary Fiber 6g 24%

Sugar 6g

Protein 7g 14%

**Ingredients:**

SOY PROTEIN ISOLATE, RESISTANT MALTODEXTRIN (SOLUBLE DIETARY FIBER), CRYSTALLINE FRUCTOSE, CANOLA OIL, INSTANT COFFEE, CORN SYRUP SOLIDS, SILICON DIOXIDE (AN ANTICAKING AGENT), CARBOXYMETHYLCELLULOSE GUM, XANTHAN GUM, DIPOTASSIUM PHOSPHATE, SODIUM CASEINATE (A MILK DERIVATIVE), GREEN TEA EXTRACT, SALT, NATURAL AND ARTIFICIAL FLAVOR, ACESULFAME POTASSIUM, SOY LECITHIN, MONO- AND DIGLYCERIDES, GINGER ROOT EXTRACT, SUCRALOSE, CINNAMON BARK EXTRACT. **VITAMIN AND MINERALS** DICALCIUM PHOSPHATE, DIMAGNESIUM PHOSPHATE, ASCORBIC ACID, VITAMIN E ACETATE, NIACINAMIDE, ZINC CITRATE, D-CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, MANGANESE SULFATE, RIBOFLAVIN, THIAMIN MONONITRATE, COPPER GLUCONATE, FOLIC ACID, BIOTIN, CHROMIUM PICOLINATE, POTASSIUM IODIDE, PHYTONADIONE, SODIUM MOLYBDATE, SODIUM SELENITE, CHOLECALCIFEROL (VITAMIN D3), CYANOCOBALAMIN (VITAMIN B12).

[START LOSING WEIGHT](#) [Or call 888-733-1728](#)

†To help you stay on track, your purchase auto-enrolls you in our Continuity Program, which you can easily cancel at any time. After your first order, you'll receive a 30-day supply (2 canisters) of RightSize monthly for just \$87.50 with FREE shipping. To change flavors, update or cancel your order, call 1-888-217-5259.

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\*Results not typical. Weight loss was achieved by replacing two meals a day with RightSize Smoothies while following a reduced-calorie diet.