

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

5620 WILBUR AVE., SUITE 220
TARZANA, CALIFORNIA 91356
PHONE: 818.345.2828
FAX: 818.345.2848

MICHAEL HIRT, M.D., A.P.C.
DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE
DIPLOMATE AMERICAN BOARD OF NUTRITION

The **AVENUE** Shake

Tastes great, Good for you

WHAT IT IS:

- An all natural, low-carb protein shake

WHY YOU NEED IT:

- Good for patients needing a low-carb, low-fat snack or meal replacement
- Gluten free, Soy Free, Dairy Free, and Sugar Free
- Important for patients wanting to control hunger naturally
- Targets patients looking to sustain healthy energy
- Minimal blood sugar impact: Diabetic safe
- No added chemicals, non-GMO
- Rich in fiber and more protein than two hard boiled eggs
- Excellent source of healthy fats
- Many flavors, so you are never bored
- Perfect for patients on The AVENUE Diet

HOW IT HELPS:

It is hard to find the perfect protein shake. Most shakes are out of nutritional balance: too many carbs, too many calories, too many 'bad' fats, or too many chemicals.

The AVENUE Shakes are the healthiest protein shakes available, and contain incredible ingredients that fit into any meal plan. We use all-natural sweeteners that have negligible effects on blood sugar and insulin levels, making them a great and safe choice for patients needing to lose weight or those who have Diabetes or Insulin Resistance.

The healthy fats in The AVENUE Shakes have been clinically studied to support patients wanting to maintain heart health, immune-enhancement, and antibacterial defenses.

This shake is dairy-free, gluten-free, and lactose-free.

These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure or prevent any disease.
Always consult your doctor before taking any of these products.

The AVENUE Shakes are also a great source for fiber. Soluble fiber has many benefits including the support of healthy digestion, healthy gut bacteria, healthy body weight, bowel regularity, healthy blood sugar levels, normal cholesterol levels, mineral absorption, and immune system function.

No other protein shakes come anywhere close to providing great flavor with ingredients this healthy.

The AVENUE Shakes are an intelligent choice for patients looking for weight management, blood sugar control, detoxification, GI health, weight training, athletic enhancement, as well as nutritional support for vegans/vegetarians.

These shakes are easy to digest and are completely gluten-free and grain-free.

When you are in a hurry, out of options, or hungry, make your best choice: an AVENUE shake.