



Energy Diet Specifications sheet

Cappuccino Flavour

Total diet replacement for weight control.

Gluten-free. Source of fibre.

Weight-loss :The replacement of two of the meals, corresponding to the daily ration of a low-calorie diet, by meal replacements contributes to losing weight.

For your balance : The replacement of one of the meals, corresponding to the daily ration of a low-calorie diet, by a meal replacement contributes to maintain your weight after your weight-loss.

Use

- To control or stabilize your weight.
- To help you structuring your meals.
- To keep you from being hungry.

The

- A full and balanced meal with low caloric intakes (about 200 kcal) .
- Combines high-nutritional quality proteins, soluble fibres and complex carbohydrates which support the feeling of satiety.
- Made with 23 vitamins and minerals for optimum nutritional intakes.
- An exclusive and patented High Digestibility (HD) system which favours the Energy Diet assimilation.
- Gluten free.

Guaranteed free from preservatives, artificial colouring and glutamate.

Preparation

Mix about 25g of Energy Diet in 250 ml semi-skimmed milk (cold or hot but never boiling). Close the tin well after use and keep in a cool and dry place. It is important to follow the mode of preparation.

Recommendations

This product should be consumed as part of a varied and balanced diet and a healthy lifestyle. Four portions of Energy Diet provide the required nutritional intake for one day. Please consult a doctor before consuming for more than three weeks of starter phase. Drinking at least 1 ½ litres of water a day is recommended. Not suitable for children under 3 years old or pregnant or breastfeeding women. Shake before use. Consume as quickly as possible after preparation.

Suggestions :

- You can add:
- fruits : fresh, frozen or tinned. . .
 - spices (cinnamon, vanilla, ginger, orange flower water, star anise, cardamom, . . .)

Packaging: a 450 g tin,
i.e. 15 full meals

| Nutritional values | | For 100 g of powder | Per serving | ** % TEI | *** % RI |
|---------------------------------|------|---------------------|-------------|-------------|------------|
| Energy Value | kJ | 1560 | 875 | | |
| | kcal | 373 | 208 | | 10% |
| Fat | g | 12 | 6,8 | 30% | 10% |
| including saturated fatty acids | g | 2,2 | 2,9 | | 14% |
| Carbohydrates | g | 18 | 17 | 32% | 6% |
| including sugars | g | 2,9 | 12 | | 14% |
| Dietary fiber | g | 22 | 5,6 | 5% | / |
| Proteins | g | 37 | 17 | 33% | 35% |
| Salt | g | 2,3 | 0,84 | | 14% |
| Vitamins / Minerals | | For 100 g of powder | **** % NRV | Per serving | **** % NRV |
| A | µg | 617 | 77% | 200 | 25% |
| E | mg | 10 | 87% | 3,0 | 25% |
| C | mg | 67 | 84% | 20 | 25% |
| B1 | mg | 0,55 | 50% | 0,27 | 25% |
| B2 | mg | 0,00 | 0% | 0,47 | 34% |
| PP | mg | 15 | 94% | 4,0 | 25% |
| B5 | mg | 2,4 | 40% | 1,5 | 25% |
| B6 | mg | 1,1 | 81% | 0,35 | 25% |
| B9 | µg | 174 | 87% | 50,0 | 25% |
| B12 | µg | 0,00 | 0% | 0,68 | 27% |
| Biotin | µg | 50 | 100% | 12 | 25% |
| D3 | µg | 4,9 | 98% | 1,3 | 25% |
| Sodium | g | 0,91 | / | 0,33 | / |
| Potassium | mg | 407 | 20% | 519 | 26% |
| Phosphorus | mg | 425 | 61% | 336 | 48% |
| Magnesium | mg | 255 | 68% | 94,0 | 25% |
| Iron | mg | 12 | 89% | 3,5 | 25% |
| Zinc | mg | 6,1 | 61% | 2,5 | 25% |
| Copper | mg | 1,2 | 116% | 0,31 | 31% |
| Manganese | mg | 1,9 | 97% | 0,50 | 25% |
| Iodine | µg | 35,4 | 24% | 37,6 | 25% |
| Selenium | µg | 46 | 83% | 14 | 25% |
| Calcium | mg | 197 | 25% | 319 | 40% |

TEI / RI : Per serving.

** Total Energy Intake. *** Reference Intake for an average-adult (8400KJ/2000kcal). **** Nutrient Reference Values.

Ingredients

Soya protein, vegetable oils (**soya** oil, rapeseed oil, dextrose syrup, caseinates (**milk**), natural flavor), chicory inulin, acacia gum, starch, low-fat cocoa, **milk** protein, dry coffee extract (4,6%), thickening agents: cellulose gum, tara gum; flavouring, pea protein, magnesium carbonate, sweetener: acesulfame K, neohesperidin DC; maltodextrin, vitamins: PP, C, E, A, B5, D3, B6, B1, B9, biotine; ferrous fumarate, manganese gluconate, zinc citrate, enzymatic preparation, copper gluconate, sodium selenite. potassium iodide.

This product contains: soya, milk. Manufactured in a facility using cereals containing gluten, egg, nuts, celery and ingredients containing fish.