



# Energy Diet Specifications sheet

## Mushroom 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. Pour the cream into a container adapted for a micro-wave and heat for 1min30 at 700 W. Close the tin well after use and keep in a cool and dry place. It is important to follow the mode of preparation.

### Recommandations

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 :
- vegetable : fresh, frozen or tinned...
  - spices

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

Nutritional values		For 100 g of powder	Per serving	** % TEI	*** % RI
Energy Value	kJ	1585	877		
	kcal	379	210		10%
Fat	g	11	6,7	29%	10%
including saturated fatty acids	g	1,8	2,8		14%
Carbohydrates	g	26	19	36%	7%
including sugars	g	3,8	12		14%
Dietary fiber	g	13	3,3	3%	/
Proteins	g	36	17	33%	34%
Salt	g	5,8	1,7		28%
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	2,3	/	0,68	/
Potassium	mg	331	17%	500	25%
Phosphorus	mg	340	49%	315	45%
Magnesium	mg	254	68%	93,8	25%
Iron	mg	12	89%	3,5	25%
Zinc	mg	6,1	61%	2,5	25%
Copper	mg	0,98	98%	0,27	27%
Manganese	mg	1,9	97%	0,50	25%
Iodine	µg	35,0	23%	37,5	25%
Selenium	µg	46	83%	14	25%
Calcium	mg	58,7	7%	285	36%

TEI / RI : Per serving. \*\* Total Energy Intake. \*\*\* Reference Intake for an average-adult (8400KJ/2000kcal). \*\*\*\* Nutrient Reference Values.

### Ingredients

Soya protein, maltodextrin, vegetable oils (soya oil, rapeseed oil, dextrose syrup, caseinates (milk), natural flavor), starch, chicory inulin, acacia gum, flavouring, salt, thickening agents: cellulose gum, tara gum; pea protein, spices: garlic, thyme, oregano ; magnesium carbonate, tri-potassium citrate, vitamins: PP, C, E, A, B5, D3, B6, B1, B9, biotin; ferrous fumarate, zinc citrate, manganese gluconate, 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.