



# Energy Diet Specifications sheet

## Raspberry 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.

### 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:
- 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
<b>Energy Value</b>	kJ	1561	875		
	kcal	373	208		10%
<b>Fat</b>	g	11	6,7	29%	10%
<b>including saturated fatty acids</b>	g	1,8	2,8		14%
<b>Carbohydrates</b>	g	21	17	33%	7%
<b>including sugars</b>	g	1,6	12		13%
<b>Dietary fiber</b>	g	21	5,2	5%	/
<b>Proteins</b>	g	36	17	33%	34%
<b>Salt</b>	g	2,4	0,87		14%
<b>Vitamins / Minerals</b>		<b>For 100 g of powder</b>	<b>**** % NRV</b>	<b>Per serving</b>	<b>**** % NRV</b>
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	1,0	/	0,35	/
Potassium	mg	333	17%	501	25%
Phosphorus	mg	338	48%	314	45%
Magnesium	mg	255	68%	94,0	25%
Iron	mg	12	89%	3,5	25%
Zinc	mg	6,1	61%	2,5	25%
Copper	mg	0,97	97%	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	74,9	9%	289	36%

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, flavouring, thickening agents: cellulose gum, tara gum; maltodextrin, pea protein, beetroot powder; magnesium carbonate, acidity regulator: citric acid, tri-potassium citrate, sweetener: acesulfame K, neoesperidina DC; vitamins: PP, C, E, A, B5, D3, B6, B1, B9, biotine; 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.