

PRODUCT IN FOCUS

shapeup

GET IN SHAPE – STAY IN SHAPE

- Low Carb, filling & healthy meal alternative
- 20g of protein and only 0.6g sugar per shake
- 22 essential vitamins and minerals
- 2 great flavours – Berries & Cream or Chocolate Fudge
- Helps promote fat oxidation & mobilisation
- Contains Oxi-fend, potent anti-oxidants from New Zealand fruit extracts



JUST ONE SUPER SHAKE A DAY

will help control your food intake and will help keep you at your ideal weight. Whether you choose to have a shake for breakfast, lunch or dinner is up to you.

- **This Super Shake is a great alternative** to a typically carbohydrate dense breakfast, or unhealthy fast food at lunch time, or if you are too busy to prepare an evening meal.
- **Easily adaptable** - to fit in with everyone's weight management programme.
- Use it alone or in conjunction with the **Alpha Lipid™ Ultra Diet™ 2 Programme**.
- **Less than 4.5g of carbohydrate per shake** - easy to stay on track with your low carb/ketogenic programme.
- ShapeUp is also a **great low calorie option** for those following a calorie controlled programme.
- Can be used as a **post exercise protein boost** – great for recovery!

COMMIT TO A 90 DAY PROGRAMME

Just one Super Shake a day for 90 days and you'll see and feel an amazing difference.

SEE HOW ShapeUp CAN HELP YOU...

- If you have completed your weight management programme and reached your ideal weight – using ShapeUp will enable you to put an end to all that yo-yo dieting.
- If you want to get into ketosis quickly and jump start your low carbohydrate weight management programme – replace 2 meals a day with ShapeUp for 2-3 days.
- If you find yourself starting to put on a few kilos or are becoming a little sluggish – starting a 90 day programme will get you back in shape and feeling more energised.
- If you need a healthy alternative for an easy meal – make sure you have a couple of cans of ShapeUp available so you can quickly make up a delicious Super Shake of your choice.
- If you are travelling and need a stand-by low carbohydrate option for meals – make sure you pack a can of ShapeUp to avoid unhealthy take away meals.
- If you are looking for an easy and healthy breakfast option for all the family – mix a shake for everyone in the morning, quick easy and tasty.
- If you are too busy to cook, this is a quick and easy meal alternative.
- If you are looking for a treat i.e. to replace a fast food shake or bowl of ice cream, ShapeUp is a much more healthy option.

HELPS PROMOTE FAT OXIDATION & MOBILISATION

Accelerate your weight management efforts by removing stubborn excess body fat.

Green tea extracts (including catechins) may help regulate fat oxidation (burning of calories). Lipotropic agents (choline and inositol) help mobilise fat and encourages your body to use it as fuel.

ShapeUp also contains 'Oxi-fend' a blend of potent New Zealand antioxidants to protect your cells from free radicals, keeping them healthy and functioning at their peak.

DID YOU KNOW?

Protein is also used as enzymes in our body which are essential for metabolism. Proteins are also used to carry signals from one part of our body to another.

THE IDEAL TOOL FOR INTERMITTENT FASTING

Intermittent fasting is so much easier with ShapeUp – whether you are following the 5:2 method, or any of the variations, ShapeUp can keep it simple.

If you are trying to achieve just 500 calories on the 5:2 diet, using ShapeUp for one of your meals keeps your calorie intake even lower – without you feeling hungry. See the 500 calorie meal plan below:

Breakfast 10.30am

ShapeUp with water

Lunch 2.30pm

2 cups salad greens, 1 tomato,
¼ avocado, 100g grilled chicken

Light snack 6.30pm

1 boiled egg + 2 sticks of celery

Beverages

2-3 ltr water + 1 espresso coffee

ShapeUp is a component of the New Image Alpha Lipid™ Ultra Diet™ 2 Weight Management Programme. Weight management programmes should include (healthcare) professional advice on diet, exercise and lifestyle changes. This is not a meal replacement and appropriate advice on diet is important. Weight management programmes take time and personal commitment to be effective. **Contains vitamin K.** People taking warfarin should seek medical advice before starting consumption. **Contains caffeine**, max 129mg (from green tea). **Not recommended for children, pregnant or lactating women, or those sensitive to caffeine. This product is intended to be consumed by people 14 years or older.**