



NEW IMAGE™
INTERNATIONAL

PRODUCT IN FOCUS

ALPHA LIPID™ ULTRA DIET™ 2 PROGRAMME

REAL FOOD, REAL SCIENCE, REAL RESULTS

- A programme backed by science
- Using real food
- Working with your body – burning FAT not muscle
- Fast, long lasting results



KETOGENIC PROGRAMME - For Real Results

A Ketogenic programme works with your body to burn fat, not muscle. A unique test ensures you are in the fat burning zone – no guesswork!

No need to count calories, you can still enjoy 3 meals a day and never feel deprived.

Most common diet programmes are based on calorie counting, these programmes slow down the metabolic rate so continued weight loss is very difficult to maintain.

Once people go back to a normal calorie intake, their metabolism can't keep up with the extra energy intake and they start gaining back the weight they lost.

However, a ketogenic based diet is different because it switches the body from burning glucose to burning fat, ensuring muscle mass and metabolic rate are maintained.

By restricting dietary carbohydrates the body is forced to break down stored fat to be used as energy.

This process in the liver is what produces ketones which are the body's second choice for energy. These ketones leave the body via the urine which enables us to measure when the body is burning fat. By measuring ketones in the urine with ketone strips you know that you are efficiently burning fat.

Restricting calories by simply eating less food is not the answer for long term success; you need to specifically reduce high carbohydrate foods and reduce insulin to 'switch on' the fat burning process.

On a good ketogenic diet you still eat three meals a day with an emphasis on lots of green leafy vegetables, lean protein, healthy fats and plenty of water and exercise; making it nutritionally sound and safe for most people to start.

Good quality protein in the correct amounts is vital to keep burning fat, while increasing muscle.



ALPHA LIPID™ ULTRA DIET™ 2 PROGRAMME



Alpha Lipid™ Ultra Diet™ 2

Great quality, protein in a tasty, convenient shake

- Provides up to 40grams of Protein per day
- Supports blood sugar balance
- Keeps you full between meals
- Ensures healthy muscle mass
- Great quality, non GMO soy protein
- 9 essential amino acids + 11 vitamins & 12 minerals



FibreMax™

Your Detoxing Super Hero!

- Keeps you feeling full
- Assists with blood sugar control
- Supports swift detoxification
- Maintains healthy cholesterol levels
- Essential for proper gut function
- Supports healthy bowel function



Carb-Bal

Your Secret Weapon

- Manage sugar cravings
- Reduce carbohydrate absorption
- Manage your blood sugar
- Stay on track with ease
- Formulated with Gymnema Sylvestre, Chromium & Fenugreek and White Kidney Bean



Uriscan Ketone Strips

Daily Test to Ensure Success

- Simple test to check you are burning fat
- Test daily – no guesswork
- If you are testing pink you are burning fat!

DID YOU KNOW?

Ketogenic diets are also therapeutic for several brain disorders including epilepsy.

WHY THE ALPHA LIPID™ ULTRA DIET™ 2 PROGRAMME?

The Alpha Lipid™ Ultra Diet™ 2 Programme makes it easy to get into ketosis and stay in the optimum fat burning zone.

Our programme:

- Keeps you feeling full
- Ensures great quality protein – in the right amount
- Facilitates quick and effective detox
- Promotes great gut function
- No guesswork – A test each day shows you if you are burning fat.
- Eat real, delicious food – no need to count calories

Add in all the support you need:

- Facebook Page for recipes, tips:
facebook.com/newimagesd2weightmanagement
- Dedicated website, with recipes and information on a ketogenic programme: newimageketo.com



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.**