

PRODUCT IN FOCUS

ALPHA LIPID™ ULTRA DIET™ 2

FIGHTING FAT, FIGHTING FIT!

Take back control of your body with Alpha Lipid™ Ultra Diet™ 2

Alpha Lipid™ Ultra Diet™ 2 is a protein and vitamin shake, designed to help manage your weight, blood sugar and health.

- High protein, low carbohydrates
- High fuel, low calories
- High nutrients, low cravings



ALPHA LIPID™ ULTRA DIET™ 2 CONTAINS:

- **Isolated non-GMO soy protein & fibre (75%)** - Supports blood sugar balance and healthy muscle mass
- **13 vitamins (A through E)** - Necessary for healthy metabolism, growth and red blood cells
- **12 minerals (from calcium to zinc)** - Vital for strong bones, cellular function and healing
- **9 essential amino acids** - The building blocks of protein

3 REASONS TO TRY ALPHA LIPID™ ULTRA DIET™ 2

- **PROTEIN** - Packed full of great quality protein to fill & fuel your body naturally.
- **EASE** - Simple to make, drink and enjoy; helps keep you full between meals, making healthy weight management easier.
- **CONTROL** - Used with a low-carb diet, manages your blood sugar levels and puts the control back in your hands.

New Image™ Alpha Lipid™ Ultra Diet™ 2 complies with international industry and food safety guidelines.

Your health is our priority!



CUTTING THE CARBS

Being overweight is defined by the World Health Organisation as having 'abnormal or excessive fat accumulation that may impair health'.

This is generally measured by BMI (Body Mass Index), which considers factors such as height, age and of course weight. Often a big contributor to our weight is too many carbohydrates in our diet.

Our bodies break down carbohydrates into glucose and use that for energy, often with an excess of carbohydrates stored in the body as fat. When glucose is low, our bodies switch to burning fat instead of glucose for energy; therefore, the fewer carbohydrates in our diet, the more fat will be burned. This in turn leads to healthier glucose levels and weight loss.

Put simply:

**fewer carbohydrates = less glucose
= more fat-burning**

EAT RIGHT FOR EXTRA ENERGY

Switching to a low-carb diet is pretty simple, especially with the added boost of Alpha Lipid™ Ultra Diet™ 2.

Try cutting down on high-carbohydrate, sugary foods like takeaways and convenience foods, replacing them with foods high in healthy fats, fibre and protein (like meat, fish, nuts, eggs and green leafy vegetables).

You'll lower your carbohydrate intake and facilitate the natural fat-burning process... and your body will thank you for it!

Take a look at www.newimageketo.com for lots of great low carb recipes and all the tips and tools you need to reach your goals with ease.

DID YOU KNOW?

Health organisations such as FSANZ recommend an average daily intake of 60g protein for adults to stay healthy. Four shakes a day of Alpha Lipid™ Ultra Diet™ 2 provide a whopping 66% of that requirement, with minimum effort & maximum results!

ALPHA LIPID™ ULTRA DIET™ 2 - What's in it for you?

Soy Protein

Isolated non-GMO soy protein is a big, beneficial boost for your body! It helps build healthy muscle mass, provides vital nutrients like B vitamins, and helps fuel (and fill) your body for longer. Soy protein isolate has been used for health benefits since 1959; it's often found in flour, breakfast cereals, soups, infant formula and even pet food! Soy protein is also high in amino acids, essential to human nutrition.

Amino Acids

Amino acids feed human muscle, cells and other tissues. They help create peptides, which help with digestive, hormonal and cell-strength function. We don't produce amino acids naturally, but they are vital to growth and development, performing critical roles in keeping our bodies functioning correctly. Essentially, amino acids are the building-blocks of protein.

Vitamins & Minerals

The right vitamins and minerals are important for healthy development, physically and mentally. The combination of 13 vitamins (A through E), and 12 minerals (from calcium to zinc), helps build not only strong bones, cellular function and healing, but healthy growth, metabolism and red blood cells. Quite the collection!

Healthy Boost to a Healthy Lifestyle

When used with a low-carbohydrate diet and regular exercise, Ultra Diet™ 2 provides extra protein and nutrients to help balance your body's natural fat-burning processes, while keeping you healthier overall. Alpha Lipid™ Ultra Diet™ 2 isn't a magic powder, but used effectively, it will help your body work better for you.

DID YOU KNOW?

A dose of the good stuff is as easy as making a milkshake! Just mix 15g Ultra Diet™ 2 with 250ml water, shake well to combine, and you're good to go!

Alpha Lipid™ Ultra Diet™ 2 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 meals 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.**