

## HEALTHY NUTRITION & WEIGHT MANAGEMENT

This scientific weight management formulation has everything your body needs for a satisfying, healthy meal. It's easy to make, just mix in water or milk. Most importantly it tastes delicious too!

- **20g protein**
- **only 0.6g sugar**
- **26 essential vitamins & minerals**  
*Per serving*



### Helps Promote Fat Oxidation & Mobilisation

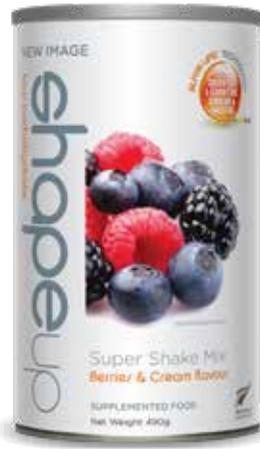
Accelerate your weight management efforts by removing stubborn excess body fat. Green tea extracts (including catechins) may help regulate fat oxidation (burning of calories). Lipotropic agents (choline and inositol) help mobilise fat and encourages your body to use it as fuel.

**Oxi-fend**

### Potent Anti-oxidants from New Zealand Fruit Extracts.

The special Oxi-fend blend provides a complete range of antioxidants derived from grape seeds, boysenberries, blackcurrants and kiwi fruit. Four times the antioxidant activity of vitamin C (6895 ORAC units/gr)!

Ellagitannins and catechin components are also known to help maintain a healthy body weight.



NEW IMAGE

NEW IMAGE

low carbohydrate  
**shapoeup**

GET IN SHAPE  
STAY IN SHAPE  
BE HEALTHY



INDULGENT...  
CHOCOLATE FUDGE

DELICIOUS...  
BERRIES & CREAM



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# Just one Super Shake a day for 90 days and you'll see & 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 – 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 healthier option.

## AVOID THE YO-YO DIETING SYNDROME

**Do you lose weight and then put it back on again?  
Are you stuck in a cycle of endless dieting?**

Often when we go on a diet, we work really hard to reach our goal, only then to go back to our old eating and lifestyle habits. What happens next is all too familiar... we start to put the weight back on, our levels of excess fat start to increase and we gradually become less healthy again.

## JUST ONE SUPER SHAKE

- will control your carbohydrate intake
- will keep you satisfied
- will help you maintain your ideal weight

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 – whatever fits in best with your lifestyle. The Super Shake is a great alternative to a typically carbohydrate dense breakfast, or some unhealthy fast food at lunch time, or if you are too busy to prepare an evening meal.



**80%** OF ALL DIETERS  
Regain all the weight they've lost!  
(and often gain additional kilos too)

Typically we then search for a new diet, and the yo-yo dieting cycle begins. These repeating cycles of weight-loss and weight gain can have very negative effects on our health. They can also have negative psychological effects as we feel a sense of failure, discouragement and depression – which in turn can result in even more weight gain!