

Vi-Shape®

> Have a healthy meal—FAST—with Vi-Shape Nutritional Shake Mix



The Shake Mix That Tastes Like A Cake Mix®

Special Tri-Sorb™ protein blend to help build strong muscles and support a healthy weight*

- Source of fibre—5 g per serving**
- Low fat—only 7.5 g per serving when mixed with 250 ml of semi-skimmed milk
- Gluten-free
- No added sugar***
- Non-GMO soy protein
- Suitable for vegetarians
- Kosher dairy
- 23 vitamins & minerals****

Simple. Fast. Affordable...
And It Works!

What is it?

It is *The Shake Mix That Tastes Like A Cake Mix*. If you have tried other meal replacement shakes before, you'll see that there is nothing like the Vi-Shape Nutritional Shake Mix meal replacement for weight control.*

What does it do?

Vi-Shape Nutritional Shake Mix offers a convenient, perfectly balanced meal that can save you money while providing amazing nutrition. This shake features our Tri-Sorb protein blend of Soy Protein Isolate, Whey Protein Concentrate and Whey Protein Hydrolysate—an optimal blend of proteins to support weight management as part of a calorie-restricted diet.

For weight-loss, drink two Vi-Shape Shakes per day in place of two of your daily meals. Substituting two daily meals of a calorie-restricted diet with meal replacements contributes to weight loss. Replace one daily meal with one Vi-Shape Shake for weight maintenance. Substituting one daily meal of a calorie-restricted diet with a meal replacement contributes to the maintenance of weight after weight loss. To achieve optimal success, it is important to mix the shake according to instructions. Vi-Shape Shakes are intended to be used as part of a calorie-reduced, varied, and balanced diet and routine exercise plan. It is important to maintain an adequate fluid intake while on a calorie-reduced diet. The suggested daily amount of water for consumption is two litres.

For bonus flavour and nutrition (as well as variety) blend with fresh or frozen fruit to create your own smoothies and add Vi-Shape® Mix-Ins for added flavour variety.

Key ingredients

Tri-Sorb protein blend—A special blend of three high-quality proteins—two forms of whey protein and a non-GMO soy protein

Vitamins and minerals for a superior nutrient profile

Fibre to help promote healthy digestion, and **calcium** to support bone health.*****

Non-GMO ingredients to adhere to our high quality standards

Our unique Sweet Cream flavour to make it taste amazing

*Substituting one daily meal of an energy-restricted diet with a meal replacement contributes to the maintenance of weight after weight loss. Substituting two daily meals of an energy-restricted diet with meal replacements contributes to weight loss.

**Fibre is 5 g per serving when mixed with 250 ml of skimmed milk.

***Contains naturally occurring sugars. With sweetener.

****25 vitamins and minerals when mixed with 250 ml of skimmed milk.

*****When combined as directed with 250 ml of skimmed milk.

NUTRITIONAL SHAKE MIX: FACT SHEET

Vi-Shape®



Ingredients: Soy Protein Isolate, Digestive Resistant Dextrin, Whey Protein Hydrolysate, Whey Protein Concentrate, Flavourings, Emulsifier: Lecithin, Thickener: Xanthan, Emulsifier: Medium Chain Triglycerides, Flavour Enhancer: Dicalcium Phosphate, Sweetener: Sucralose, Minerals (Magnesium Oxide, Ferric Pyrophosphate, Zinc Oxide, Copper Gluconate, Potassium Iodine, Manganese Sulfate, Sodium Molybdate, Sodium Selenite, And Chromium Picolinate), Vitamins (Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Niacin, D-Biotin, Phytomenadione, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Retinal Palmitate, D-Pantothenate Calcium, Riboflavin, Folic Acid, Cyanocobalamin And Cholecalciferol), Bromelain and Papain.

Contains: Soy and Milk.

Directions:

Combine 2 heaping scoops (31 g) of Vi-Shape® with 250 mL of semi-skimmed milk and enjoy. Add ice for a thick, creamy texture. Vi-Shape® Nutritional Shake Mix meal replacement shakes are intended to be used as part of a varied meal and routine exercise plan. It is important to mix the shake as suggested for best results.

For weight control:

Replace two daily meals with two Vi-Shape® meal replacement shakes. Substituting two daily meals of a calorie-restricted diet with meal replacements contributes to weight loss.

For weight maintenance:

Replace one daily meal with one Vi-Shape® meal replacement shake for weight maintenance. Substituting one daily meal of a calorie-restricted diet with a meal replacement contributes to the maintenance of weight after weight loss.

Vi-Shape® meal replacement shakes are intended to be used as part of a varied meal and routine exercise plan.

MAY BE GIVEN TO CHILDREN FROM 4 TO 18 AS A TASTY DRINK BUT SHOULD NOT BE USED IN A WEIGHT-LOSS PROGRAMME. CHILDREN FROM 4 TO 12 SHOULD NOT CONSUME MORE THAN HALF A SHAKE. NOT INTENDED FOR CHILDREN UNDER 4 YEARS OF AGE. IF YOU ARE ADOLESCENT, PREGNANT, BREASTFEEDING, HAVE A MEDICAL CONDITION, OR WANT TO LOSE MORE THAN 20% OF YOUR WEIGHT—THEN TALK ABOUT YOUR WEIGHT-LOSS PLANS WITH YOUR DOCTOR OR DIETITIAN.

Store in a cool, dry place.

NUTRITION FACTS

SERVING SIZE: 31 G
SERVINGS PER CONTAINER: 30

NUTRITION INFORMATION TYPICAL VALUES	100 g of Vi-SHAPE® POWDER	31 g of Vi-SHAPE® POWDER	31 g SERVING of Vi-SHAPE® plus 250 mL of semi- skimmed milk	
Energy (kJ/cal)	1552/371	481/115	975/233	
Protein (g)	38,7	12	21	
Carbohydrates (g)	32,3	10	22	
of which				
–Sugar (g)	3,2	1	13	
Fat	9,7	3	7,5	
of which				
–Saturates (g)	4,20	1,30	4,15	
–Polyunsaturates (g)	4	1,25	1,25	
Fibre (g)	16,1	5	5	
Sodium (mg)	290,3	90	200	
VITAMINS				% EU RDA*
Vitamin A (µg)	540,32	167,5	240,0	30
Vitamin B6 (mg)	0,97	0,3	0,45	32
Vitamin B12 (µg)	0,06	0,02	2,27	90
Vitamin C (mg)	64,5	20	25	31
Vitamin D (µg)	4,84	1,5	1,5	30
Vitamin E (mg)	11,29	3,5	3,6	30
Vitamin K (µg)	77,42	24	24	32
Biotin (µg)	23,39	7,25	15,00	30
Folic Acid (µg)	120,97	37,5	60,0	30
Niacin (mg)	11,77	3,65	5,40	34
Pantothenic Acid (mg)	0,32	0,1	1,9	31
Riboflavin (mg)	0,32	0,1	0,7	52
Thiamin (mg)	0,82	0,255	0,330	30
MINERALS				
Calcium (mg)	0	0	310	39
Chromium (µg)	38,71	12	12	30
Copper (mg)	1,06	0,33	0,33	33
Iodine (µg)	60,48	18,75	96,25	64
Iron (mg)	15,32	4,75	4,80	34
Magnesium (mg)	274,19	85,0	112,5	30
Manganese (mg)	1,94	0,6	0,6	30
Molybdenum (µg)	48,39	15	15	30
Phosphorus (mg)	0	0	242	34
Potassium (mg)	316,13	98	500	25
Selenium (µg)	45,16	14,0	16,5	30
Zinc (mg)	6,45	2	3	30

* EU Recommended Daily Allowance per Vi-Shape Shake serving.