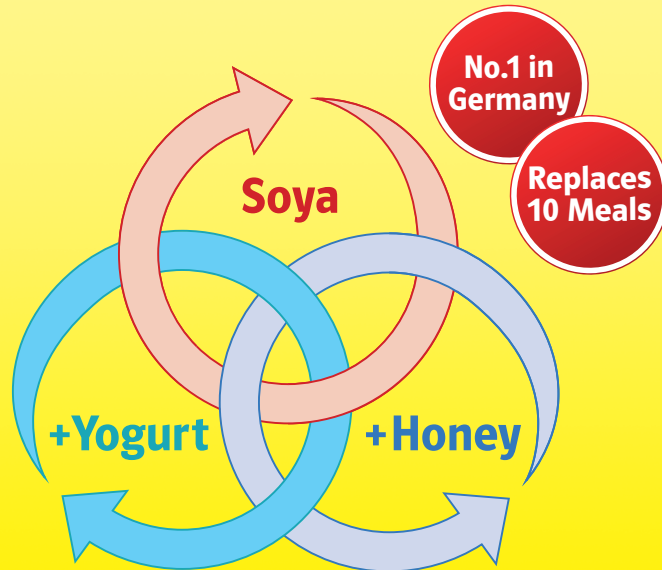


Free  
Diet Plan  
inside

# Almased®

## Promotes Effective Weight Control



30 Years of Scientific Research

### Nutritional Meal Replacement for Weight Control

The No. 1 weight  
management  
product in Germany.

Non-GMO, Gluten  
Free & Vegetarian.

Made in Germany.



Soya protein, honey &  
yogurt powder drink  
mix with added  
vitamins and minerals

Contents:  
500 grams

Best before: see bottom  
of pack. Keep in a cool  
and dry place.

Container only partially  
filled for technical reasons.

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### Experience the unique Almased phenomenon

Our unique production process ensures optimal fermentation of the carefully selected raw ingredients, some of which are manufactured specifically for Almased. Almased contains no artificial fillers, flavours, or preservatives and contains only naturally occurring sugars. The synergistic effect of Almased's unique ingredients nourishes and provides the body with excellent nutritional value. Over 30 years of experience and scientific research confirm the effectiveness of the Almased weight loss programme.

### Average amino acid content per 100 grams of protein

L-tyrosine	3.7 g
L-methionine	1.5 g
L-cystine	1.1 g
L-lysine	6.3 g
L-threonine	3.7 g
L-tryptophan	1.4 g
L-leucine	8.4 g
L-isoleucine	5.2 g
L-valine	5.3 g
L-histidine	2.6 g
L-arginine	6.8 g
L-phenylalanine	5.1 g
L-aspartic acid	10.9 g
L-serine	4.9 g
L-glutamic acid + glutamine	19.1 g
L-proline	6.0 g
L-glycine	3.8 g
L-alanine	4.2 g

### Information for people with Diabetes

1 serving* of Almased = 15 g Carbohydrate	Glycaemic Load	4
	Glycaemic Index	27

\*50 g Almased mixed with water

### Weight-loss Diet

You can use Almased to replace a meal at any time of the day by dissolving 50 grams (5 heaped tablespoons) of Almased in 200-350 ml of water with 2 teaspoons of oil rich in essential fatty acids (e.g. rapeseed, walnut, flaxseed, olive). Mix thoroughly with a spoon or Almased shaker to ensure a consistent texture. Please follow instructions carefully.

### What Almased Lactose Free Provides

Nutrition information

Average contents of the product ready for consumption (\*mixed with water and oil)

	Per 100 g	Per 50 g Serving*	% of Daily Reference Intake	
			Per 100 g	Per 50 g Serving*
Energy	1475 kJ (347 kcal)	959 kJ (228 kcal)	—	—
Fat of which:	1.8 g	6.9 g	—	—
- saturates	0.5 g	0.7 g	—	—
Carbohydrates of which:	29.1 g	14.6 g	—	—
- sugars	29.1 g	14.6 g	—	—
Fibre	0.6 g	0.3 g	—	—
Protein	52.2 g	26.1 g	—	—
Salt	1.38 g	0.69 g	—	—
Vitamin A	467 µg	266 µg	58	33
Vitamin D	3.16 µg	1.6 µg	63	32
Vitamin E	5.3 mg	4.0 mg	44	33
Vitamin K	31.7 µg	24.9 µg	42	33
Vitamin C	53.1 mg	26.5 mg	66	33
Thiamin	0.73 mg	0.4 mg	66	34
Riboflavin	1.1 mg	0.5 mg	76	38
Niacin	11.9 mg	6.0 mg	75	37
Vitamin B6	1.0 mg	0.5 mg	71	36
Folic acid	157 µg	79 µg	79	39
Vitamin B12	1.7 µg	0.8 µg	67	34
Biotin	40 µg	20 µg	80	40
Pantothenic acid	4.1 mg	2.1 mg	68	35
Potassium	1039 mg	519 mg	52	26
Calcium	484 mg	242 mg	61	30
Phosphorus	555 mg	277 mg	79	40
Magnesium	237 mg	118 mg	63	31
Iron	10.8 mg	5.4 mg	77	39
Zinc	6.6 mg	3.3 mg	66	33
Copper	0.7 mg	0.4 mg	70	40
Manganese	1.4 mg	0.7 mg	70	35
Selenium	38 µg	19 µg	68	35
Iodine	100 µg	50 µg	66	33

You can substitute water for 200 ml of lactose-free low-fat milk. Preparing the Almased drink with 200 ml of lactose-free low-fat milk (less than 2% fat) instead of 200 ml of water will increase the calorific value per Almased serving from 228 to 306 kcal. The main nutrients contained in one serving of milk-based Almased drink are 33.1 grams protein, 20.0 grams carbohydrates and 9.9 grams fat.

**Main nutrients (per 100 g Almased Powder):**  
Protein: 52.2 g, Carbohydrates: 29.1 g, Fat: 1.8 g.

**Calorific value for 100 g = 1475 kJ (347 kcal).**

**Ingredients:** Soya protein isolate 50%, honey 25% (of which 100 U/kg honey enzymes), lactose-free low-fat yogurt powder 22% (Milk, Lactase; Lactose content <0.1 grams lactose/100 grams), potassium chloride, calcium citrate, magnesium carbonate, magnesium oxide, silicon dioxide as an anticaking agent, vitamin C, ferrous fumarate, colour: riboflavin (vitamin B2), niacin (vitamin B3), vitamin E, zinc oxide, manganese sulphate, calcium-D-pantothenate, vitamin B2, vitamin D, vitamin B6, thiamin (vitamin B1), vitamin A, folic acid, potassium iodide, vitamin K, sodium selenite, biotin, vitamin B12  
Allergy advice: for allergens see ingredients in **bold**.

L122002

### Nutritional Properties

Almased contains high-grade protein supplying all essential amino acids. It is made from raw materials that ensure a high nutritional value, e.g., a combination of amino acids reflecting the natural nutritional requirements of the human body in near ideal proportions.

### Almased and Exercise

Consuming Almased will provide a valuable contribution to the required daily protein intake (0.75 gram per kilogram of body weight). Almased is suitable for those involved in physical activity because it contains easily metabolised protein which contributes to the maintenance of the body's essential muscle mass.

### Additional Information

Almased will only achieve its intended purpose if taken as part of a calorie controlled diet programme. Other foods should be a necessary part of such a diet. It is important to ensure an adequate daily intake of fluids. Substituting one daily meal of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss while substituting two daily meals contributes to weight loss.

### Important Note

Please consult your doctor if intending to diet for an extended period of time. Almased is not specially processed, formulated or intended for the dietary management of diabetes. People with diabetes should consult their GP.

Lactose Free\*

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