



Redukta-PLUS Chocolate

Meal replacement for a weight-controlling diet with sugars and a sweetener.

Interesting facts:

Redukta-Plus contains all important nutrients, minerals and vitamins that the body needs as well as peptic fibres. Vitamin B5 and vitamin B12 support a normal energy metabolism and vitamin B6 a normal protein and glycogen metabolism. Redukta-Plus is filling and can fully replace the usual meal.

Preparation for a weight-controlling diet: Add 40 g (approx. 3 heaped tablespoons) powder to 200 ml milk (1.5 % fat) and stir well or shake in a shaker. Please follow the recommended powder quantity and milk instructions.

Replacing one of the daily main meals as part of a low calorie diet with such a meal replacement contributes to maintaining the weight after weight loss. Replacing two of the daily main meals as part of a low calorie diet with such a meal replacement contributes to weight loss.

Also drink at least 2 litres of calorie-free fluids such as mineral water or tea. Please note that the product only fulfils the intended purpose as a meal substitute as part of a low calorie diet, which necessarily includes other foods. The consumption of Redukta-Plus Chocolate does not replace a varied, balanced diet and a healthy lifestyle.

In case of long-term use (longer than 3 weeks), please consult your doctor; your doctor knows your health state and knows what you can manage when losing weight.

Ingredients: Skimmed Milk Powder, thickening agent Corn Starch, dried Glucose Syrup, **Milk Protein**, Dextrose, Cocoa Powder strongly de-oiled (7 %), Palm oil, dietary fibre (**Wheat Bran** (4 %) and Inulin (2 %)), minerals (Potassium Carbonate, Potassium Citrate, Disodium Hydrogen Phosphate, Magnesium Oxide, Sodium Citrate, Iron II Gluconate, Zinc Gluconate, Manganese II Gluconate, Copper Gluconate, Sodium Selenite, Potassium Iodide), thickener Guar Gum and Pectin; flavouring, emulsifiers Sunflower Lecithin, **Soya Lecithin**, sweetener Steviol Glycosides from Stevia, vitamins (Vitamin C, Niacin, Vitamin E Succinate, Calcium D Pantothenate, Vitamin B2, Vitamin B6 Hydrochloride, Vitamin B1 Mononitrate, Vitamin A Acetate, Folic Acid, Vitamin K1, Biotin, Vitamin D3), filler Maltodextrin.

Contains **lactose** and **dairy products**.

Average nutritional value	per 100 g powder	per ready-to-eat meal replacement (40 g powder with 200 ml milk (1,5 %))
Caloric value	1511 kJ (357 kcal)	1003 kJ (238 kcal)
Fat of which are	6.1 g	5.7 g
-saturated fatty acids	1.4 g	
-monounsaturated fatty acids	1.3 g	
-polyunsaturated fatty acids	2.9 g	
Carbohydrates	51.8 g	30.3 g
-of which is sugar	28.5 g	20.9 g
Fiber	7.3 g	2.9 g
Protein	22.9 g	15.7 g
Salt	0,79 g	0,43 g

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Vitamins	per 100 g powder	per ready-to-eat meal replacement (40 g powder with 200 ml milk (1,5 %))	% of the recommended daily intake according to NRV* per meal replacement
Vitamin C	53 mg	24 mg	30 %
Niacine	12 mg	4.8 mg	30 %
Vitamin E (alpha-TE)	9 mg (13 I.U.)	3.6 mg (5 I.U.)	30 %
Pantothenic acids	3 mg	1.8 mg	30 %
Vitamin B2	0.2 mg	0.42 mg	30 %
Vitamin B6	0.8 mg	0.42 mg	30 %
Vitamin B1	0.7 mg	0.33 mg	30 %
Vitamin A (RE)	478 µg	240 µg	30 %
Folic acid	122 µg	60 µg	30 %
Biotin	19 µg	15 µg	30 %
Vitamin D3	3.5 µg (140 I.U.)	1.5 µg (60 I.U.)	30 %
Vitamin B12	-	0.86 µg	34 %
Vitamin K1	47 µg	22.5 µg	30 %
Minerals			
Natrium	314 mg	172.5 mg	**
Potassium	377 mg	500 mg	25 %
Calcium	-	240 mg	30 %
Phosphor	214 mg	268 mg	38 %
Magnesium	229 mg	112.5 mg	30 %
Iron	10 mg	4.2 mg	30 %
Zinc	6 mg	3 mg	30 %
Mangan	1 mg	0.6 mg	30 %
Copper	0.7 mg	0.3 mg	30 %
Iodine	193 µg	45 µg	30 %
Selen	41 µg	16.5 µg	30 %

* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

**no recommended daily amount specified

Store in a cool, dry place.

Made in Germany

Contents 600 g powder makes 15 servings

Art. No. 1765

Eti0922



Redukta-Plus Strawberry

Meal replacement for a weight-controlling diet
with sugars and a sweetener

Useful information:

Redukta-Plus contains all important nutrients, miners and vitamins that the body needs as well as peptic fibres. Vitamin B5 and vitamin B12 support a normal energy metabolism and vitamin B6 a normal protein and glycogen metabolism. Redukta-Plus is filling and can fully replace the usual meal.

Preparation for a weight-controlling diet: Add 40 g (approx. 3 heaped tablespoons) powder to 200 ml milk (1.5 % fat) and stir well or shake in a shaker. Please follow the recommended powder quantity and water instructions.

Replacing one of the daily main meals as part of a low calorie diet with such a meal replacement contributes to maintaining the weight after weight loss. Replacing two of the daily main meals as part of a low calorie diet with such a meal replacement contributes to weight loss.

Also drink at least 2 litres of calorie-free fluids such as mineral water or tea. Please note that the product only fulfils the intended purpose as a meal substitute as part of a low calorie diet, which necessarily includes other foods. The consumption of Redukta-Plus Vanilla does not replace a varied, balanced diet and a healthy lifestyle.

In case of long-term use (longer than 3 weeks), please consult your doctor; your doctor knows your health state and knows what you can manage when losing weight.

Ingredients:

Skimmed Milk Powder, Thickening Agent Corn Starch, **Milk Protein**, Dried Glucose Syrup, Dextrose, Palm Oil, Fibres [**Wheat Bran** (4 %), Inulin (2 %)], **Skimmed Milk Yoghurt Powder**, Minerals (Potassium Carbonate, Potassium Citrate, Disodium Hydrogen Phosphate, Magnesium Oxide, Sodium Citrate, Iron II Gluconate, Zinc Gluconate, Manganese II Gluconate, Copper Gluconate, Sodium Selenite, Potassium Iodide), thickening agent Guar Gum, Pectin; Colouring Agent Beet Red, Flavouring, Strawberry Puree, Strawberry Juice Concentrate, sweetener Steviol Glycosides from Stevia, acidifier Citric Acid, Vitamins (Vitamin C, Niacin, Vitamin-E-Succinate, Calcium-D-Pantothenate, Vitamin B2, Vitamin-B6-Hydrochloride, Vitamin-B1-Mononitrate, Vitamin-A-Acetate, Folic Acid, Vitamin K1, Biotin, Vitamin D3), filler Maltodextrin.

Contains **lactose** and **milk products**.

Average nutritional value	per 100 g powder	per ready-to-consume meal substitute (= 40 g powder with 200 ml milk (1.5 %))
Caloric value	1502 kJ 355 kcal	999 kJ 237 kcal
Fat	5.4 g	5.5 g
of which are:		
- saturated fatty acids	1.1 g	2.2 g
- monounsaturated fatty acids	1.1 g	1.3 g
- polyunsaturated fatty acids	2.9 g	1.2 g
Carbohydrates	49.9 g	29.6 g
- of which sugar	26.8 g	20.3 g
Dietary fibres	6.7 g	2.7 g
Protein	25.6 g	16.8 g
Salt	0.79 g	0.43 g



Vitamins	per 100 g powder	per ready-to-consume meal substitute (= 40 g powder with 200 ml milk (1.5 %))	% of the recommended daily requirement according to NRV* per meal substitute
Vitamin C	53 mg	24 mg	30
Niacine	12 mg	4.8 mg	30
Vitamin E (alpha-TE)	9 mg (13 I.U.)	3.6 mg (5 I.U.)	30
Pantothenic acid	3 mg	1.8 mg	30
Vitamin B2	0.2 mg	0.42 mg	30
Vitamin B6	0.8 mg	0.42 mg	30
Vitamin B1	0.7 mg	0.33 mg	30
Vitamin A (RE)	478 µg	240 µg	30
Folic acid	122 µg	60 µg	30
Biotin	19 µg	15 µg	30
Vitamin D3	3.5 µg (140 I.U.)	1.5 µg (60 I.U.)	30
Vitamin B12	-	0.86 µg	34
Vitamin K1	47 µg	22.5 µg	30
Minerals			
Sodium	314 mg	172.5 mg	**
Potassium	377 mg	500 mg	25
Calcium	-	240 mg	30
Phosphor	214 mg	268 mg	38
Magnesium	229 mg	112.5 mg	30
Iron	10 mg	4.2 mg	30
Zinc	6 mg	3 mg	30
Manganese	1 mg	0.6 mg	30
copper	0.7 mg	0.3 mg	30
Iodine	193 µg	45 µg	30
Selenium	41 µg	16.5 µg	30

* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

**no recommended daily amount specified

Fill levels may vary for technical reasons.

Store in a cool, dry place.

Made in Germany

Contents 600 g powder for 15 portions

Art. No. 1764

Eti0723



Redukta-Plus Mixed Vegetables

Meal replacement for a weight-controlling diet

Useful information: Redukta-Plus contains all important nutrients, miners and vitamins that the body needs as well as peptic fibres. Vitamin B5 and vitamin B12 support a normal energy metabolism and vitamin B6 a normal protein and glycogen metabolism. Redukta-Plus is filling and can fully replace the usual meal.

Preparation for a weight-controlling diet: Pour 450 ml hot water over 60 g (approx. 5-6 heaped teaspoons) powder, stir well and leave to steep for a short time. Please follow the recommended powder quantity and water instructions.

Replacing one of the daily main meals as part of a low calorie diet with such a meal replacement contributes to maintaining the weight after weight loss. Replacing two of the daily main meals as part of a low calorie diet with such a meal replacement contributes to weight loss.

Also drink at least 2 litres of calorie-free fluids such as mineral water or tea. Please note that the product only fulfils the intended purpose as a meal substitute as part of a low calorie diet, which necessarily includes other foods. The consumption of Redukta-Plus does not replace a varied, balanced diet and a healthy lifestyle.

In case of long-term use (longer than 3 weeks), please consult your doctor; your doctor knows your health state and knows what you can manage when losing weight.

Ingredients: 41 % Vegetable Powder and Pieces: Potatoes, Peas, Onions, Spinach, Carrots, Fried Onions (Onions, Palm Oil, Buckwheat Flour, Salt), Leeks; Isomaltulose*, Edible Spices, Sunflower Oil, **Milk Protein**, Minerals: Potassium Citrate, Disodium Hydrogen Phosphate, Calcium Carbonate, Magnesium Oxide, Ferrous Gluconate, Zinc Gluconate, Manganese Gluconate, Sodium Selenite, Copper Gluconate, Potassium Iodide; Inulin, Natural Flavour, Citrus Fibre, Rice Flour, Maltodextrin, Glucose Syrup, Thickener: Guar Gum, Sea Salt, Vitamins: Vitamin C, Niacin, Vitamin E Succinate, Vitamin K1, Vitamin A Acetate, Calcium D-Pantothenate, Vitamin D3, Vitamin B6 Hydrochloride, Vitamin B1 Mononitrate, Vitamin B2, Folic Acid, Biotin, Vitamin B12; Spices, Herbs.

*Isomaltulose is a source of glucose and fructose.

Average nutritional values	per 100 g powder	Ready-to-consume drink per meal substitute
Calorific content	1441 kJ 343 kcal	865 kJ 206 kcal
Fat	8.2 g	4,9 g
- of which saturated fatty acids	1.2 g	0,7 g
Carbohydrate	43 g	25,8 g
- of which sugars	12.3 g	7,4 g
Dietary fibres	8.5 g	5,1 g
Protein	20.2 g	12,1 g
Salt	6.3 g	3,8 g

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Vitamins	per 100 g powder	Ready-to-consume drink per meal substitute	% of the recommended daily intake according to NRV* per meal substitute
Vitamin C	72 mg	42,9 mg	54
Niacin	16 mg	9,6 mg	60
Vitamin E (alpha-TE)	12 mg (18 I.U.)	7.3 mg (11 I.U.)	61
Pantothenic acid	4 mg	2,3 mg	38
Vitamin B6	1 mg	0,7 mg	50
Vitamin B1	0,8 mg	0,5 mg	45
Vitamin B2	0,7 mg	0,424 mg	30
Vitamin A (RE)	642 µg	385 µg	48
Folic acid	0,2 mg	99 µg	50
Biotin	25 µg	15 µg	30
Vitamin D3	5 µg (200 I.U.)	2.8 µg (112 I.U.)	56
Vitamin B12	1 µg	0,75 µg	30
Vitamin K1	63 µg	37,9 µg	51
Minerals			
Potassium	0,8 g	500 mg	25
Calcium	0,4 g	240 mg	30
Phosphor	0,4 g	210 mg	30
Sodium	2.5 g	1.5 g	**
Magnesium	0,2 g	118 mg	31
Iron	9 mg	5,3 mg	38
Zinc	5 mg	3 mg	30
Copper	0,7 mg	0,4 mg	40
Manganese	1 mg	0,8 mg	40
Iodine	0,2 mg	100 µg	67
Selenium	35 µg	21 µg	38

* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

**no recommended daily amount specified

The nutritional values are based on average data and are subject to natural variation in products with natural raw materials.

Filling level dependent on technology used.

Store in a cool and dry place.

Made in Germany

Contents 540 g powder produces 9 portions

Art. No. 1740

Eti1123



Apple-fibre Chewable Tablets

The contained fiber supports natural bowel function.

Useful information:

Many people today get too little fiber in their diets, which often leads to constipation and a disturbed bowel function. Apple-fibre Chewable Tablets supplement the daily diet with a balanced combination of soluble and insoluble fibers, resulting in an increased stool volume and normal bowel function. A daily ration of 8 Apple-fibre Chewable Tablets contains 29% of dietary fibres, which is the recommended amount of the "Deutschen Gesellschaft für Ernährung" (DGE) - German Society for Alimentation.

Ingredients: Apple Fibre 57%, sweetener Sorbitol, Oat Fibre 7%, Microcrystalline Cellulose 4%, acidifier Monosodium Citrate, anti-caking agents Magnesium Stearate, Silicon Dioxide ; Natural Flavoring, sweetener Steviol Glycoside from Stevia.

Average nutritional values	per tablet (2.5 g)	per 100 g
Colorific content	14 kJ/3 kcal	572 kJ/125 kcal
Fat	0 g	0 g
Carbohydrates	1.1 g	42 g
- of which is sugar	0.3 g	13 g
Dietary fibres	1.1 g	44 g
Protein	0.1 g	3 g
Salt	0.02 mg	0.8 g

Recommended dosage: Take daily 4 - 8 Apple-fibre Chewable Tablets. With the consumption of apple fibre, oat fibre and cellulose extra liquid is required. Therefore, drink half a litre more per day.

With sweetener sorbitol and steviol glycoside from stevia. Excessive consumption may have a laxative effect.

Keep dry and out of direct sunlight. Store below 25°C. The consumption of Apple-fibre Chewable Tablets does not replace a varied, balanced diet and a healthy lifestyle.

Made in Germany

Contents 75 tablets = 186 g

Art. No. 1773

Eti0322