



INTRODUCING THE IDEAL BREAKFAST

A new IDEAL BREAKFAST has been developed providing the body with vital nutrients and water, and providing energy from proteins and good carbohydrates. It helps the body maintain a stable blood sugar level and the programme may also help to clean the intestines, improve absorption of nutrients and maintain fluid levels in your body.

FORMULA 1 - 52 nutrients, low calorie cellular nutrition: fully absorbed in 20 minutes!

PROTEIN POWDER – fat free, low calorie soy and whey supplement with all 9 essential amino acids. Helps satisfy hunger and helps build and maintain lean muscle mass.

ALOE CONCENTRATE - 100 nutrients of which 70 are for the digestive system. Aloe Vera is known to reduce inflammation, clean the intestines, improve digestion and improve the absorption of nutrients.

THERMOJETICS HERBAL BEVERAGE – a low calorie hot or cold drink containing green tea. Can help the body to use stored body fat. Green tea is a powerful anti-oxidant which can contribute to a general feeling of wellbeing.

GOOD

Formula 1 Shake (only €2.00 per day / €42 per canister – 21 servings).

Mix 2 heaped tablespoons (26 grams) of Formula 1 with 250 ml. of your favourite drink (milk, soymilk, yoghurt, yoghurt drink, fruit juice, etc). Blend in fresh fruit and/or ice cubes to make an extra delicious shake! Drink 1.5 to 2 litres of water during the day.

BETTER

Formula 1 Shake plus Personalised Protein Powder as required (PPP €35 per canister – 40 servings).

Add 1 or 2 level tablespoons of Protein Powder (5 grams of protein per scoop) to your Formula 1 Shake helping keep you fuller for longer and helping you maintain or build lean muscle mass.

FORMULA 1 SHAKE



Formula 1 Shake 26 grams mixed with Semi-skimmed milk (250ml)	European Recommended Daily Allowances (RDA)	Equivalent to
Vitamin A	47	120g Cheddar Cheese
Vitamin C	29	100g Cooked Cabbage
Vitamin D	50	50g Canned Tuna
Vitamin E	51	50g Roasted Cashew Nuts
Vitamin B6	33	100g Cooked Lentils
Vitamin B12	154	2 Raw Eggs
Calcium	52	80g Tofu
Zinc	32	85g Boiled Crab
Magnesium	18	248ml Carrot Juice
Iron	38	155g Grilled Steak
Potassium	n/a	100g Boiled Soya Beans
Copper	n/a	1 Avocado
Selenium	n/a	90g Grilled Liver
Fibre	20	4 Slices Wholemeal Bread

Continue reading for yet more information or telephone us on (0034) 952 883 151 or e-mail Bob@MarbellaWellness.com.