

# energy diet™

ALTERNATIVE DIET BASED ON  
NATURAL COMPONENTS



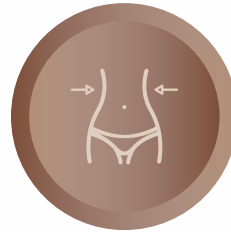
# What is Energy Diet?



## QUICK BITE

•  
When you  
have no time  
to eat

•  
When you do  
not feel like cooking

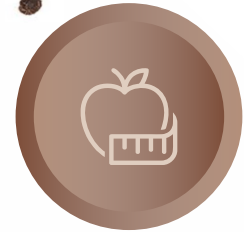


## "ERASER" FOR YOUR BODY

•  
When you had a wonderful  
night and now you need  
to get into shape

•  
When you overate  
and took liberties

•  
When you had too much



## TASTY DIET

•  
When you need to work  
off excess weight

•  
When you want to get  
slim

•  
When you want useful  
sweets



The problem is that **“normal” food sweepingly ceases to be normal.** The quality of natural products is dramatically impaired.



By useful substance content, **1 orange of the 1950s** equals to **10 today's** oranges.



vitamin  
**A**  
**70 %**

**Vitamin A** has been **reduced by 70 %** in chicken meat and totally disappeared in beef.



vitamins  
**13-6**  
**=7**

Main vegetables do **not contain 6 of 13 essential vitamins** and minerals.



# MASS-CONSUMPTION PRODUCTS

## What is more than required?

- **SIMPLE CARBOHYDRATES**  
Give a transitory satiety effect making the body eat again and again.
- **ANIMAL (SATURATED) FATS**  
The body fails to digest their excess amount and holds as "reserve".
- **NITRATES, PESTICIDES AND OTHER HARMFUL SUBSTANCES**  
Risk of diseases.
- **UNHEALTHY SUPPLEMENTS**  
Synthetic preservatives, flavors, dyes, "weight boosters", etc.



## What is not enough?

- **VITAMINS**  
Ensure functioning of vital organs at cell level.
- **MINERALS**  
Protect the body from multiple diseases.
- **FIBRE**  
Food fibres maintain normal digestion.
- **BALANCE**  
A combination of proteins, fats and carbohydrates necessary to maintain normal metabolism.



# energy diet™

functional food

Perfectly balanced product combining everything that is necessary for proper body functioning.

And only  
about  
200 kcal

## PER SERVING:

### PROTEINS

- **18 amino acids** (including all essential)
- Combination of **animal and plant proteins** necessary for muscle tissue building

### FATS

**Unsaturated** fatty acids

### CARBOHYDRATES

Balance **of fast and slow** carbohydrates

### ENZYMES

**A HIGH DIGESTIBILITY** enzyme complex for comfortable digestion

### VITAMINS

**12 basic vitamins**, including: vitamins B, vitamin E, vitamin A

### MINERALS

**11 minerals**, including: calcium and phosphorus  
magnesium  
iron

iodine  
selenium  
zinc

## PURPOSE

- strong muscles
- satiety effect

- smooth skin
- beautiful hair

- boost for several hours

- sense of levity

- wellbeing
- natural protection from diseases
- healthy appearance
- retardation of aging

- strong bones and teeth
- strong nerves
- good memory, appetite and vigor
- mental activity
- toxin neutralization
- cholesterol elimination

# Even a single serving of Energy Diet a day but regularly! **What's the result?**



Body receives  
**proper "fuel"**—

balanced nutrition  
for all organs and systems



**Mental activity**  
is maintained

due to correct quick  
and slow carbs ratio



**Enhanced  
metabolism**

due to essential  
vitamins and minerals



Changing  
**dietary habits** —

harmful products disappear,  
the body stops, and  
organism gets satiated  
with less amount of food



Your **body shapes**  
change, and you  
like your reflection  
in the mirror



**Quick recovery**  
after exercises



**Dietary  
regimen  
without  
hungering**  
and deficit  
of useful  
substances



Feeling of well-  
being **and**  
**active life:)**

# Energy Diet — Quick and Easy

Method of preparation:





# FOR WHOM?

If you ate much  
(some event,  
holiday picnic)



**"ERASER"  
FOR THE ODD**

Recovers comfort  
digestion, serves as  
"eraser" for the odds

Tough schedule,  
no time and no place  
to have a snack



**QUICK  
BITE**

Light and  
nutritious meals  
are quick and easy

You are a sweet  
tooth and can't  
stop



**HEALTHY  
DELICACY**

Replaces sweet snacks  
with benefits. Abolishes  
hungering and  
restrictions in sweets

You often  
eat fill before  
bed



**FULL-FLEDGED  
FOOD  
SUBSTITUTION**

Provides long-term  
satiety without excess  
calories. Ease and  
comfort before bed.  
Shapes useful food habits

You have  
a specific diet  
with many restrictions



**COMFORT  
DIET**

Substitutes  
full-fledged meal. Based  
on the natural and safe  
ingredients only

If you need to lose some  
weight or centimeters  
**QUICKLY**



**QUICK METHOD  
TO SLIM DOWN**

Low-calorie and nutritious  
food without restrictions  
and hungering

If you are worried  
about swelling, cellulite,  
considerable excess weight



**WEIGHT AND  
WIDTH CONTROL**

Activates metabolism,  
stimulates digestion,  
fat reserves  
are used for energy

Dull hair, tired  
skin, dull  
complexion



**YOUR BEAUTY  
SECRET**

Vitamins and minerals  
with good  
bioavailability and  
in significant quantities

Vigorous  
physical  
activity



**QUICK  
RECOVERY**

Rich in protein,  
contains a full set  
of nutrients  
for quick recovery

Digestion  
discomfort



**HELPER  
FOR DIGESTION**

Easy-to-digest  
and gives a feeling  
of levity