WHAT IS THE DIFFERENCE **BETWEEN** CARBO LIGHT CHERRY AND **ED SMART?**





Total 200 kcal per serving

SMART 3.0

14-19 g proteins 14.5-17 g carbs 1.8-2.6 g dietary fibers 7 q fats

Total 100 kcal per serving

CARBO LIGHT

14 g proteins 2.5 g carbs 3 g dietary fibers 3.5 g fats

Amino Complex +

soy protein isolate, milk protein

PROTEIN COMPLEX

Protein is responsible for cell nourishing, division, and regeneration. If required protein structures are deficient, the body begins "starving" and trying to produce them from its own tissues. The protein deficit may result in body consumption and water balance impairment which cause swelling.

Protein Complex

and animal proteins.

An unique complex of three types of plant

Building material for cells

Long-term satiety

- Normal metabolism
- Complete amino acid profile
- Calcium source

Ingredients:

Protein Complex (soy protein isolate, whey protein concentrate, milk protein concentrate)

Long-term satiety

with amino acid complex.

Plant protein supplemented

- **Building material for cells**
- Normal metabolism
 - Optimum carb and lipid metabolism
- **Reducing sweet cravings**
 - **Energy to fats conversion**
- **Ingredients:**

soy protein isolate, Amino Complex

(L-methionine, L-cysteine, L-tyrosine, L-tryptophan)

Our usual diets are full of fast carbs because they are tasty. Moreover, they easily

CARBOHYDRATES

satiate our bodies and give us energy. However, balance is essential to avoid health damage. No added carbs

Carbs balance

work, for satiety and energy, which is provided quickly and for a long time. **Natural energy boosters** Source of great mood

of slow and fast carbs required for active brain

Carbohydrate matrix ED Smart is a balance

- Nourishment for your nervous system
- **Ingredients:**
- palatinose, starch, dextrose

The carbohydrate component of Carbo Light

includes carbohydrates represented only by natural vegetable, fruit, and berry juices, which reduces total consumption of carbs during the day. Total 2.5 g carbs per serving

Ingredients:

ANTISTRESS COMPONENTS

cherry, beetroot, and lemon juice

Nervous system of a modern person is exposed to enormous stresses every day. Just like a roller coaster ride, stress level goes up and down during the day. Our antistress complexes assist in providing

a stable mood but also help our bodies to follow the diet in a comfort way, without excess failures.

Griffonia + Mg + B6 Griffonia + Mg + 5-HTP (L-tryptophan) + B vitamins

* RDA means Recommended Daily Allowance.

Sufficient intake of compound unsaturated fatty acids helps supporting all body systems. Compound

Griffonia as a source of amino acid L-tryptophan, and vitamin B6 (inositol) enhanced with magnesium, have calming effects preserving

the balance of the nervous system and

protecting it from destructive effects of stressful oxidative processes. Vitamin B6 and magnesium content is 25% RDA* **Protecting from stress and fatigue**

Reducing appetite

Relieveing stress

- **Ingredients:** magnesium citrate, griffonia extract, vitamin B6 (pyridoxin hydrochloride)

they have a calming effect preserving the balance of the nervous system, which is especially important when you follow a diet.

Due to increased content of B vitamins enhanced by magnesium and L-tryptophan amino acid,

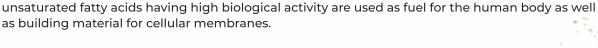
B vitamins and magnesium content is 30% RDA* **Amino acid content**

Improving sleep **Reducing emotional stress Reducing fatigue**

(L-tryptophane: 30% RDA*)

- **Reducing appetite**
- **Ingredients:** amino acid L-tryptophan, B vitamins (B5, B6, B9, B12), magnesium, griffonia extract

COMPOUND FATS



Improving memory capacity Improving memory capacity **Preventing obesity Preventing obesity Supporting immune system** Supporting immune system

lecithin (phospholipids), coconut butter

Obtaining quick energy

Ingredients:

any fibers.

Stable GI tract work

Reducing hunger

Bromelain and papain Help in absorbing protein

PLANT ENZYMES AND EXTRACTS

Obtaining quick energy

lecithin (phospholipids), coconut butter

us with fast food, vegetables with low contents of vitamins and grinded cereals that do not contain

Ingredients:

RMP Complex and Digestive Complex Plant Complex

Global food industry has been releasing food from nutritional fibers for the recent 50 years to provide

Cleaving fat deposit Gamboge, pomegranate, and rosemary extracts

Antioxidant protection Slow ageing **Artichoke and mint extracts**

Inulin

- Removal of abdominal distention Ingredients:
- RMP Complex (gamboge extract, pomegranate extract, rosemary extract), Digestive Complex (inulin, bromelain (pineapple extract),

papain (papaya extract), artichoke extract, mint extract)

VITAMIN AND MINERAL COMPLEX (VMP COMPLEX)

Supporting nervous system Strengthening vessel walls

Inulin, corn fibers

Stable GI tract work

Cleaving fat deposit

Reducing hunger Bromelain and papain

dietary fibers (inulin, corn fibers)

Ingredients:

Every day, we need large amounts of vitamins to supplement body's daily needs. You cannot eat this

amount of food without damage to your body shape.

23 essential microelements (12 vitamins 7 vitamins + 7 minerals = optimum balance of and 11 minerals) for great well-being and body most essential vitamins and minerals for efficient support every day. weight control.

 Slow ageing Strong immune system

- · Supporting high activity Improving memory capacity

silicon

Brain fuel

Ingredients: A, E, D3, B1, B2, B5, B6, B12, PP (B3), H, C, B9, potassium, calcium, phosphorus, magnesium, zinc, iron, copper, manganese, iodine, chromium, Slow ageing Strong immune system

- **Brain fuel**
- **Reducing emotional stress Reducing fatigue**
- **Ingredients:** PP, B1, B5, B6, B9, B12, biotin, potassium, calcium, magnesium, phosphorus, zinc, iodine, chromium







