

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



SMART 3.0

Total 200 kcal per serving
14-19 g proteins
14.5-17 g carbs
1.8-2.6 g dietary fibers
7 g fats

CARBO LIGHT

Total 100 kcal per serving
14 g proteins
2.5 g carbs
3 g dietary fibers
3.5 g fats

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

An unique complex of three types of plant and animal proteins.

- Long-term satiety
- Building material for cells
- Normal metabolism
- Complete amino acid profile
- Calcium source

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

Amino Complex + soy protein isolate, milk protein

Plant protein supplemented with amino acid complex.

- Long-term satiety
- 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)

CARBOHYDRATES

Our usual diets are full of fast carbs because they are tasty. Moreover, they easily satiate our bodies and give us energy. However, balance is essential to avoid health damage.

Carbs balance

Carbohydrate matrix ED Smart is a balance of slow and fast carbs required for active brain work, for satiety and energy, which is provided quickly and for a long time.

- Natural energy boosters
- Source of great mood
- Nourishment for your nervous system

Ingredients:
palatinose, starch, dextrose

No added carbs

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:
cherry, beetroot, and lemon juice

ANTISTRESS COMPONENTS

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 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
- Relieving stress

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

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

Due to increased content of B vitamins enhanced by magnesium and L-tryptophan amino acid, they have a calming effect preserving the balance of the nervous system, which is especially important when you follow a diet.

- B vitamins and magnesium content is 30% RDA*
- Amino acid content (L-tryptophan: 30% RDA*)
- Improving sleep
- Reducing emotional stress
- Reducing fatigue
- Reducing appetite

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

* RDA means Recommended Daily Allowance.

COMPOUND FATS

Sufficient intake of compound unsaturated fatty acids helps supporting all body systems. Compound unsaturated fatty acids having high biological activity are used as fuel for the human body as well as building material for cellular membranes.

- Improving memory capacity
- Preventing obesity
- Supporting immune system
- Obtaining quick energy

Ingredients:
lecithin (phospholipids), coconut butter

- Improving memory capacity
- Preventing obesity
- Supporting immune system
- Obtaining quick energy

Ingredients:
lecithin (phospholipids), coconut butter

PLANT ENZYMES AND EXTRACTS

Global food industry has been releasing food from nutritional fibers for the recent 50 years to provide us with fast food, vegetables with low contents of vitamins and grinded cereals that do not contain any fibers.

RMP Complex and Digestive Complex

- Inulin
 - Stable GI tract work
 - Reducing hunger
- Bromelain and papain
 - Help in absorbing protein
 - Cleaving fat deposit
- Gamboge, pomegranate, and rosemary extracts
 - Antioxidant protection
 - Slow ageing
- Artichoke and mint extracts
 - 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)

Plant Complex

- Inulin, corn fibers
 - Stable GI tract work
 - Reducing hunger
- Bromelain and papain
 - Help in absorbing protein
 - Cleaving fat deposit
- Cherry, beetroot, and lemon juice
 - Supporting nervous system
 - Strengthening vessel walls

Ingredients:
bromelain (pineapple extract), papain (papaya extract), cherry, beetroot, and lemon juice, dietary fibers (inulin, corn fibers)

VITAMIN AND MINERAL COMPLEX (VMP COMPLEX)

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 and 11 minerals) for great well-being and body support every day.

- Slow ageing
- Strong immune system
- Brain fuel
- Supporting high activity
- Improving memory capacity

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

7 vitamins + 7 minerals = optimum balance of most essential vitamins and minerals for efficient weight control.

- 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

