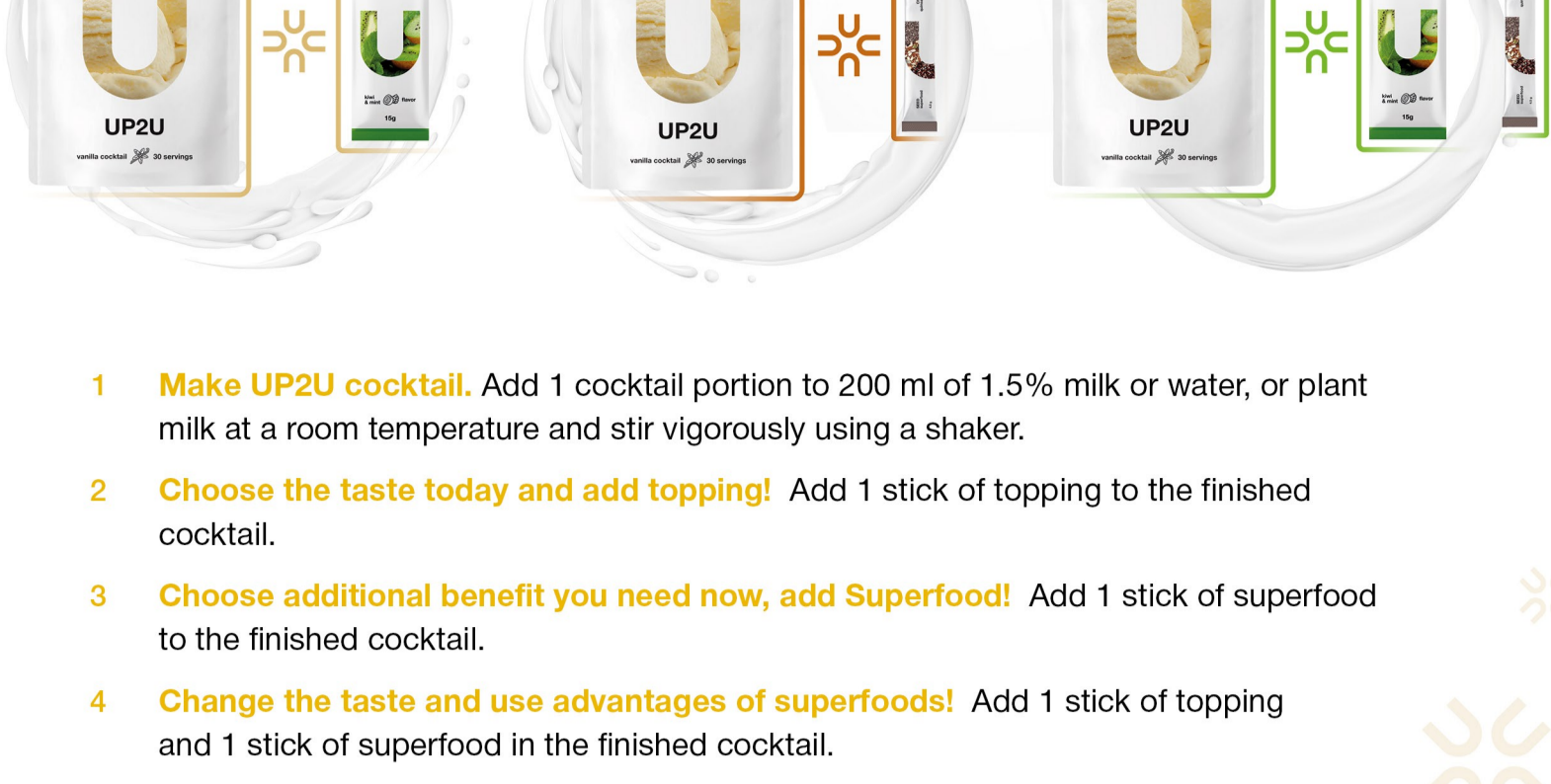


Use as U want UP2U



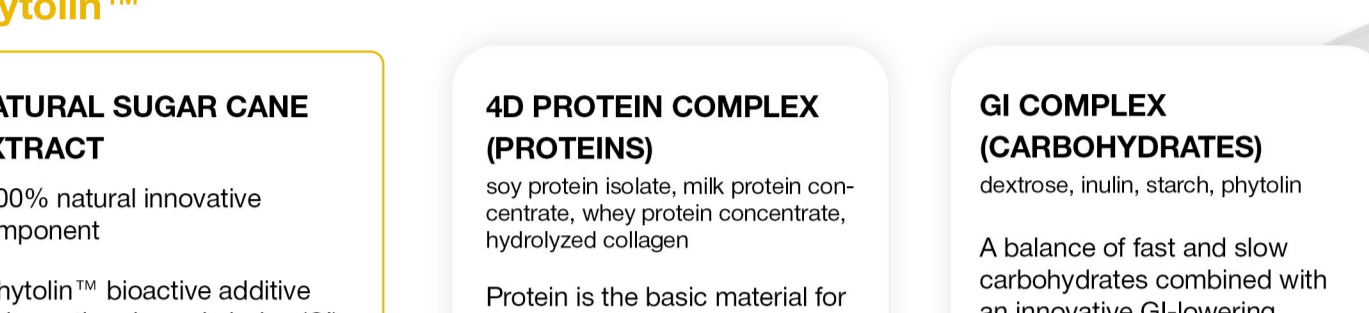
Now
IT'S UP TO YOU TO SELECT
a cocktail you will drink today!



- 1 Make UP2U cocktail.** Add 1 cocktail portion to 200 ml of 1.5% milk or water, or plant milk at a room temperature and stir vigorously using a shaker.
- 2 Choose the taste today and add topping!** Add 1 stick of topping to the finished cocktail.
- 3 Choose additional benefit you need now, add Superfood!** Add 1 stick of superfood to the finished cocktail.
- 4 Change the taste and use advantages of superfoods!** Add 1 stick of topping and 1 stick of superfood in the finished cocktail.

UP2U Cocktail What is inside?

Two basic tastes —
UP2U Cocktail Vanilla and UP2U Cocktail Chocolate



Phytolin™

NATURAL SUGAR CANE EXTRACT

- 100% natural innovative component
- Phytolin™ bioactive additive reduces the glycemic index (GI)
- Addition of Phytolin™ bioactive supplement will reduce GI by slowing the glucose absorption rate into the bloodstream

For your flawless figure
It is a source of polyphenols that help to:

- Lose and control weight
- Reduce cholesterol level
- Improve blood circulation

4D PROTEIN COMPLEX (PROTEINS)

soy protein isolate, milk protein concentrate, whey protein concentrate, hydrolyzed collagen

Protein is the basic material for healthy cell function that is responsible for their nourishing, division and regeneration.

Which means you will get the following:

- A sense of fullness rapidly and for a long time
- Liveliness and good mood
- Beautiful hair, skin and nails

GI COMPLEX (CARBOHYDRATES)

dextrose, inulin, starch, phytolin

A balance of fast and slow carbohydrates combined with an innovative GI-lowering ingredient for energy replenishment and long-lasting fullness.

Which means you will get the following:

- A sense of fullness rapidly and for a long time
- Fuel for the brain
- Reduced product GI

COMPOUND FATS

coconut oil, lecithin

The compound vegetable fats with high bioactivity are a nutrient source for the nervous system.

Which means you will get the following:

- Memory improvement
- Beautiful hair, skin and nails
- Vigor
- Slow aging

PLANT ENZYMES AND EXTRACTS

papaya extract, pineapple extract, artichoke extract, mint extract, griffonia extract, gamboge extract, pomegranate extract, rosemary extract

Natural antioxidants:

Which means you will get the following:

- Stable functioning of the gastrointestinal tract
- Protection against stress and fatigue
- Slow cell aging
- Antioxidant defense

VITAMINS AND MINERALS (VMP COMPLEX)

12 vitamins + 11 minerals: A, E, D3, B1, B2, B5, B6, B12, PP (B3), H, C, B9, potassium, calcium, phosphorus, magnesium, zinc, iron, lead, manganese, iodine, chromium, silicon

A balanced complex of complementary vitamins and minerals for excellent well-being and support of all organs and body systems.

Which means you will get the following:

- Strong immunity
- Brain food
- Support for high activity

THE GLYCEMIC INDEX is a scientifically grounded method of specification and classification of carbohydrate-containing foods. It's used in human diet calculations in USA, EU countries and is approved by WHO.

FOODS WITH HIGH GI (ABOVE 70)

- Potato mash
- Dates
- Banana
- Ice-cream
- Croissants
- Crackers
- Waffles

FOODS WITH MEAN GI (40 TO 70)

- Dried fruits
- Boiled rice
- Buckwheat porridge
- Pear
- Orange
- Corn
- Hard shell pasta

FOODS WITH LOW GI (LESS THAN 40)

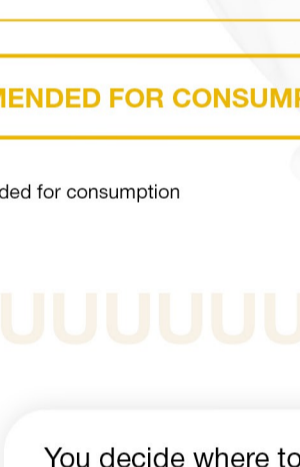
- Leafy greens
- Mushrooms
- Cabbage
- Cucumber
- Unsweet apple
- Plum
- Acid curd

- #### FOODS WITH HIGH GI:
- stimulate extremely insulin spiking,
 - promote metabolic disorders,
 - contribute to adipose mass gain,
 - promote esurience and desire to eat something sweet.
- * Except Superfood GOLD

- #### FOODS WITH LOW GI:
- improve blood sugar and insulin levels,
 - optimize metabolism, especially carbohydrate metabolism,
 - prolong a sense of fullness,
 - help reduce dependence on sweets, assist in weight loss.

NATURAL PLANT-EXTRACTED SUGAR CANE PRODUCT:

- 100% natural,
- innovative component,
- reduces the GI of products.



The **Phytolin™** bioactive supplement will lower the GI by slowing down the rate at which glucose is absorbed into the blood flow. For example, when phytolin is added to sugar, the GI of sugar is reduced by 30%.

It has **pronounced antioxidant properties** and a high rate of ORAC 5.0, that is, it has the ability to absorb oxygen free radicals and saturates the product with natural antioxidants.

- #### UP2U COCTAIL CONTRIBUTES TO:
- correcting metabolism,
 - preventing the formation of insulin resistance,
 - reducing cravings for sweets,
 - controlling eating behavior.

GI (GLYCEMIC INDEX) OF UP2U VANILLA SHAKE = 19

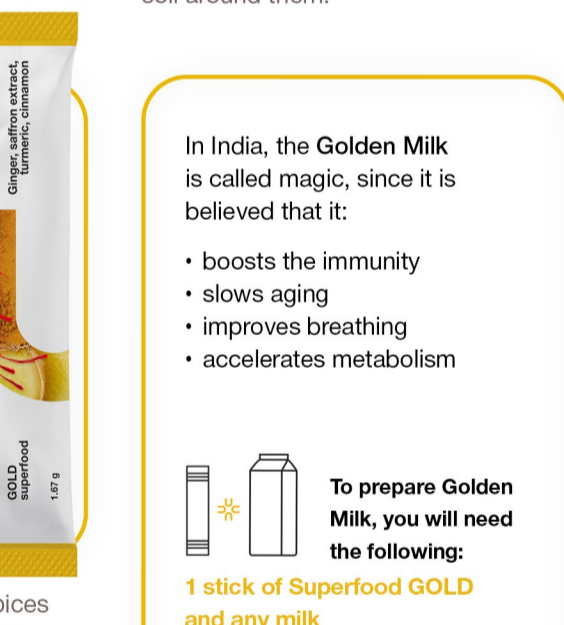
RECOMMENDED FOR CONSUMPTION BY RDA.*

* Based on studies of The Product Makers Company, Australia, the UP2U Shake is recommended for consumption by the Russian Diabetes Association.

Superfood

SUPERFOOD UP2U is a unique superfood composition to support your diet. We have made them so that they complement each other as much as possible. You just have to choose which superfood shall be added today.

- Concentration of benefits in each portion
 - Several efficient superfoods at once
 - Simplicity and ease of preparation
 - Perfect combination with a cocktail and no changes in taste*
- * Except for Superfood GOLD.



SUPERFOOD SEED

black chia seeds, white quinoa seeds, carinua seeds

- Benefits of plant-based omega-3 PUFAs
- Fiber for a sense of fullness
- Energy and revival

! The aztec warriors never started the long-lasting military campaigns without two things: a weapon and a bag of chia seeds. A handful of these useful seeds refreshed the warriors for 24 hours.

SUPERFOOD FIBER

psyllium, oat bran, citrus and corn fiber

- 4 types of the best dietary fibers for comfortable digestion
- Sense of fullness with no calories
- Source of insoluble fibre
- Assistance in the metabolism acceleration

! People have tried to get rid of dietary fiber for centuries. It was considered as a dead load. Only years later, the scientists were able to determine the direct relations between human health and a large amount of dietary fiber in the diet.

SUPERFOOD MUSHROOMS

shitake mushrooms, cordyceps, wood ear

- Healthy magic of mushrooms
- Expansion of the body resilience
- Increased body defenses

! The ancient Greeks called mushrooms the food of the gods. Like the Olympic gods, the mushrooms have unprecedented power: they are able to survive in any terrestrial conditions, grow even through the layers of concrete and make a fertile soil around them.

SUPERFOOD GREEN

spinach, wheat and barley germs

- Green plant chlorophyll
- Energy for living
- Natural body detox

! Chlorophyll is the source of plant vitality having non-inferior value for humans. The Asian beauties have always known how it is important to maintain beauty and energy, and they called chlorophyll a magical healer.

SUPERFOOD GOLD

ginger, turmeric, cinnamon, corn fiber, saffron extract

- Precious spices of the East
- Metabolism activation
- Comfortable digestion

! Since the beginning of time, spices were valued more than gold: they were the reasons for waging wars, destroying the countries, changing the capitals. They have deserved such an attitude not only due to their rarity, but also due to their enormous benefits or the human body.

In India, the Golden Milk is called magic, since it is believed that it:

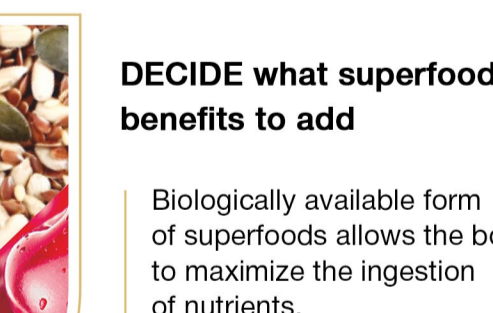
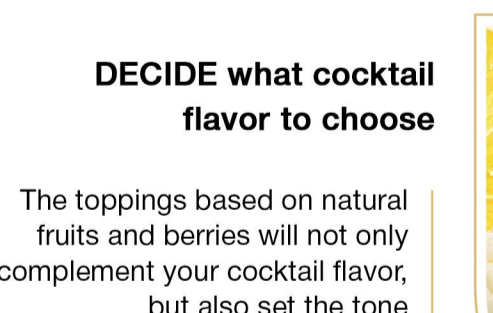
- boosts the immunity
- slows aging
- improves metabolism
- accelerates metabolism

To prepare Golden Milk, you will need the following:
1 stick of Superfood GOLD and any milk (of vegetable or animal origin)

Topping

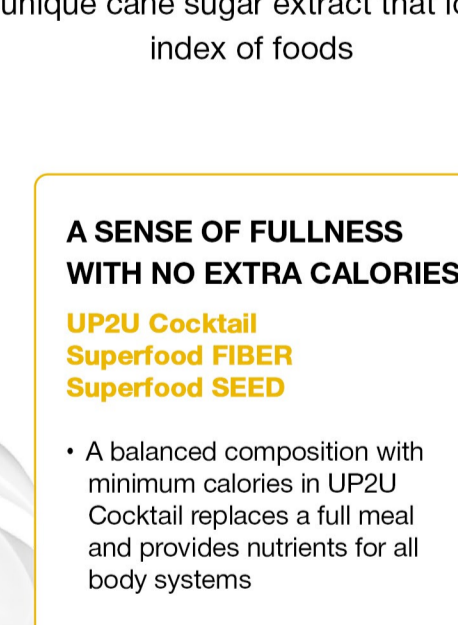
Now you can choose which taste of the cocktail you will try today! Change flavors, add, combine, and mix — you have **TOPPING UP2U** for that.

- Natural extracts and juices
- Real pieces of berries and fruits
- Soft processing technologies for maximum benefit



DECIDE what cocktail flavor to choose

The toppings based on natural fruits and berries will not only complement your cocktail flavor, but also set the tone for the entire day.



DECIDE what superfood benefits to add

Biologically available form of superfoods allows the body to maximize the ingestion of nutrients.

MORE THAN JUST INNOVATIVE COMPONENTS
Phytolin™ is a unique cane sugar extract that lowers the glycemic index of foods

COMFORTABLE DIGESTION

UP2U Cocktail Superfood FIBER Superfood GOLD

- The plant enzymes and probiotic fibers in the UP2U Cocktail contribute to the stable functioning of the gastrointestinal tract
- 4 types of the best dietary fibers of the East are combined in Superfood FIBER and GOLD for comfortable digestion

A SENSE OF FULLNESS WITH NO EXTRA CALORIES

UP2U Cocktail Superfood FIBER Superfood SEED

- A balanced composition with minimum calories in UP2U Cocktail replaces a full meal and provides nutrients for all body systems
- Dietary fiber and fibers in Superfood SEED and FIBER provide long-lasting sense of fullness with no extra calories

NATURAL BODY DETOX

Superfood GREEN Superfood FIBER

- The active ingredients of Superfood GREEN help the natural body detoxification, providing energy and strength
- Superfoods FIBER and GREEN are the sources of insoluble fiber that nourishes and detoxifies the body

IMMUNE BOLSTERING

Superfood MUSHROOMS Superfood GOLD Topping Lemon-ginger

- 3 types of unique mushrooms in Superfood MUSHROOMS help to increase the body resilience and defenses
- Superfood Gold is an ideal basis for preparation of the Golden Milk that is appreciated for its ability to boost the immune system and improve breathing
- Lemon and ginger have antiseptic properties and are considered the best helpers during the period of colds

EASY WAY TO LOOSE WEIGHT

UP2U Cocktail UP2U Topping UP2U Superfood

The combination of Topping, Cocktail and Superfood allows to make various cocktails every day. Therefore, your diet will become even more varied with minimum calories.

One portion contains:
UP2U Cocktail Vanilla — 95 kcal
UP2U Cocktail Chocolate — 95 kcal
Topping Raspberry — 28.5 kcal
Topping Cherry — 31.5 kcal
Topping Lemon-ginger — 36 kcal
Topping Kiwi-mint — 30 kcal
Superfood GREEN — 7.5 kcal
Superfood GOLD — 4.8 kcal
Superfood MUSHROOMS — 4.2 kcal
Superfood SEED — 15.7 kcal
Superfood FIBER — 6.6 kcal

HEALTHY TREATS

UP2U Cocktail UP2U Topping

- UP2U Cocktail and Topping are great alternatives to the sweets. Delicate, soft and smooth flavor of UP2U Cocktail will appeal to any sweet tooth.
- Add any Topping to UP2U Cocktail and the cocktail will play out in fresh flavors. It's up to you to choose the flavor today!



Use as U want
UP2U