



Simple. Successful.



Nutrition info

	Amount per Serving	% Daily Value*
Calories	146	
Calories from Fat	23	
Total Fat	3 g	4%
Saturated Fat	1 g	4%
Sodium	136 mg	6%
Potassium	449 mg	13%
Total Carbohydrate	19 g	6%
Dietary Fiber	5 g	21%
Sugars	10 g	
Protein	14 g	28%
Vitamin A	833 IU	17%
Vitamin C	15 mg	25%
Vitamin D	64 IU	16%
Vitamin E	5 IU	18%
Thiamin	0.4 mg	27%
Riboflavin	0.4 mg	21%
Niacin	6 mg	30%
Vitamin B6	1 mg	30%
Folic Acid	70 µg	18%
Vitamin B12	0.3 µg	4%
Biotin	14 µg	5%
Pantothenic Acid	1 mg	11%
Calcium	192 mg	19%
Iron	6 mg	36%
Phosphorus	198 mg	20%
Iodine	35 µg	23%
Magnesium	53 mg	13%
Zinc	3 mg	18%
Selenium	18 µg	26%
Copper	0.4 mg	20%
Manganese	0.4 mg	18%
Chromium	64 µg	53%
Salt	0.34 g	
Linoleic Acid	1 g	
Caffeine (from Green Coffee Bean Extract & Green Mate Extract and Cocoa Powder)	15 mg	

INGREDIENTS: Milk Protein, Skimmed Milk Powder, Fat-reduced Cocoa Powder, Sugar, Thickeners (Guar Gum, Pectin), Maltodextrin, Whey Protein, Soy Oil, Inulin, Green Coffee Bean Extract, Banana Powder, Oat Fiber, Salt, Flavors, Wheat Fiber, Green Mate Extract (Mate Extract, Maltodextrin), Nettle Extract (Nettle Extract, Maltodextrin), Sweetener (Steviol Glycosides (Steviol Glycosides, Flavor)), Magnesium Carbonate, Papaya Powder (Maltodextrin, Papaya Puree), Potassium Citrate, Pineapple Powder (Pineapple Solids, Maltodextrin), Vitamin C, Zinc Gluconate, Selenium Enriched Yeast, Niacin, Vitamin E, Manganese Gluconate, Copper Gluconate, Antioxidants (Tocopherol, Ascorbyl Palmitate), Ferric(III)-Diphosphate, Pantothenic Acid, Vitamin B6, Vitamin B1, Vitamin B2, Vitamin A, Folic Acid, Potassium Iodide, Biotin, Vitamin D, Emulsifier (Soy Lecithin), Vitamin B12, Chromium Picolinate, Acid (Citric Acid).

CAUTION: Please note that it is important to ensure a varied and balanced diet and a healthy lifestyle. It is important to maintain an adequate daily fluid intake during the diet (minimum 2 liters of energy-free fluids per day). The product is useful for the intended use only as part of an energy-restricted diet. Other foodstuffs are a necessary part of this diet. Do not exceed the recommended servings per day.

ProShape All-in-1

Chocolate - Daily Meal Replacement

You can now reach your personal "feel good weight" with the new generation of Shakes, ProShape All-in-1.

It does not matter whether you want to lose just a few pounds or twenty or thirty – with ProShape All-in-1 you will reach your target weight. This is how it works: replace 1-2 meals a day with a prepared portion of ProShape*.

Complete Meal combined with

- Whey Protein
- Green Coffee Bean Extract
- Green Mate Extract
- Nettle Extract

*Replacing two daily meals as part of an energy-restricted diet by this type of meal replacement contributes to weight loss. 1 can of ProShape All-in-1 contains 10 complete meals.

DIRECTIONS: Prepare around 4 level measuring spoons (40 g/1.4 oz.) of powder with 300 ml/10 fl. oz. of water or milk (1 % fat) then mix with a blender or shaker.

