



Redukta-Plus Strawberry

Meal replacement for a weight-controlling diet
with sugars and a sweetener

Useful information:

Redukta-Plus contains all important nutrients, miners and vitamins that the body needs as well as peptic fibres. Vitamin B5 and vitamin B12 support a normal energy metabolism and vitamin B6 a normal protein and glycogen metabolism. Redukta-Plus is filling and can fully replace the usual meal.

Preparation for a weight-controlling diet: Add 40 g (approx. 3 heaped tablespoons) powder to 200 ml milk (1.5 % fat) and stir well or shake in a shaker. Please follow the recommended powder quantity and water instructions.

Replacing one of the daily main meals as part of a low calorie diet with such a meal replacement contributes to maintaining the weight after weight loss. Replacing two of the daily main meals as part of a low calorie diet with such a meal replacement contributes to weight loss.

Also drink at least 2 litres of calorie-free fluids such as mineral water or tea. Please note that the product only fulfils the intended purpose as a meal substitute as part of a low calorie diet, which necessarily includes other foods. The consumption of Redukta-Plus Vanilla does not replace a varied, balanced diet and a healthy lifestyle.

In case of long-term use (longer than 3 weeks), please consult your doctor; your doctor knows your health state and knows what you can manage when losing weight.

Ingredients:

Skimmed Milk Powder, Thickening Agent Corn Starch, **Milk Protein**, Dried Glucose Syrup, Dextrose, Palm Oil, Fibres [**Wheat Bran** (4 %), Inulin (2 %)], **Skimmed Milk Yoghurt Powder**, Minerals (Potassium Carbonate, Potassium Citrate, Disodium Hydrogen Phosphate, Magnesium Oxide, Sodium Citrate, Iron II Gluconate, Zinc Gluconate, Manganese II Gluconate, Copper Gluconate, Sodium Selenite, Potassium Iodide), thickening agent Guar Gum, Pectin; Colouring Agent Beet Red, Flavouring, Strawberry Puree, Strawberry Juice Concentrate, sweetener Steviol Glycosides from Stevia, acidifier Citric Acid, Vitamins (Vitamin C, Niacin, Vitamin-E-Succinate, Calcium-D-Pantothenate, Vitamin B2, Vitamin-B6-Hydrochloride, Vitamin-B1-Mononitrate, Vitamin-A-Acetate, Folic Acid, Vitamin K1, Biotin, Vitamin D3), filler Maltodextrin.

Contains **lactose** and **milk products**.

Average nutritional value	per 100 g powder	per ready-to-consume meal substitute (= 40 g powder with 200 ml milk (1.5 %))
Caloric value	1502 kJ 355 kcal	999 kJ 237 kcal
Fat	5.4 g	5.5 g
of which are:		
- saturated fatty acids	1.1 g	2.2 g
- monounsaturated fatty acids	1.1 g	1.3 g
- polyunsaturated fatty acids	2.9 g	1.2 g
Carbohydrates	49.9 g	29.6 g
- of which sugar	26.8 g	20.3 g
Dietary fibres	6.7 g	2.7 g
Protein	25.6 g	16.8 g
Salt	0.79 g	0.43 g



Vitamins	per 100 g powder	per ready-to-consume meal substitute (= 40 g powder with 200 ml milk (1.5 %))	% of the recommended daily requirement according to NRV* per meal substitute
Vitamin C	53 mg	24 mg	30
Niacine	12 mg	4.8 mg	30
Vitamin E (alpha-TE)	9 mg (13 I.U.)	3.6 mg (5 I.U.)	30
Pantothenic acid	3 mg	1.8 mg	30
Vitamin B2	0.2 mg	0.42 mg	30
Vitamin B6	0.8 mg	0.42 mg	30
Vitamin B1	0.7 mg	0.33 mg	30
Vitamin A (RE)	478 µg	240 µg	30
Folic acid	122 µg	60 µg	30
Biotin	19 µg	15 µg	30
Vitamin D3	3.5 µg (140 I.U.)	1.5 µg (60 I.U.)	30
Vitamin B12	-	0.86 µg	34
Vitamin K1	47 µg	22.5 µg	30
Minerals			
Sodium	314 mg	172.5 mg	**
Potassium	377 mg	500 mg	25
Calcium	-	240 mg	30
Phosphor	214 mg	268 mg	38
Magnesium	229 mg	112.5 mg	30
Iron	10 mg	4.2 mg	30
Zinc	6 mg	3 mg	30
Manganese	1 mg	0.6 mg	30
copper	0.7 mg	0.3 mg	30
Iodine	193 µg	45 µg	30
Selenium	41 µg	16.5 µg	30

* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

**no recommended daily amount specified

Fill levels may vary for technical reasons.

Store in a cool, dry place.

Made in Germany

Contents 600 g powder for 15 portions

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