



## Redukta-Plus Mixed Vegetables

Meal replacement for a weight-controlling diet

**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:** Pour 450 ml hot water over 60 g (approx. 5-6 heaped teaspoons) powder, stir well and leave to steep for a short time. 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 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:** 41 % Vegetable Powder and Pieces: Potatoes, Peas, Onions, Spinach, Carrots, Fried Onions (Onions, Palm Oil, Buckwheat Flour, Salt), Leeks; Isomaltulose\*, Edible Spices, Sunflower Oil, **Milk Protein**, Minerals: Potassium Citrate, Disodium Hydrogen Phosphate, Calcium Carbonate, Magnesium Oxide, Ferrous Gluconate, Zinc Gluconate, Manganese Gluconate, Sodium Selenite, Copper Gluconate, Potassium Iodide; Inulin, Natural Flavour, Citrus Fibre, Rice Flour, Maltodextrin, Glucose Syrup, Thickener: Guar Gum, Sea Salt, Vitamins: Vitamin C, Niacin, Vitamin E Succinate, Vitamin K1, Vitamin A Acetate, Calcium D-Pantothenate, Vitamin D3, Vitamin B6 Hydrochloride, Vitamin B1 Mononitrate, Vitamin B2, Folic Acid, Biotin, Vitamin B12; Spices, Herbs.

\*Isomaltulose is a source of glucose and fructose.

Average nutritional values	per 100 g powder	Ready-to-consume drink per meal substitute
Calorific content	1441 kJ 343 kcal	865 kJ 206 kcal
Fat	8.2 g	4,9 g
- of which saturated fatty acids	1.2 g	0,7 g
Carbohydrate	43 g	25,8 g
- of which sugars	12.3 g	7,4 g
Dietary fibres	8.5 g	5,1 g
Protein	20.2 g	12,1 g
Salt	6.3 g	3,8 g

# Kräuterhaus Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik.  
Seit **1903** im Dienste der Gesundheit.



Vitamins	per 100 g powder	Ready-to-consume drink per meal substitute	% of the recommended daily intake according to NRV* per meal substitute
Vitamin C	72 mg	42,9 mg	54
Niacin	16 mg	9,6 mg	60
Vitamin E (alpha-TE)	12 mg (18 I.U.)	7.3 mg (11 I.U.)	61
Pantothenic acid	4 mg	2,3 mg	38
Vitamin B6	1 mg	0,7 mg	50
Vitamin B1	0,8 mg	0,5 mg	45
Vitamin B2	0,7 mg	0,424 mg	30
Vitamin A (RE)	642 µg	385 µg	48
Folic acid	0,2 mg	99 µg	50
Biotin	25 µg	15 µg	30
Vitamin D3	5 µg (200 I.U.)	2.8 µg (112 I.U.)	56
Vitamin B12	1 µg	0,75 µg	30
Vitamin K1	63 µg	37,9 µg	51
<b>Minerals</b>			
Potassium	0,8 g	500 mg	25
Calcium	0,4 g	240 mg	30
Phosphor	0,4 g	210 mg	30
Sodium	2.5 g	1.5 g	**
Magnesium	0,2 g	118 mg	31
Iron	9 mg	5,3 mg	38
Zinc	5 mg	3 mg	30
Copper	0,7 mg	0,4 mg	40
Manganese	1 mg	0,8 mg	40
Iodine	0,2 mg	100 µg	67
Selenium	35 µg	21 µg	38

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

\*\*no recommended daily amount specified

The nutritional values are based on average data and are subject to natural variation in products with natural raw materials.

Filling level dependent on technology used.

Store in a cool and dry place.

Made in Germany

## Contents 540 g powder produces 9 portions

Art. No. 1740

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