



Redukta-Plus Cappuccino

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

Interesting facts:

Redukta-Plus contains all important nutrients, minerals 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 Chocolate 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. Contains caffeine. Not recommended for children and pregnant women.

Ingredients: Skimmed Milk Powder, thickener Corn Starch, **Milk Protein**, dried Glucose Syrup, Dextrose, hardened Palm Oil, dietary fibre (**Wheat Bran** (4%) and Inulin (2%)), 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), Coffee Extract (2.5%), thickeners Guar Gum and Pectin, emulsifier **Soya Lecithin**, Cocoa Powder heavily deoiled, Flavoring, sweetener Steviol Glycosides from Stevia, emulsifier Sunflower Lecithin, 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 values	per 100 g powder	per ready-to-drink meal replacement (40 g powder with 200 ml milk (1,5 %))
Caloric value	1480 kJ 350 kcal	991 kJ 235 kcal
Fat of which	5.6 g	5.5 g
-saturated fatty acids	1.1 g	2.3 g
-monounsaturated fatty acids	1.1 g	1.3 g
-polyunsaturated fatty acids	2.9 g	1.3 g
Carbohydrates	49.7 g	29.5 g
-of which is sugar	26.1 g	20.0 g
Fiber	7,0 g	2.8 g
Protein	24.6	16.4 g
Salt	0.79 g	0.43 g
Caffeine	0.07 g	0.03 g

Kräuterhaus Sanct Bernhard

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



	per 100 g powder	per ready-to-drink meal replacement (40 g powder with 200 ml milk (1,5 %))	% of the recommended daily intake according to NRV* per meal replacement
Vitamins			
Vitamin C	53 mg	24 mg	30
Niacin	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
Foloc 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

Filling level for technical reasons.

Store in a cool, dry place.

Made in Germany

Contents 600 g powder makes 15 servings

Art. No. 1758

Eti0522