



## Redukta-Plus Cappuccino

Targeted weight loss & staying slim

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

### Interesting facts:

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 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, maize starch, **milk protein**, dried glucose syrup, dextrose, palm oil, dietary fibre (**wheat bran** (4 %) and inulin (2 %)), coffee extract (2.5 %), thickening agents guar gum and pectin; Minerals (potassium carbonate, potassium citrate, disodium hydrogen phosphate, magnesium oxide, sodium citrate, iron-II-gluconate, zinc gluconate, manganese-II-gluconate, copper gluconate, potassium iodide, sodium selenite), cocoa powder heavily de-oiled, sweetener steviol glycosides from stevia, flavouring, emulsifier 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), maltodextrin.

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

| Average nutritional values   | per 100 g<br>powder | per ready-to-drink<br>meal replacement<br>(40 g powder with<br>200 ml milk (1,5 %)) |
|------------------------------|---------------------|-------------------------------------------------------------------------------------|
| Caloric value                | 1480 kJ<br>350 kcal | 991 kJ<br>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              | 29.5g                                                                               |
| -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 |
|----------|--------|--------|

|                      | per 100 g powder  | per ready-to-drink<br>meal replacement<br>(40 g powder with<br>200 ml milk (1,5 %)) | % of the<br>recommended daily<br>intake according to<br>NRV* per meal<br>replacement |
|----------------------|-------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <b>Vitamins</b>      |                   |                                                                                     |                                                                                      |
| 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                                                                                   |
| Folac 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                                                                                   |
| <b>Minerals</b>      |                   |                                                                                     |                                                                                      |
| 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               | 197 µg            | 90 µg                                                                               | 60                                                                                   |
| 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

Eti0424