



Redukta-Plus Vanilla

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.

Not recommended for children and adolescents under the age of 17.

Ingredients: Skim Milk Powder, thickening agent Corn Starch, Dried Glucose Syrup, **Milk Protein**, Dextrose, Fibres **Wheat Bran** (4%) and Inulin (2%); Palm Oil, 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 and Pectin; Skim Milk Yogurt Powder, filler Maltodextrin, emulsifier **Soya Lecithin**, Natural Flavor, Vitamins (Vitamin C, Niacine, Vitamin E Succinate, Calcium D-Pantothenate, Vitamin B2, Vitamin B6 Hydrochloride, Vitamin B1 Mononitrate, Vitamin A Acetate, Folic Acid, Vitamin K1, Biotin, Vitamin D3), sweetener Steviol Glycosides, coloring Beta-Carotene.

Contains **Lactose** and **Milk Products**.

Average nutritional value	per 100 g powder	Ready-to-consume drink per meal substitute
Calorific value	1511 kJ 357 kcal	1003 kJ 238 kcal
Fat	5.8 g	5.5 g
of which are		
- saturated fatty acids	1.1 g	2.3 g
- monounsaturated fatty acids	1.2 g	1.3 g
- polyunsaturated fatty acids	2.9 g	1.2 g
Carbohydrates	52.5 g	30.6 g
- of which sugar	28.1 g	20.9 g
Dietary fibres	6.8 g	2.7 g
Protein	23.1 g	15.8 g
Salt	785 mg	431.25 mg

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 200 ml milk (1.5 %)	% of the recommended daily intake 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 acids	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	7 mg	3.3 mg	33 %
Mangan	1 mg	0.6 mg	30 %
Copper	0.7 mg	0.3 mg	30 %
Iodine	193 µg	45 µg	30 %
Selen	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

Store in a cool, dry place.

Made in Germany

Contents 600 g (= 15 portions à 40 g)

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