

# Shake it up!

Here are 3 delicious Almased shake recipes to get you started. Combine all ingredients in a blender and shake until smooth.

## *Carrot Cake Almased Shake*

- 8 Tbsp Almased
- 12 oz vanilla almond milk, unsweetened
- 1/4 cup carrot juice
- 1 tsp ground flaxseeds
- 1 Tbsp walnuts
- A pinch of cinnamon
- A pinch of nutmeg

365 calories, 31 g protein, 26 g carbs, 16 g fat



## *Chocolate Coconut Chia Smoothie*

- 8 Tbsp Almased
- 12 oz coconut milk, unsweetened
- 2 Tbsp cocoa powder, unsweetened
- 2 Tbsp chia seeds
- 1/2 ripe medium banana
- 1 cup kale
- Crushed ice

480 calories, 30 g protein, 55 g carbs, 22 g fat



## *Strawberry Almond Flaxtini*

- 8 Tbsp Almased
- 12 oz almond milk
- 1 Tbsp flaxseeds, cold-milled and ground
- 1 tsp strawberry extract
- Crushed ice

255 calories, 30 g protein, 18 g carbs, 7 g fat



**Almased®**

**\*Diabetic Friendly**

# The Weight Loss Program

Your guide to quick and permanent weight loss without the dreaded yo-yo effect

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Take the First Step to Permanent Weight Reduction

## *Dear Readers,*

Fad diets come and go. At any given time, one out of three women and one out of four men are on a diet. Unfortunately, two-thirds of dieters regain the weight within one year, and virtually all regain the weight they lost within five years. This is called the yo-yo effect. Very likely, you have experienced this vicious cycle yourself. You have fasted, popped pills, counted calories or devised your own systems to lose weight, only to end up unsatisfied with the results and possibly with a higher number on the scale than you started out with.

But now you have chosen Almased®, taking the first step to quick and permanent weight loss!

The Almased® success story began at a kitchen table in the German town of Bienenbüttel, where my father, the holistic therapist Hubertus Trouillé, blended a recipe that was intended to help his many patients activate their metabolism biologically. He noticed that doing so automatically results in the reduction of unhealthy body fat and realized that he had developed a successful formula to shed unwanted pounds and end the cycle of weight loss and gain.

Today, Almased® is Germany's best-selling weight loss product and has become a popular choice for Americans who want to lose or maintain their weight and support their overall health. The success of the Almased® weight loss phenomenon has been documented in over ten years of scientific research at renowned universities. The findings not only show the suc-

cess of Almased® on body weight and body composition, but also on the metabolism and performance levels.

This brochure will accompany you on your weight loss journey with Almased®. It will help you understand exactly what Almased® is, explain how it works and show you how Almased® can help you achieve the weight loss results you have always wanted. Additionally, you will get valuable advice on balanced nutrition and a healthy lifestyle. The Almased® plan is simple, easy to follow and will yield amazing results without the dreaded yo-yo effect.

Try it... simply because it works!



Sincerely,

*André Trouillé*

**André Trouillé**

President, Almased USA, Inc.

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**Impressed by Almased®:**  
**Catarsha Atkins**  
lost 75 lbs with Almased!  
Read her story on page 9.



# The weight loss phenomenon with successful results!

Many diets promise quick and permanent weight loss. Almased® can keep this promise – as research has shown!

**F**ew industries make promises as big as those of the diet industry. The media is full of them: “Dream figure in six weeks”, “Quick weight loss while eating anything you want”, “I lost 176 pounds in one year” – the list goes on and on. Almased® also makes promises: Quick and permanent weight loss without feeling hungry. Find out how we are able to keep this promise.

## What is Almased®?

All-natural Almased® is a powder made in a unique fermentation process from high-quality non-GMO soy, skim milk yogurt powder and enzyme-rich honey. It contains all important nutrients the body

needs, essential amino acids and enzymes for easy digestion. Almased® is gluten-free and contains no added sugars, preservatives, artificial, flavors, fillers or stimulants. Almased® has a low glycemic index and is diabetic friendly.

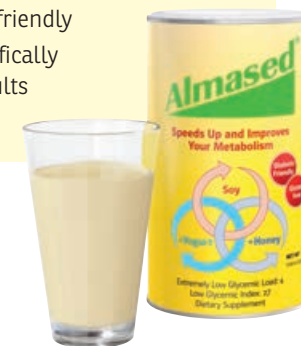
## Why is it important that Almased® helps to speed up the metabolism?

A well-functioning metabolism is not only important for weight loss but also for overall health. Unhealthy eating habits are one of the main causes of a slower metabolism – usually salt, sugar and fat intake are too high. However, the quality of our food is another problem: Industrial production, flavor enhancers and preservatives de-

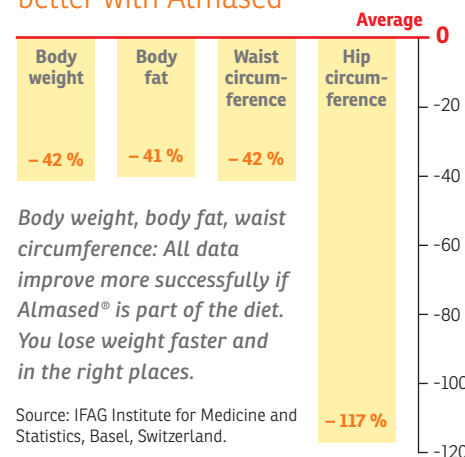


## The Almased® Weight Loss Phenomenon:

- Improves the metabolism, energy levels and overall well-being
- Helps burn body fat while retaining muscle mass
- Maintains a healthy blood sugar and thyroid function
- Promotes healthy levels of the satiety hormones leptin and ghrelin
- Is diabetic friendly
- Has scientifically shown results



## Scientific study: Every diet works better with Almased®



stroy important nutrients, amino acids and enzymes. As a result, a large number of people have an extremely slow metabolism. The body burns fewer calories, which can lead to weight gain, lack of energy and other complications. Almased® helps your metabolism to function at its optimal level. This not only leads to weight loss, but it also avoids the dreaded yo-yo effect. Since the metabolism doesn't slow down during the Almased® Diet, you can prevent regaining the lost weight once you eat regularly again.

## How does Almased® speed up the metabolism?

Almased® provides the body with optimal nutrients a regular diet may lack. It is a



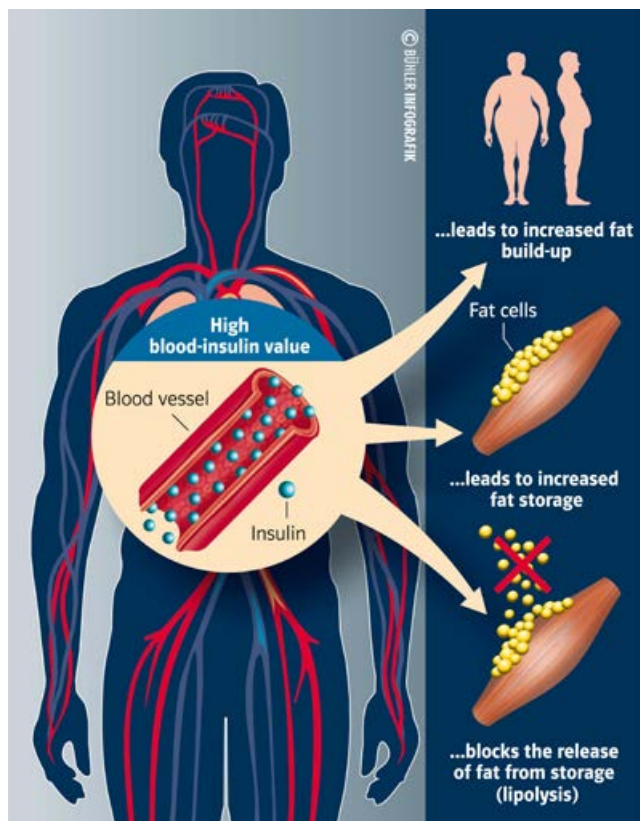
## Effects of high insulin levels

Almased® helps to maintain a healthy blood sugar and insulin level, resulting in an improved fat burning process.

“vital nourishment” in the true sense of the word. The honey enzymes in Almased® activate a fermentation process that ensures easy digestion and high bioavailability of the protein. Blending all of the raw ingredients leads to a synergistic effect. The components of one ingredient increase the benefits of the others. The result is a new, innovative dietary supplement: Almased®.

### How can you lose weight without feeling hungry when using Almased®?

The high-quality and easily digestible protein in Almased® ensures a long-lasting feeling of satiety. 50 g of the powder (180 kcal) keep you full for about four to five hours. Almased® promotes healthy levels of the satiety hormones leptin and ghrelin. It also helps to maintain your blood sugar level, which helps to avoid cravings. At the same time, Almased® boosts the metabolism, causing the body to burn more calories.



### Why do you lose mainly fat and not muscle mass on the Almased® Diet, unlike on other diets?

The glycemic index measures the effect of a carbohydrate-rich food item on the blood sugar level. Almased® has a very low glycemic index (27, glucose has 100). With a low glycemic index, the blood sugar level increases only slightly and the body releases a respectively lower amount of insulin. A lower insulin level helps the body burn more fat. Instead of using protein from muscle mass, the body takes its energy from fat deposits, as desired.

*“I dropped from 140 lbs to 120 lbs and I am never hungry on Almased”*

Lyndas Travis,  
Salida, CO

I began using Almased a little over six months ago. I would lose a pound here and there, but then return to old bad habits. So, about two to three months ago, I decided to really buckle down and do it right! I did two drinks a day with very light meals and homemade veggie juice in a blender.

Long story short, I dropped from 140 pounds to 120 pounds and I am never ever hungry on Almased! This has been a great accomplishment for me since I just had a baby 18 months ago and got up to almost 180 pounds! I have been carrying most of that weight up until now but to finally see it go away feels amazing! I will be a lifetime purchaser and have incorporated it into my whole new healthier lifestyle.



## Why should you drink Almased® even if you are not on a diet?

Almased® provides your body with many essential nutrients and cell protective phytochemicals. This helps to keep your metabolism active on a daily basis. You will have more energy and perform daily tasks more effortlessly. Almased® maintains healthy blood levels for body compounds such as cholesterol. It strengthens your immune system and is a good protein supplement for anybody, especially vegetarians, athletes and the elderly.

## How can Almased® help you lose weight while sleeping?

If you replace your dinner with Almased®, you speed up the fat burning process during the night. Almased® not only curbs your hunger but also improves thermogenesis, the conversion of fat into heat. The body takes the energy it needs for the nightly repair of cells that were damaged during the day from fat cells – you lose weight while sleeping.

## How does Almased® differ from other protein powders on the market?

Almased® is the only protein-rich powder that uses honey enzymes to activate the fermentation process from two protein sources (soy and skim milk yogurt powder). By using two sources of protein, Almased® gives the body the right amino acids to support cells during a calorie reduced diet, which ensures fat loss instead of muscle loss.

## What does science say about Almased®?

For over ten years, clinical studies have shown the success of Almased®. An expert panel of eight researchers supports all the core claims made about Almased® from a scientific viewpoint (see article on page 10).

## All-natural Almased® – uniquely made out of soy, yogurt and honey

*Almased® is made from non-GMO soy, yogurt and honey in a unique fermentation process. It does not contain any artificial flavors, fillers, added sugars, preservatives or stimulants. Almased® has a low glycemic index and is diabetic friendly.*



### Supplement Facts

Serving Size: 8 tablespoons (50g)

Servings Per Container: 10

Amount Per Serving	% Daily Value*
<b>Calories</b> 180	
Calories from Fat 9	
<b>Total Fat</b> 1.0g*	<b>1.5%</b>
Saturated Fat 0.5g*	<b>2.5%</b>
Trans Fat 0g	**
Polyunsaturated Fat 0.1g	**
Monounsaturated Fat 0.4g	**
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Potassium</b> 500mg	<b>14%</b>
<b>Total Carbohydrates</b> 15g*	<b>6%</b>
Dietary Fiber 0.5g*	<b>2%</b>
Sugars 15g	**
<b>Protein</b> 27g*	<b>54%</b>
Vitamin A 794 IU	16%
Vitamin C 16mg	27%
Vitamin E 6 IU	20%
Thiamin (Vitamin B1) .5mg	33%
Riboflavin (Vitamin B2) .6mg	35%
Vitamin B6 .7mg	35%
Calcium 215mg	22%
Iron 4.9mg	27%

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established.

Not a significant source of calories from fat.

*“I was just so skeptical – but boy was I impressed!”*

Back in 2008, after I made the decision to stop smoking cigarettes and while facing other stressful factors in my life, such as divorce, it seemed as if I instantly went from 140 lbs to a whopping 210 lbs overnight.

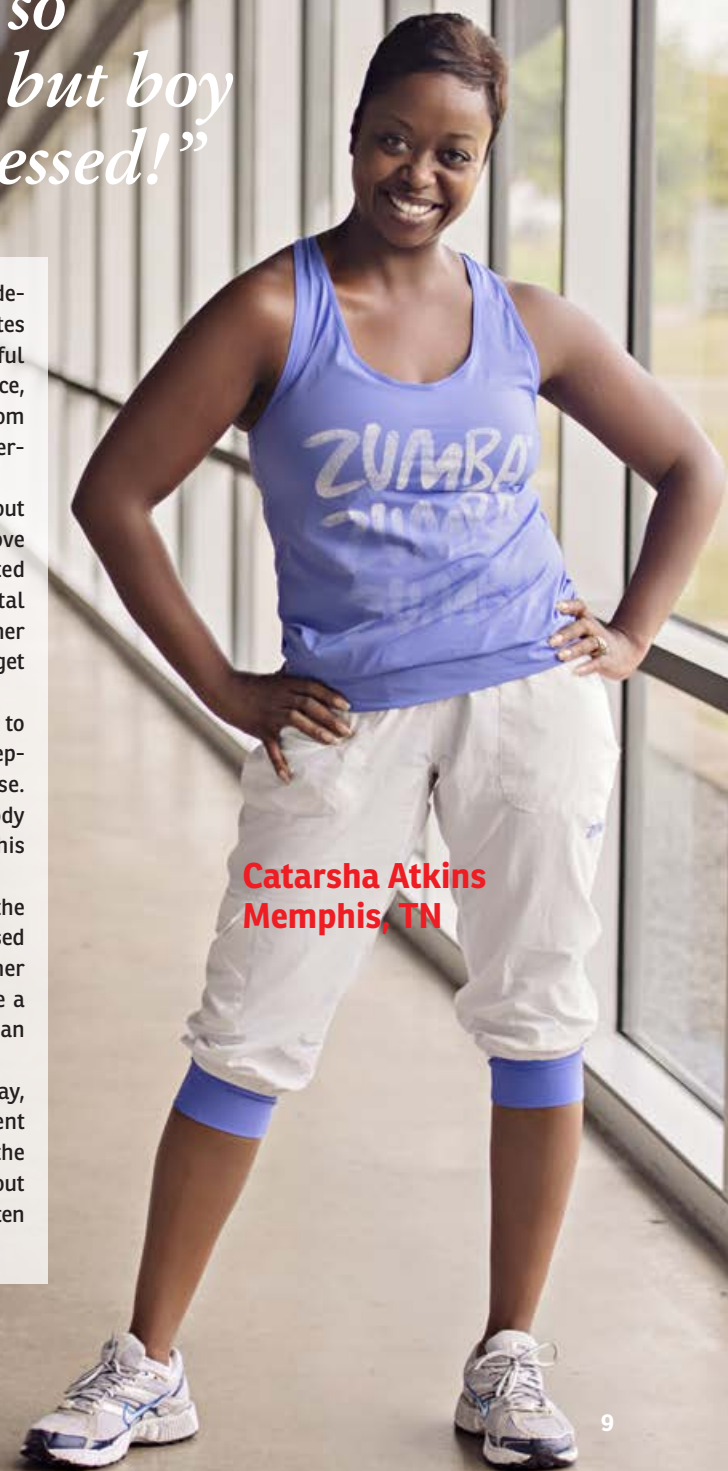
I eventually started working out and seeking other ways to improve my health, and in 2010, I visited a holistic wellness center (Total Body Cleanse) in which the owner suggested the Almased Diet to get the weight off.

I had tried so many things up to that point until I was just so skeptical about trying anything else. After my second visit to Total Body Cleanse, I decided to give “this stuff” a try.

Boy was I impressed! After the first week of following the Almased Diet and working out every other day, I was down 4 lbs. To make a long story short, the pounds began to continually disappear.

I still use Almased and today, I am 135 lbs and healthy! I went from a size 16 to a size 6 and the weight has stayed off. I brag about Almased to anyone who will listen now!

**Catarsha Atkins  
Memphis, TN**



# What science says about Almased®

For over ten years, scientists have been researching the effects of Almased®.

Helping people lose weight is by no means all that Almased® can do. In fact, the eight scientists who jointly drafted the statements on the right have come to the following conclusion:

- Almased® promotes successful weight loss as well as maintains a healthy blood sugar and insulin level while stimulating the fat-burning metabolism.
- It is recommended to use Almased® for a minimum period of six weeks.
- Even a dosage of 50 g (= 1 serving) once per day supports overall health and wellness.
- In a weight loss program, Almased® makes an excellent meal substitute with 50 g of Almased® once or twice per day.

## How Almased® works: Nine statements by eight German scientists

**This is what these scientists say unanimously: How Almased® can support successful weight loss, maintain a healthy blood sugar and healthy levels for body compounds such as cholesterol.**

- Almased® contains pure soy protein, yogurt and raw honey. A special processing method preserves the essential amino acids in Almased®.
- Unhealthy weight gain is associated with an increased leptin level. Almased® supports a healthy leptin level, thus influencing risk factors favorably.
- Almased® supports healthy insulin levels while stimulating fat reduction and inhibiting fat storage.
- The tissue hormone ghrelin, which is produced by stomach cells, is an indicator of the sensation of satiety. Almased® supports the ghrelin level, thereby reducing appetite sustainably.
- Almased® has a positive effect on the body fat vs. muscle mass ratio. If combined with physical activity, it can reduce fat deposits in the abdomen and hip area.
- In a weight loss program, Almased® helps to exclusively burn body fat without reducing muscle mass.
- Weight loss achieved with Almased® is helpful in changing nutritional behavior and keeps the weight off long-term.
- 50 g of Almased® per day help maintain a healthy blood sugar level.
- A weight loss program using Almased® helps maintain healthy blood levels for body compounds such as cholesterol.

## These scientists have formulated the above listed statements together:



**Wolfgang Grebe, MD**  
Board member of the Association of German Specialists in Internal Medicine (BDI), Frankenberg



**Professor Günter Linss, MD**  
Medical Director of Henningsdorf Medical Center, University Teaching Hospital of the Charité Berlin



**Peter Sauermann, Medical Consultant**  
Financial Committee Chair of the German Assoc. of CHI Physicians



**Professor Jörg Schulz, MD**  
Consultant of HELIOS Medical Center, Berlin-Buch



**Professor Aloys Berg, MD**  
Rehabilitative and Preventive Sports Medicine, University Clinic of Freiburg



**Dr. rer. nat. Kerstin Kempf**  
Director of the Study Center of the West-German Center of Diabetes and Health, Düsseldorf



**Prof. Ulrich Borchard, MD**  
Institute of Pharmacology and Clinical Pharmacology, University of Düsseldorf



**Professor Burkhard Weisser, MD**  
Director of the Institute of Sports and Sports Science, Christian Albrechts University, Kiel



# Weight loss with Almased® – this is how it works

Losing weight with Almased® is easy. Simply follow the four phases of the Almased® Diet as outlined below and you will see and feel how your body and health change for the better!

**T**he Almased® weight loss program is divided into four simple phases that are explained on the following pages:

1. Starting Phase
2. Reduction Phase
3. Stability Phase
4. Life Phase

During each phase, you will consume delicious Almased® shakes.

### Prepare each Almased® shake as follows:

Determine the correct amount of Almased® powder for each shake, depending on your body height:

under 5'6" use 6 Tbsp Almased® per shake  
5'6" to 6'0" use 8 Tbsp Almased® per shake  
over 6'0" use 10 Tbsp Almased® per shake

8 Tbsp equal 50 g of Almased®  
(= 1 serving).

Mix the appropriate amount of Almased® in 10 to 12 oz of bottled or filtered water, skim, almond or soy milk. We see best results when Almased® is mixed in water.

Never use hot liquids or water with chlorine because the special enzymes in Almased® that help to burn body fat will be destroyed. Add 1-2 teaspoons of olive, flaxseed or walnut oil to each shake to ensure an adequate supply of essential fatty acids.

Flavor your Almased® shake with your favorite ingredients, such as cinnamon, unsweetened cocoa powder or extracts like vanilla or almond. Almased® should be made fresh and consumed immediately.

*Now that you know how to prepare your Almased® shakes, you are ready to get started!*



The Almased® Figure Plan: The 14-Day-Program outlines a two-week diet program with Almased® and includes healthy and delicious recipes.

*“During the 5 months of using Almased, I lost 40 lbs.”*

I know I was never skinny, but when I stepped on the scale one day, it hit me. The scale showed me 230 lbs. I was shocked. I didn't think I was that heavy. I was 19 and decided to lose a little bit of weight. I am 6'3, so I never was fat, just a little bit chubby.

I told my mom that I wanted to lose weight. She was very supportive and told me about a friend of hers who lost weight with Almased. I was skeptical at the beginning, but I thought it was worth giving it a try. So I started and watched what I was eating and did some sport.

I started to lose weight and felt really happy. I started to gain more self-esteem and noticed that more and more people in school started talking to me and told me how great I look. During the 5 months of using Almased, I lost 40 lbs.

I am a very happy and even more outgoing person now. Almased helped me so much. I still use it if I have to lose some weight for a special event. Thank you! :)

**Ole Lucassen**  
Philadelphia, PA





## 1. Starting Phase

**T**he goal of the Starting Phase is to reset your metabolism in order to increase your fat burning process. You can stay in this phase for just a couple of days or extend it up to two weeks, as long as you feel good.

**During the Starting Phase, you will not consume any solid food but have three Almased® shakes a day as well as a minimum of 8-12 cups of calorie-free liquids (e.g. water, fruit tea, herbal tea).**



You can also have 1-2 cups of coffee daily. Fluids are very important during this phase to avoid dehydration and to flush out the body since it detoxifies heavily during the Starting Phase. You should also prepare a fresh vegetable broth and consume it between your Almased® shakes. The vegetable broth provides you with important vitamins and antioxidants to fight free radicals you may be producing during this phase. It will also help to curb your appetite in between meals and will add to your daily amount of liquids. In order to make the vegetable broth, simply cut about 1/2 lb of vitamin-rich vegetables into cubes, such as spinach, broccoli, carrots, tomatoes, peppers, onions, leek, etc. Add about 1.5-2 quarts of water and cook until soft, approximately five



*Consuming vegetable broth is important during the Starting Phase to supply your body with additional nutrients.*

minutes in a pressure cooker or longer in a regular pot. Pour the cooked vegetable broth through a strainer to filter out the solid pieces. You can season the vegetable broth with spices and herbs, but go lean on the salt.

You should not consume alcoholic beverages, sodas and fruit juices during the Starting Phase and limit their consumption throughout the rest of the diet because of added calories and sugars.

*“Once I started on the Almased Diet program, I lost 30 lbs. Now I feel free to study dance.”*

Before I started on Almased, I was 170 lbs. I am a dancer so being that heavy made me very insecure. I tried different diets to lose weight, but nothing worked.

Once I started on the Almased Diet program, I lost 30 lbs. Now I feel free to study dance because I feel healthy and good about the way I look. I plan on incorporating Almased into my diet for the rest of my life.

**Dana N.,  
Aurora, IL**



## 2. Reduction Phase

**A**fter the Starting Phase, you move on to the Reduction Phase in which your body actively burns fat and sheds those unwanted pounds. You can stay in this phase until you have reached your desired goal weight.

**During the Reduction Phase, you will have two Almased® shakes and one regular, well-balanced meal.**



Ideally, you would have this meal for lunch and consume your Almased® shakes for breakfast and dinner. However, you can alternate this schedule according to your daily routine, e.g. have Almased® for breakfast and lunch and eat the regular meal for dinner. The meal should have around 500 calories and should consist of plenty of raw, steamed or cooked vegetables, lean protein such as chicken, fish or tofu, and a small serv-

ing of whole grains like quinoa, brown rice, whole wheat bread or whole grain pasta. You can also enjoy some low-fat dairy products such as plain yogurt or Greek yogurt, or a handful of nuts.

Keep in mind that beneficial oils like olive oil (especially extra virgin olive oil), flaxseed or walnut oil have essential nutrients such as omega-3 fatty acids and should therefore be consumed on a daily basis, in moderation. We recommend 2-3 tablespoons daily. You can subtract the oil you add to your Almased® shakes from this amount. You should limit the amount of fruit you consume during the Almased® Diet. Fruit contains fructose, which can disturb the weight loss process. Therefore, we recommend that you eat vegetables rather than fruit.

It is important that you continue to drink a minimum of 8-12 cups of calorie-free fluids throughout the day. You should avoid snacking in between meals.

*Example for a Reduction Day meal: 3-4 oz of skinless chicken, 1-2 cups of vegetables or a colorful salad with olive oil and vinegar, and ½ cup of brown rice. Remember to keep drinking plenty of fluids.*



**Amy W. Chapin, SC**

*“I just finished my novice triathlon season ...I never could have done any of this before getting on Almased and dropping 74 lbs.”*

In March of 2012, my doctor told me my weight was at 198 pounds. I thought running a full 5k was impossible due to my weight and health.

I began living a healthier lifestyle and lost about 5 pounds before trying Almased. By July, I lost about 50 pounds with Almased and was feeling great.



I joined our local YMCA and began working out. I completed my first post-Almased 5k in November with a time of 28 minutes. I am now at a very healthy 130 pounds.

My doctors say my health is excellent, and I finished my first 10k race in 58 minutes. I am competing in my first indoor triathlon in February 2013 and just finished my novice triathlon season...I never could have done any of this before getting on Almased and dropping 74 pounds I had been fighting to lose for almost 10 years. Almased gave me my health back and made the impossible a possibility!



## 3. Stability Phase

Once you have reached your target weight and your healthy body fat content, you begin the Stability Phase. This phase will get your body accustomed slowly to an increased calorie intake and will stabilize your metabolism on a level where fat is actively burned. This ensures that you maintain your new weight long-term. You will also continue to lose weight during this phase, but at a slower pace.

**During the Stability Phase, you will have one Almased® shake and two solid meals per day.**



The same rules apply for the meals as in the Reduction Phase. Preferably, you should consume your Almased® shake for dinner, but just like in the Reduction Phase, the schedule can be adjusted to your daily routine.

Keep in mind that you have entered into a critical phase. You need to accustom your body slowly to an increased calorie intake. Remain in the Stability Phase for several weeks to guarantee the emptied fat cells stay empty and avoid the yo-yo effect. With perseverance and sensible food, you can manage your new-found target weight. In this phase, it is still important to drink a minimum of 8-12 cups of calorie-free liquids per day.

## 4. Life Phase

After the Stability Phase, you move on to the Life Phase. You will live life to the fullest while continuing to enjoy Almased® as part of your daily meal plan.

**During the Life Phase, you can have three solid meals per day, plus one delicious Almased® shake in addition.**



Keep in mind the rules for the meals in the Reduction and the Stability Phase. Avoid snacking. To keep the metabolism active, one serving of Almased® should be taken daily in addition. You can have it with breakfast, consume it as a drink or add it to your cold cereal or yogurt. If you want to continue losing weight, you should eat fewer carbohydrate-rich sides for dinner or avoid them altogether.

Exercising is not a requirement to have success with the Almased® Diet. However, light to moderate exercise has important health benefits, burns more calories and increases lean muscle mass. Therefore, we strongly recommend exercise, even if it's only light exercise, along with all phases of the Almased® weight loss program.



**John H.,  
St. Pete, FL**

There are experiences in life that you can either ignore or take to heart. After having a stroke six years ago and a heart attack some recently, I knew I had to lose some weight and be healthier.

I couldn't find any kind of program that fit my lifestyle until one day, I was watching the Ray's baseball game on TV – my wife and I are big Rays fans by the way and even got married at Tropicana Field, where the Rays play. Anyway, I was watching the game and Almased's sign popped up behind the home plate. After seeing it, I did some research and I thought, you know, this might look like something that could work because it's easy. I then did some further research on the product and it all made sense. I can lose the weight and not muscle mass. Also, I kind of figured if it's the biggest selling weight loss product from Germany, they probably know what they're doing. So...I bought some and I started on it, went in hard and just stayed at it for four months. It has been amazing, absolutely remarkable how the weight came off. As of today, I am 29 pounds lighter and I feel great. Almased has helped me dramatically. I am maintaining my blood sugar levels and am staying heart-healthy. Lots of good things have happened because of Almased.

***“Today I am  
29 lbs lighter  
and I feel  
great.”***



# What else Almased® can do for you

**Almased® not only supports weight loss, it is a complete wellness product as well as a great protein supplement. Almased® can support you in many different ways.**

**A**lmased® improves your energy level, strengthens your immune system and increases your productivity and mood. It also supports a healthy cortisol level, which may help to reduce stress. The amino acids arginine and lysine in Almased® may promote the “youth hormone” HGH, which is often used as an anti-aging method. Additionally, Almased® is a great protein supplement and ideal as a healthy snack in between meals.

## **Fasting:**

Fasting is popular with many people for many different reasons, including detoxification and weight loss. However, a classic fast (consuming only water and calorie-free liquids such as tea and broth) has two disadvantages: You feel hungry and lose mainly water and muscle mass, not fat. This often results in regaining the lost weight quickly after the end of the fast. Fasting with Almased® allows you to bene-

fit from the positive effects of a fast while receiving all fundamental nutrients and the protein necessary to avoid muscle loss. Due to excessive weight loss while fasting, we do not recommend this diet for people with diagnosed health problems. Please consult your health care provider to determine if fasting is right for you.

To find out more about fasting with Almased®, read our Fasting Figure Plan.



*More than weight loss: Almased® is a complete health and wellness product that benefits your overall well-being.*



## **Start your day with more energy**

Almased® contains important essential nutrients and cell protective phytochemicals. It supports restful sleep and nightly cell regeneration. You will wake up feeling refreshed and awake in the morning.



## **Strengthen your immune system**

Almased® provides the body with lactic acid and active lactic acid bacteria, which have a beneficial effect on intestinal bacteria and intestinal mucosa. Thus, Almased® helps to strengthen your immune system.



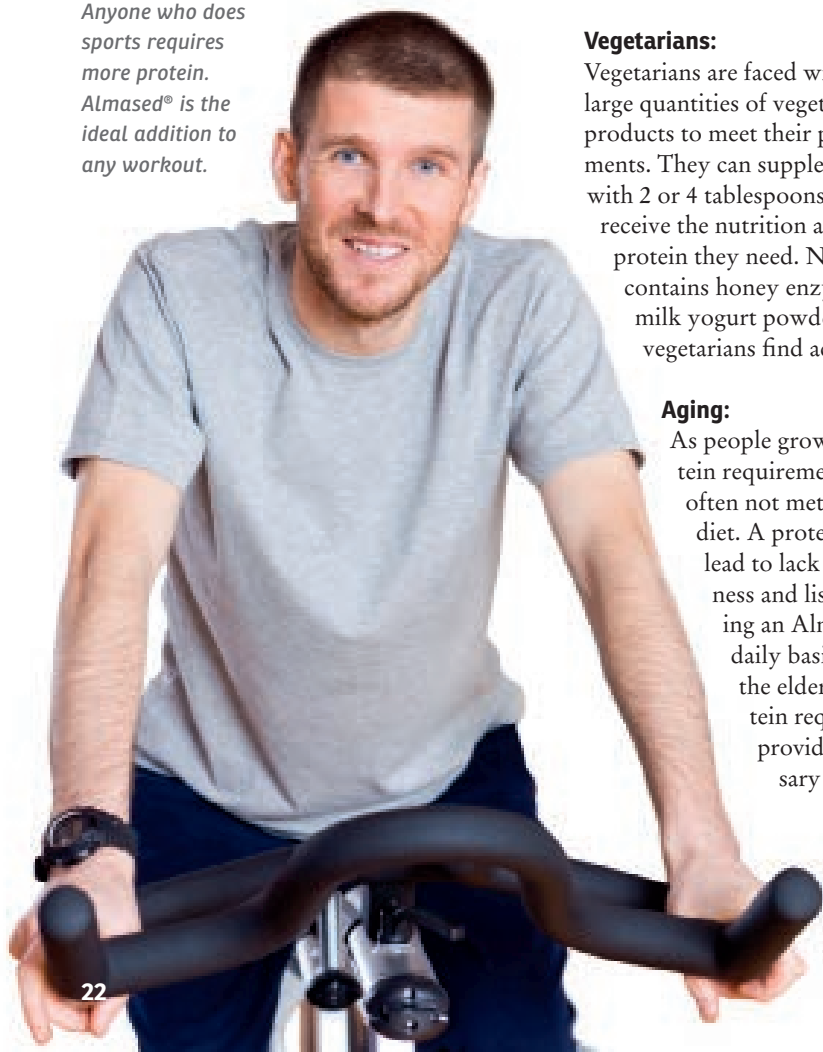
## **Increase your productivity**

Almased® boosts the metabolism and contributes to improved cell renewal, leaving you full of energy and in a better mood. Your performance at daily tasks and ability to concentrate will increase.

## Athletes and intense physical activity:

Anyone who does sports or physical activity, either as a hobby or as a professional athlete, requires more protein for strength and regeneration than people who don't exercise. Almased® is an especially suitable protein supplement for athletes because it contains high-quality soy protein as well as a high amount of essential and branched-

*Anyone who does sports requires more protein. Almased® is the ideal addition to any workout.*



chain amino acids. People who work out strenuously, especially athletes who participate in high-performance sports, can supplement their daily diet with up to 100 g (2 servings) of Almased®. A study with the German National Swimming Team under the supervision of their team doctor showed that it is best to drink a glass of Almased® before as well as up to one hour after exercising.

## Vegetarians:

Vegetarians are faced with having to eat large quantities of vegetables and milk products to meet their protein requirements. They can supplement their diet with 2 or 4 tablespoons of Almased® and receive the nutrition and high-quality protein they need. NOTE: Almased® contains honey enzymes and skim milk yogurt powder, which many vegetarians find acceptable.

## Aging:

As people grow older, their protein requirements increase but are often not met through their daily diet. A protein deficiency can lead to lack of energy, tiredness and listlessness. Consuming an Almased® shake on a daily basis can not only help the elderly meet their protein requirements, but also provides them with necessary nutrients and essential amino acids to invigorate the body's metabolism.



## Pregnancy and breastfeeding:

During pregnancy and breastfeeding, women need high-quality nutrition. The body needs extra support, as the growth of new life requires a lot of protein. Adding up to 8 tablespoons of Almased® daily can be a supportive addition to the daily nutrition. NOTE: Only take Almased® as a supplement to your regular diet. Do not diet during pregnancy or while breastfeeding!

## Children:

Cutting out a meal and using a meal replacement is not beneficial for children because they are still in their growth period. However, children can use Almased® as a supplement in addition to their everyday diet. It has actually been shown that Almased® can support the attention span of children/adolescents in school and is also beneficial in sport activities. The emphasis should be on a protein-rich and well-balanced diet. That's why Almased® would be ideal as a supplement to the diet. Children can use 1 heaping tablespoon of Almased® mixed in cold

liquids twice a day, in the morning and before bedtime. Almased® can also be used as a healthy snack, preventing children from eating chips, ice-cream or other unhealthy options.

## The Almased® Wellness Tea:

In addition to the Almased® powder, Almased® also offers the Wellness Tea, a delicious loose leaf tea made from select herbs, including whitethorn, elder blossom, marjoram, woodruff and celery. The Almased® Wellness Tea supports circulation, stimulates digestion and promotes restfulness and sleep. The tea is naturally caffeine-free and is the perfect complement to Almased®. Try it for breakfast, in the evening or as an iced beverage anytime.

*The perfect complement to Almased®:  
The Almased® Wellness Tea.*





# Healthy nutrition – all you need to know

**All you need to know about healthy nutrition and a well-balanced diet to maintain your weight and stay healthy.**

**T**he most important rule when it comes to nutrition is that you should provide your body with a well-balanced, diverse diet that favors fat-reduced and fiber-rich foods as well as slow-energizing carbohydrates. Once you have reached your goal weight with the Almased® Diet, it is important that you do not fall back into your old eating habits but continue to eat healthy. There are no strictly prohibited food items. Moderation is the key! Only eat snacks if hunger demands it or if you have an elevated nutrition requirement (e.g. due to exercise, pregnancy, breastfeeding, etc.). A healthy snack should consist of fewer fruits and more vegetables, nuts, whole grains or low-fat milk products. You can also have half a shake of Almased® as a snack, which provides you with nutrients and energy.

To ensure that your body gets its daily necessary nutrients, your diet should include a balanced intake of the following:

- **Carbohydrates**
- **Protein**
- **Fat**
- **Fiber**
- **Vitamins**
- **Dietary Minerals & Trace Elements**

## **Carbohydrates**

**Carbohydrates mainly provide energy – but not all are created equal.**

Carbohydrates are one of the three main nutrients required by the body, besides protein and fat, and mainly provide energy. Only to a limited extent are they utilized as building material for the body. The daily intake of carbohydrates should be only 40% of your total energy intake (based on a recommendation by the Joslin Diabetes Center).

*Whole grains are good for you: Eating whole grains reduces the risk of many chronic diseases.*



Note that not all carbohydrate-rich foods are created equal and that they have quite different effects on your body. The glycemic index (GI) describes this difference by measuring how 50 g of carbohydrates increase the blood sugar level. Choosing carbohydrates with a low glycemic index – meaning they produce only small fluctuations in blood sugar and insulin levels – is the secret to long-term health. It is also the key to maintaining your weight.

A GI of 70 or more is high, a GI of 56 to 69 is medium and a GI of 55 or less is low. The glycemic index of Almased® is only 27. To calculate the exact effect of a food item on the blood sugar level – the glycemic load (GL) – we have to take portion size and the amount of carbohydrates into account. An example: One serving (50 g) of Almased® contains 15 g of carbohydrates. Almased®'s glycemic index is 27. 27% of 15 equals 4, which means that the glycemic load of one serving of Almased® is 4. A GL of 20 and more is considered high, a GL of 11 to 19 is medium and a GL of 10 or less is low. Therefore, the glycemic load of one serving of Almased®, 4, is very low.

In order to keep the fat burning process functioning at an optimal level, strong variations in blood sugar and insulin levels should be avoided. Therefore, try to eat carbohydrates with a low glycemic index and choose whole grain products. Whole grains contain the entire kernel and all the essential parts and naturally occurring nutrients of the entire grain seed. Examples of whole grains are amaranth, barley, brown

rice, buckwheat, bulgur, millet, oatmeal, quinoa, whole cornmeal, whole wheat flour and wild rice. Popcorn is also considered a whole grain, preferably without butter.



*Cold-water fish, such as salmon, is rich in protein and delivers valuable omega-3 fatty acids.*

## **Protein**

**Building blocks for cells and different hormones.**

Protein is a basic nutritional element. It is composed of single amino acids and provides the body with building blocks for cells and different hormones (enzymes and defense factors). The weight-reducing effect of protein can be explained by the fact that it causes a higher thermogenesis (heat production) than other macronutrients (carbohydrates and fat). The thermo-

genesis usually accounts for 8-15% of the total daily energy expenditure (calories burned).

After protein ingestion, the heat development is 18-25%, clearly higher than after the intake of the same energy content from fat (2-4%) or carbohydrates (4-7%). Protein-rich meals cause a sustained high thermogenesis that is about twice as long as after meals rich in carbohydrates and fat of the same energy content. Food items rich in protein are lean meat, fish, milk and milk products (especially Greek yogurt), eggs, legumes (beans, soy) and multi-grain products.

Depending on age and gender, it is recommended to eat 0.8-1.2 g of protein per 2.2 lbs of body weight. The often exaggerated intake of animal protein (especially meat) that is wide-spread in industrial countries is unfavorable because it is usually combined with an elevated supply of fat and cholesterol.

*Extra virgin olive oil is a valuable source of unsaturated fatty acids.*



Even without animal protein, you can consume an adequate supply of protein through the perfect combination of vegetarian protein carriers (e.g. beans and grains). The high-quality soy protein in Almased® is ideal to help meet your daily protein requirements. Especially during a weight loss program, protein intake should be about 30% of the total calorie intake.

## **Fat**

**Fat is not all bad – it transports vitamins and builds cell membranes.**

Fat is the main energy supplier for the human organism. It is an important part of the cell membranes and a carrier of fat-soluble vitamins. Fat is stored in fat deposits in the body and can be reduced during energy demand (e.g. endurance exercise, hunger). Because of its long duration in the stomach, fat has a high saturation value. Fat, contrary to protein, is mainly a supplier of energy and a source of essential multiple unsaturated fatty acids. Food items such as oil, nuts, butter, creams and meat contain a large amount of fat. The fat content of other food items, like many deli meats and cakes, is often underestimated.

A high intake of fat, especially animal fat (saturated fat), causes a higher risk for arteriosclerosis. The daily intake of fat should be approximately 30% of the total energy supply. It is important that you consume healthy fatty acids of high quality on a daily basis, including omega-3 fatty acids.

Omega-3s improve blood flow, lower certain blood fat values and have been shown to have a beneficial impact on people who suffer from thrombosis or heart problems. To meet your healthy fat requirements, include about 2-3 Tbsp of oil (such as extra virgin olive, flaxseed, or walnut oil) into your daily diet and eat cold-water fish such as salmon or mackerel.

Ultimately, it is not the supply of certain fatty acids that is most important but the relationship between the individual unsaturated fatty acids (ratio of omega-6 to omega-3 fatty acids) in an overall limited fat intake. Any excess in any given direction will result in more or less negative consequences.

*A healthy breakfast cereal is rich in fiber but also rich in carbohydrates.*



## **Fiber**

**Fiber is good for you – it keeps you regular and may help maintain healthy blood compounds such as cholesterol.**

Eating fiber is very healthy for your body. Not only does it keep your digestive tract in top shape, it can also help you lose weight. Fiber normalizes bowel movements by reducing transit time, which is the time it takes for food to travel through the digestive tract. This results in a more complete evacuation of waste material.

There are two types of fiber: Water-soluble and water-insoluble fiber. Water-soluble fiber is believed to support healthy cholesterol and blood sugar levels. Here is how it works: Bile acids are made from cholesterol and assist in fat absorption. Fiber binds with the acids and guides them out of the body. The liver then has to pull more cholesterol from the blood. As a result, chole-



terol levels decrease. The body's blood sugar level is stabilized by the slower carbohydrate absorption into the blood, which lowers the body's requirement for insulin.

Water-soluble fiber is found in oat bran, legumes, psyllium, nuts, beans and pectins (complex carbohydrates in ripe fruits and certain vegetables). Water-insoluble fiber helps to produce bowel movements and a meticulous "cleaning" of the intestinal walls, reducing the risk of colon-related problems. Water-insoluble fiber is found in cereals, bran and vegetables.

Most Americans consume 10-15 g of fiber a day. The recommended daily fiber intake for optimal health is around 40 g. Make sure you get enough fiber throughout the day. Ideal fiber-rich food sources are flaxseeds, psyllium husk and chia seeds.

Because fiber is low in calories and produces a feeling of satiety, it reduces the desire to snack, which equals eating less and can help with weight loss.

## Vitamins

### **Vitamins are necessary to keep up certain body functions.**

Vitamins are essential elements, many of which cannot be produced in sufficient quantities by the body itself and need to be provided through food, e.g. vegetables. If your overall food intake is reduced or imbalanced, it might be helpful to take vitamin supplements. Vitamins are neither building materials for the body nor are they energy suppliers.

They are, however, necessary to keep up certain body functions. According to their different soluble characteristics, vitamins

are separated into two groups: Fat-soluble (vitamins A, D, E and K) and water-soluble (vitamin C and B vitamins). The B vitamins (B1, B2, B6, B12, niacin, pantothenic acid, folic acid and biotin) are effective as a component of enzymes (coenzymes). Many vitamin pills on the market today are not easily broken down by the body and end up being eliminated as waste. Therefore, try to get a food-based vitamin supplement.

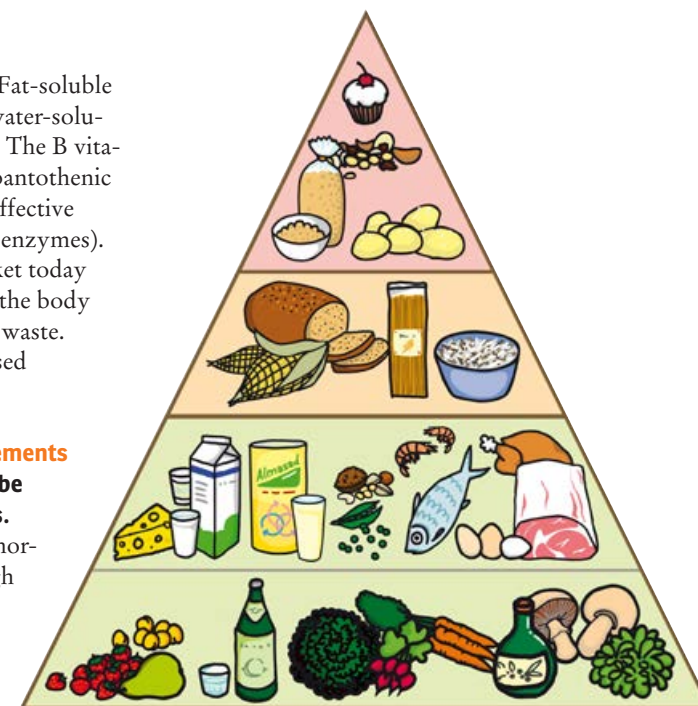
## Dietary Minerals and Trace Elements

### **Supplementing your diet may be beneficial to avoid deficiencies.**

Dietary minerals are essential inorganic nutrients supplied through food and utilized for multiple functions. Minerals are divided into major elements and trace elements. The body contains relatively high amounts of major elements and only small amounts of trace elements.

Major elements include sodium, potassium, calcium, magnesium, chloride, phosphate and sulfur, while trace elements are iron, iodine and selenium. All in all, there are over 20 trace elements. Through altered growth methods and industrial manufacturing processes, our food items are often poor in important minerals.

Certain elements like zinc, selenium and manganese can be called deficiency elements. Supplementing your daily diet not only with vitamins but also minerals (including trace elements) may be necessary to improve health and quality of life.



□ infrequently □ occasionally □ every day

## Low Glycemic Food Pyramid

To help you with the selection and combination of foods for a healthy, balanced diet, you should take macro- and micronutrients into consideration. The illustration of the Low Glycemic Index Pyramid above is prepared according to the nutrition rules of the glycemic index. Eating according to this pyramid, drinking plenty of calorie-free liquids and adding Almased® to your daily meal plan can promote long-term health and is the key to sustainable weight loss.



# Know your calorie needs and become more active

Calculating your calorie needs is important for weight loss and weight maintenance, but it isn't the only thing that matters. Physical activity is the key to success.

For successful weight loss and weight maintenance, perseverance and consideration are required. Learning how to control portion sizes and eat in moderation is much better than total restriction. Extremely one-sided diets and diets that promise immense weight loss in the shortest possible time are not recommended. They will reduce your weight in the short-term but over time will deprive you of nutrients and result in the yo-yo effect. Long-term success is hardly attainable with these kinds of diets. Diet pills are strongly discouraged because they may lead to dependency with regular usage and do not provide the balance of nutrition needed for long-term weight loss success.

We suggest examining your own eating habits very closely to discover possible unhealthy eating patterns. You should eat slowly, enjoy your food and only eat if you are truly hungry. Do not try to lose weight by limiting fluids. You need to make sure that you drink enough liquids throughout the day (at least 8-10 cups). Please keep in mind that the quality of the food you eat is more important than counting calories. A high-quality diet automatically leads to a fitter and thinner you. Almased® is a premier high-quality food.

## Calculate your calorie needs

The daily energy requirement results simply from basic conversion of body fat necessary to maintain vital organ functions like breathing as well as heart, kidney and brain activity in the resting person. The ba-

## Activity burns calories\*

Activity	Body weight and burned calories per hour			
	130 lbs	180 lbs	220 lbs	330 lbs
walking, 2 mph	150	180	230	300
walking, 3 mph	200	240	300	400
walking, 4 mph	300	360	450	600
house work	150	180	230	300
garden work	250	300	380	500
dancing	200	240	300	400
cycling, 9 mph	300	360	450	600
running, 5 mph	300	360	450	600
running, 6 mph	450	550	700	900
running, 7.5 mph	600	750	950	1200
tennis/ball sports	300	360	450	600
swimming slowly	300	360	450	600
hiking	300	360	450	600
cross-country skiing	450	550	700	900

sic conversion is influenced by factors like body composition, the relation of the body surface to body weight, gender, age and hormonal regulation. The basic conversion is indicated with an average of 1 kcal per 2.2 lbs body weight per hour, for women, it is 10% lower with regard to body weight. Acute and chronic illnesses like fever can raise the basic conversion.

Weight loss always means adjustment of the daily energy intake to a lower level. Weight maintenance means to not consume

more calories than the daily energy requirement. This means that after a weight loss program, the only way to stabilize your body weight is to change your lifestyle by reducing calorie intake or burning more calories through increased physical activity.

For a 6'0" tall man, this means that after going from 211 lbs (estimated energy intake: 2750 kcal) to 185 lbs (energy intake: 2500 kcal), the daily energy intake needs to be lowered by 250 kcal. With all calculations, however, you



*Vigorous running burns up to 800 calories per hour, sitting while watching TV burns only 30 calories.*

\* Depending on intensity, age and fitness, the calorie count can differ substantially. Compared to men with the same weight, women burn 10 to 20% less calories. Source: Deutsches Ärzteblatt (German Magazine for Physicians), March 2000.



need to consider that the energy requirements decrease with age and lowered body weight. The energy requirement is reduced by about 10% between the age of 33 and 55 and by another 15% between the age of 55 and 75. Energy consumption should be adjusted accordingly. The reduced energy requirement due to age is explained by a loss of muscle mass. This loss can be avoided through physical activity.

## Be more active

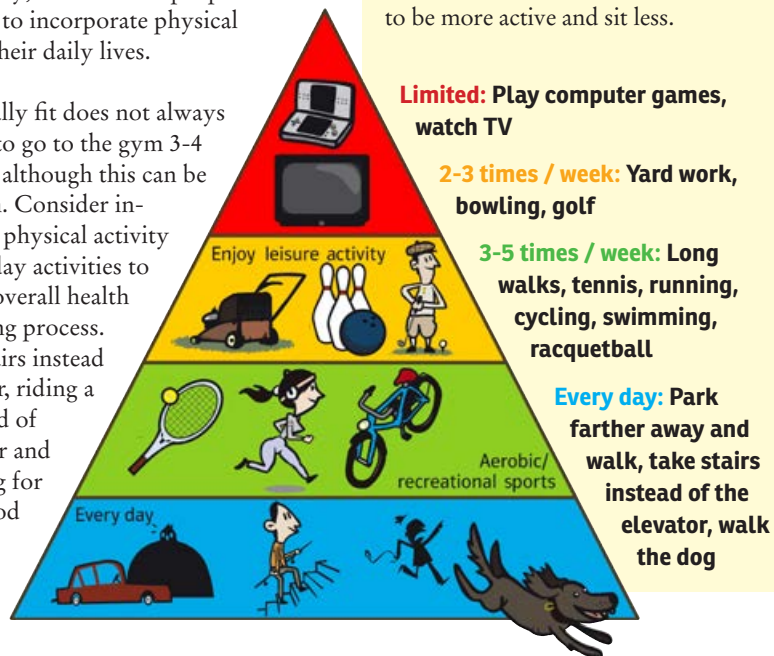
Exercise increases muscle mass, spurs energy consumption and can help with weight loss and weight maintenance. As stated by the Surgeon General, more than 60% of American adults are not regularly physically active. It is important to emphasize the amount rather than the intensity of physical activity, which offers people more options to incorporate physical activity into their daily lives.

Being physically fit does not always mean having to go to the gym 3-4 times a week, although this can be a good option. Consider increasing your physical activity during everyday activities to benefit your overall health and fat burning process. Taking the stairs instead of the elevator, riding a bicycle instead of driving the car and taking the dog for a walk are good ways to inte-

grate exercise into your daily routine. Through a modest increase in daily activity, most Americans can improve their health and quality of life. Your activities can vary from day to day. Activity studies show that healthy people and the chronically ill are both capable of performing physical activities like climbing stairs, doing yard work, hiking and cycling to produce equally therapeutic benefits.

## Activity Pyramid

Start your weekly activity plan with the base of the pyramid. Enhance your fitness if possible by choosing other activities from the pyramid by moving up. Design activities that will allow you to be more active and sit less.



# The Almased® Wellness Tea

## The perfect complement to Almased®

This delicious loose leaf tea is a blend of select all-natural herbs, including white-thorn, elder blossom, marjoram, woodruff and celery. The tea is naturally caffeine-free and promotes restfulness and sleep. **Try it for breakfast, in the evening or as an iced beverage anytime!**



## Herbal Benefits

**The Almased® Wellness Tea promotes general health and well-being**

### Whitethorn:

- Supports cardiovascular functions
- Positively affects fat metabolism
- Has anti-oxidant properties

### Elder Blossom:

- Helps with a good night's sleep
- Supports circulatory & digestive systems
- Supports the immune system

### Marjoram:

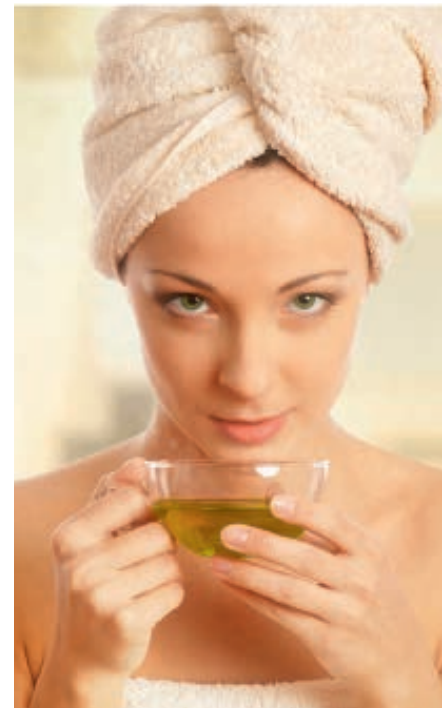
- Has stimulating & relaxing functions
- Reduces bloating & other stomach problems
- Supports respiratory system

### Woodruff:

- Supports digestion
- Alleviates headaches & menstrual pains
- Acts calming, soothing & antispasmodic (against cramps)

### Celery:

- Acts as a diuretic
- Strengthens circulation
- Helps maintain healthy blood sugar levels



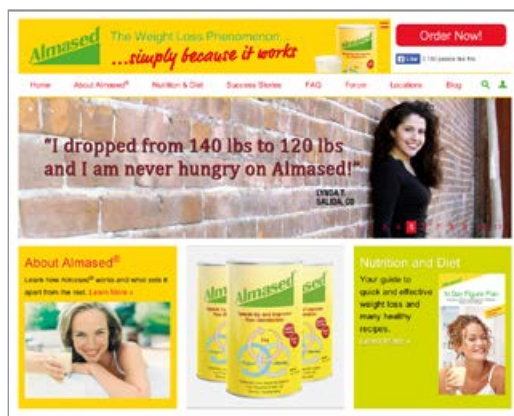
# Learn more about Almased®

Find more information in our FREE brochures, ask our customer service or visit our website [www.almased.com](http://www.almased.com).

For a two-week diet plan with Almased®, including delicious recipes, read our **Figure Plan: The 14-Day Program**, also available for those who want to fast the healthy way with Almased®. Brochures are also available in Spanish and French. To order your FREE copies, contact us toll-free at **1-877-256-2733** or visit [www.almased.com](http://www.almased.com)!



You can also socialize with us on Facebook, Pinterest and YouTube!

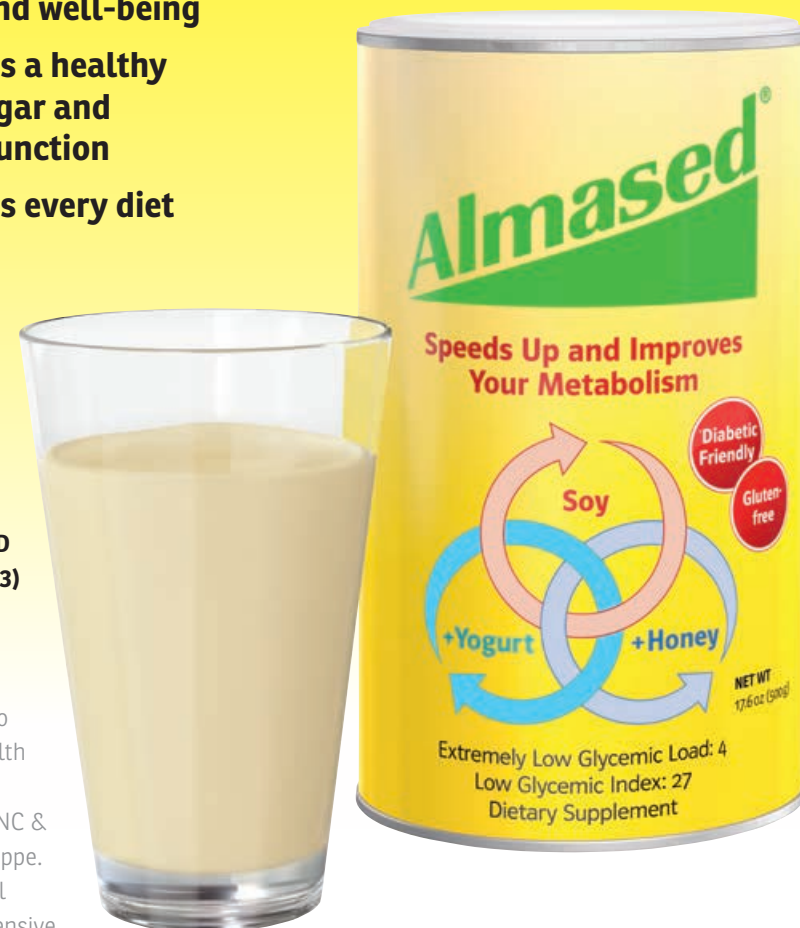


# Quick and Permanent Weight Loss with Almased®

- **Speeds up your metabolism**
- **Improves energy, fitness and well-being**
- **Maintains a healthy blood sugar and thyroid function**
- **Optimizes every diet**

To order Almased® call **1-877-ALMASED (1-877-256-2733)** toll-free or visit [www.almased.com](http://www.almased.com).

Almased® is also available in health food stores and nationwide in GNC & the Vitamin Shoppe. Check your local store or our extensive online store locator for availability.



*...simply because it works*