

# Juice PLUS+ COMPLETE

## *Meal Replacement for weight control.*

### COMPLETE CHOCOLATE SHAKE POWDER

#### **Ingredients:**

Vegetable protein mix (from **soya, soya** tofu, rice, chickpeas), fructose, fiber mix (**oat bran**, cellulose, rice bran, pectin, apple fiber), **soya** lecithin, thickeners (guar gum, carrageenan), sunflower oil, cocoa powder, vitamin mix (vitamin A, vitamin D, vitamin E, folic acid, niacin, pantothenate, vitamin B1, vitamin B2, vitamin B6, vitamin C), mineral mix (copper, iron, magnesium, manganese, potassium, selenium, zinc, iodine), flavorings, rice maltodextrin, anti-caking agents: silicon dioxide, calcium silicate; fruit powder blend (apple, orange, pineapple, cranberry, peach, acerola cherry, papaya), inulin, coloring (beta-carotene), vegetable powder blend (carrot, parsley, beetroot, broccoli, kale, cabbage, spinach, tomato), pineapple powder, papaya powder, pumpkin seed fl our, Norwegian kelp. Gluten free

### COMPLETE VANILLA SHAKE POWDER

#### **Ingredients:**

Vegetable protein mix (from **soya, soya** tofu, rice, chickpeas), fructose, fiber mix (**oat bran**, cellulose, rice bran, pectin, apple fibre),**soya** lecithin, thickeners (guar gum, carrageenan), sunflower oil, flavorings, vitamin mix (vitamin A, vitamin D, vitamin E, folic acid, niacin, pantothenic acid, vitamin B1, vitamin B2, vitamin B6, vitamin C), mineral mix (copper, iron, magnesium, manganese, potassium, selenium, zinc, iodine), rice maltodextrin, anti-caking agents: silicon dioxide, calcium silicate; fruit powder blend (apple, orange, pineapple, cranberry, peach, acerola cherry, papaya),inulin, coloring (beta-carotene), vegetable powder blend (carrot, parsley, beet, broccoli, kale, cabbage, spinach, tomato), pineapple powder, papaya powder, pumpkin seed flour, Norwegian kelp. Gluten free

**Recommended consumption:** Replace a maximum of 2 meals per day with 1 serving each of Juice PLUS+® COMPLETE.

**Preparation:** Stir one scoop (35g) of powder into 250ml of skimmed milk using a fork or whisk or prepare in a shaker. The shake can also be mixed with a milk frother or a hand-held blender. Wait 1 minute before drinking. Adding 2-3 ice cubes makes Juice PLUS+® COMPLETE taste even creamier! It is important that you follow these instructions when preparing your COMPLETE Shake.

**Please note:** Juice PLUS+® COMPLETE provides the nutritional elements of a whole meal, delivering a balanced mix of carbohydrates, protein and fat, and also contains a useful amount of fiber, micro nutrients (such as vitamins and minerals) and secondary plant materials. The protein, which is solely plant based, has a high biological value. Juice PLUS+® COMPLETE is characterized by its low glycemic index. Juice PLUS+® COMPLETE will only have its desired effect on weight when used as part of a calorie controlled diet and healthy lifestyle. Other foods should be included in this diet. It is important to drink enough when you use Juice PLUS+® COMPLETE. This product is not a replacement for a balanced, varied diet and a healthy lifestyle. Substituting one daily meal of an energy restricted diet with a meal replacement product of this kind contributes to the maintenance of weight following weight loss. Substituting two daily meals of an energy restricted diet with meal replacement products of this kind contributes to weight loss. Children, pregnant and breast feeding women and those with specific medical conditions or wishing to lose more than 20% of their body weight should consult a doctor before undertaking any weight loss regime.

**Note:** These ingredients and instructions were found on a Juice Plus+ site in Europe.