

Food supplement

SHAPE CODE® Slim Shake

SHAPE CODE® Slim Shake is a food supplement supporting body weight control and a meal replacement. It contains yeast protein, chickpea protein, three types of dietary fibre, erythritol and other natural plant-based nutrients, enriched with vitamins, minerals and SLENDACOR® – a clinically effective, proprietary and standardised blend of plant extracts from *Moringa oleifera*, *Murraya koenigii* and *Curcuma longa*.



When?

Today, overweight and obesity are a global health problem¹. Excessive accumulation of body fat is not only an aesthetic or psychological problem, but also a threat to health and condition of the body. Proper body weight is a result of many metabolic processes in the body. It depends on carbohydrate, lipid and water metabolism. However, appropriate and balanced diet is the most important factor. In overweight people, proper supplementation can support their dietary recommendations, which helps reduce body fat and control blood sugar and cholesterol levels. Products that combine the advantages of slim body supplement and meal replacement supporting a daily diet are particularly valuable.

How?

SHAPE CODE® Slim Shake food supplement is a nutritious powdered shake with vanilla and cream flavour. It contains all nutrients important for humans and thus can be part of a daily diet and partially replace meals. It also contains plant extracts that support weight control, and large amounts of fibre that gives a feeling of satiety to help maintain a slim figure and reduce body weight. Complex formula of SHAPE CODE® Slim Shake provides support for people who:

- ▶ wish to maintain a proper body weight;
- ▶ struggle with excess weight;
- ▶ suffer from digestive problems;
- ▶ suffer from chronic constipation;
- ▶ wish to keep normal blood glucose and cholesterol levels;
- ▶ wish to make their daily meals more varied.

Ingredients found in SHAPE CODE® Slim Shake support:

- ▶ body weight control;
- ▶ weight loss (and help decrease appetite);
- ▶ reduction of body fat;
- ▶ digestive processes;
- ▶ function of the gastrointestinal tract and functions of the intestinal microflora;
- ▶ normal blood glucose and cholesterol levels;
- ▶ lipid and carbohydrate management in the body;
- ▶ water management in the body;
- ▶ metabolic processes;
- ▶ body detoxification processes.

* SLENDACOR® ingredient clinically tested

** 94% natural ingredients

SHAPE CODE® Slim Shake – method of use:

Add one full scoop of powder (25 g) to 250 ml of your favourite **plant drink or milk** and shake vigorously so that the contents do not settle to the bottom. Drink your shake with vanilla and cream flavour 1 to 2 times a day. Do not exceed the recommended daily intake. The product cannot be used as a substitute for a varied diet. Use the shake as part of a balanced and varied diet combined with an active lifestyle.

Remember:

SHAPE CODE® Slim Shake is prepared on the basis of **PLANT DRINK** or **MILK**.

SHAPE CODE® Slim Shake can be combined with the following products:

DuoLife Medical Formula ProSlimer®, DuoLife Medical Formula ProSugar®, DuoLife Medical Formula ProDeacid® and DuoLife Fiber Powder.

Ingredients: *Saccharomyces cerevisiae* yeast protein, chickpea (*Cicer arietinum*) protein, erythritol – sweetener, medium-chain triglycerides (MCTs) extracted from coconut oil, pectins extracted from citrus fruit peel, vitamin and mineral formula*, inulin from the common chicory root (*Cichorium intybus*), fibre from *Acacia senegal*, vanilla aroma, SLENDACOR®** – proprietary and standardised blend of plant extracts from *Moringa oleifera* leaves, *Murraya koenigii* leaves and *Curcuma longa* rhizomes, natural cream flavour, mangosteen (*Garcinia mangostana*) fruit extract 12:1, powdered leaves of matcha green tea (*Camellia sinensis*), steviol glycosides from Stevia – sweetener.

* components of the vitamin and mineral formula: vitamin A (retinyl acetate), plant-based vitamin D (cholecalciferol), vitamin E (DL-alpha-tocopheryl acetate), vitamin K2 (menaquinone), vitamin C (L-ascorbic acid), thiamine (thiamine mononitrate), riboflavin (riboflavin), niacin (nicotinamide), vitamin B6 (pyridoxine hydrochloride), folic acid (L-methyl-folic acid), vitamin B12 (cyanocobalamin), biotin (D-biotin), Pantothenic acid (D-pantothenate calcium), potassium (potassium chloride), calcium (calcium carbonate), phosphorus (potassium and sodium salts of orthophosphoric acid), magnesium (magnesium carbonate), iron (iron(II) fumarate), zinc (zinc gluconate), copper (copper(II) sulphate), manganese (manganese sulphate), selenium (sodium (VI) selenate), chromium (chromium(III) chloride), molybdenum (sodium (VI) molybdate), iodine (potassium iodide)

NUTRITIONAL VALUE

Number of portions in a package: 30

	For 25 g of powder (1 portion)	For 50 g of powder (2 portions)	For 100 g of powder
Energy content	99 kcal/412 kJ	198 kcal/824 kJ	395 kcal/1647 kJ
Fat, including:	4 g	8 g	16 g
saturated fatty acids	3.1 g	6.2 g	12.4 g
monounsaturated fatty acids	0.35 g	0.7 g	1.4 g
polyunsaturated fatty acids	0.6 g	1.2 g	2.4 g
Carbohydrate, including:	7 g	14 g	28 g
sugars	0.9 g	1.8 g	3.6 g
Fibre	3.55 g	7.1 g	14.2 g
Protein	8.6 g	17.2 g	34.4 g
Salt	0.125 g	0.25 g	0.5 g

VITAMINS AND MINERALS

	For 25 g of powder (1 portion)	%NRV***	For 50 g of powder (2 portions)	%NRV***	For 100 g of powder	%NRV***
Vitamin A	200 µg RE	25%	400 µg RE	50%	800 µg RE	100%
Vitamin D	1.25 µg	25%	2.5 µg	50%	5 µg	100%
Vitamin E	3 mg αTE	25%	6 mg αTE	50%	12 mg αTE	100%
Vitamin K	18.8 µg	25%	37.6 µg	50%	75.2 µg	100%
Vitamin C	20 mg	25%	40 mg	50%	80 mg	100%
Thiamine	0.28 mg	25%	0.56 mg	50%	1.12 mg	100%
Riboflavin	0.35 mg	25%	0.7 mg	50%	1.4 mg	100%
Niacin	4 mg NE	25%	8 mg NE	50%	16 mg NE	100%
Vitamin B6	0.35 mg	25%	0.7 mg	50%	1.4 mg	100%
Folic acid	50 µg	25%	100 µg	50%	200 µg	100%
Vitamin B12	0.63 µg	25%	1.26 µg	50%	2.52 µg	100%
Biotin	12.5 µg	25%	25 µg	50%	50 µg	100%
Pantothenic acid	1.5 mg	25%	3 mg	50%	6 mg	100%
Potassium	370 mg	19%	740 mg	38%	1480 mg	76%
Chloride	120 mg	15%	240 mg	30%	480 mg	60%
Calcium	212 mg	27%	424 mg	53%	848 mg	106%
Phosphorus	105 mg	15%	210 mg	30%	420 mg	60%
Magnesium	95 mg	25%	190 mg	51%	380 mg	101%
Iron	4.4 mg	32%	8.8 mg	63%	17.6 mg	126%
Zinc	2.7 mg	27%	5.4 mg	54%	10.8 mg	108%
Copper	0.25 mg	25%	0.5 mg	50%	1 mg	100%
Manganese	0.5 mg	25%	1 mg	50%	2 mg	100%
Selenium	13.8 µg	25%	27.6 µg	50%	55.2 µg	100%
Chromium	10 µg	25%	20 µg	50%	40 µg	100%
Molybdenum	12.5 µg	25%	25 µg	50%	50 µg	100%
Iodine	37.5 µg	25%	75 µg	50%	150 µg	100%

ADDITIONAL INFORMATION

	For 25 g of powder (1 portion)	For 50 g of powder (2 portions)	For 100 g of powder
MCT from coconut oil	2.5 g	5 g	10 g
Branched-chain amino acids, BCAAs	1.6 g	3.2 g	6.4 g
SLENDACOR [®] ** – proprietary and standardised blend of plant extracts from <i>Moringa oleifera</i> , <i>Murraya koenigii</i> and <i>Curcuma longa</i>	450 mg	900 mg	1800 mg
including curcuminoids	25 mg	50 mg	100 mg
Mangosteen fruit extract (<i>Garcinia mangostana</i>) 12:1	100 mg	200 mg	400 mg
Powdered leaves of matcha green tea (<i>Camellia sinensis</i>)	80 mg	160 mg	320 mg

*** % NRV – Nutrient Reference Value for an average adult.

** SLENDACOR[®] is a registered trademark of PLT Health Solutions-Laila Nutraceuticals LLC. US Patent No. 8,541,383 and patents pending. SLENDACOR[®] is a plant formula with clinically proven effectiveness, combined with appropriate diet and physical activity. A dose of 900 mg of SLENDACOR[®] per day was used in clinical trials. This amount is contained in two shakes (50 g) of SHAPE CODE[®] Slim Shake.

What is SLENDACOR[®]?

SLENDACOR[®] is a patented, standardised and synergistic blend of plant extracts from *Moringa oleifera* leaves, *Murraya koenigii* leaves and *Curcuma longa* rhizomes. The formula has a **clinically proven** weight-loss activity^{2,3} and has been tested to the gold standard of randomised, double-blind, placebo-controlled tests.



A daily dose of SLENDACOR[®] used in clinical trials (900 mg) is contained in 2 portions (50 g) of SHAPE CODE[®] Slim Shake.

Clinical trials involving the formula have been conducted in both healthy overweight¹ and obese subjects². A study in 50 obese subjects² (Clinical Trial Registration no. ISRCTN37381706) showed that after only 8 weeks, subjects using SLENDACOR[®] **had a significant reduction in body weight and BMI** (*body mass index*) compared to the placebo group. **SLENDACOR[®] (900 mg/day)** was used **in combination with a 2,000 kcal/day diet and 30-minutes physical activity** 5 days a week. It has also been shown that the formula helps maintain normal blood glucose levels. It is also safe and well tolerated. In 2018, another study¹ was conducted in 140 healthy overweight subjects. The study lasted 16 weeks. The subjects received **900 mg of the formula per day** (in two doses of 450 mg each). They also used **a calorie-reduced diet (1,800 kcal/day)** combined with a daily **30-minute physical activity** (5 days a week). The study has shown that the formula effectively supports weight control. **On day 14**, a statistically significant **reduction in body weight, waist and hip circumference** (*p < 0.0001) was recorded (*Figure 1*). **After 16 weeks (112 days)**, the average **weight loss was 5.36 kg, BMI decreased by an average of 2.05 and waist circumference decreased by an average of 5.08 cm**. It was shown that weight loss was primarily resulted from the reduction of body fat. In addition, the blend helped to keep normal blood cholesterol level. It was also noted that the formula is well tolerated by the subjects and is safe in use. **In 2018**, the results of the clinical trial **were published** in the highly influential scientific journal ***Diabetes, Obesity & Metabolism* (IF₂₀₁₈ 6.13)**. Regardless of the results of clinical trials, **safety tests** were conducted in accordance with OECD requirements. The results of these studies are **also published**. The formula shows **a high profile for the safety of use**⁴.

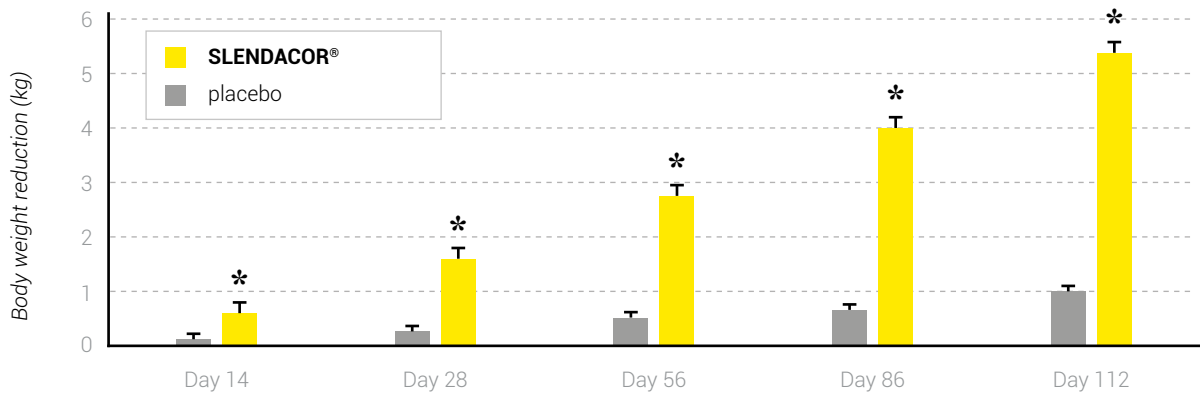


Figure 1. The results of a clinical trial in 140 healthy overweight volunteers. Daily dose applied: SLENDACOR® 900 mg, additional test conditions: diet 1,800 kcal/day combined with physical activity for 30 minutes a day (5 days a week). Based on².

SHAPE CODE® Slim Shake also contains all key nutrients that are an essential part of a daily diet. They were selected so as to ensure that, in addition to nutrition, they also support body weight control and weight loss. These include: 2 types of protein, 3 types of dietary fibre, MCT oil, erythritol and stevia – natural sweeteners

Protein is a basic macronutrient of a daily diet of the human. An adequate supply of protein in the diet is an essential factor for the proper functioning of the body. A diet with an increased supply of protein can promote weight loss by increasing the feeling of satiety and thermogenesis⁵. A diet rich in **branched-chain amino acids (BCAAs)**, such as valine, leucine and isoleucine, is particularly beneficial for weight control. These amino acids support lean muscle growth. Combined with the loss of fat weight during the weight loss process, they ensure a nice, slim body with fat-free weight. During weight loss, BCAAs also help to keep a stable carbohydrate metabolism⁵.

The proteins contained in SHAPE CODE® Slim Shake are top quality plant proteins with a high content of BCAAs

Yeast protein is a branded, 100% natural vegan protein with a unique composition and patented production method. It has a very high content of **BCAAs (the total content of valine, leucine and isoleucine is 23.3%)**. It contains not only a full set of amino acids (including all exogenous amino acids), but also B vitamins, minerals (including zinc, magnesium and selenium) and beta-glucan. It is very well assimilated from the gastrointestinal tract and is digested gradually, providing **a prolonged feeling of satiety**.

Chickpea protein is a **unique protein** (also vegan), rarely encountered in this type of products (due to its very high price), with a high BCAA content (17%) and unique composition. In addition to amino acids, it contains vitamins (A and E), potassium, magnesium, calcium, iron and zinc.

What is the effect of *medium chain triglycerides* (MCTs) extracted from coconut oil?

MCTs are fats in which digestion and absorption occur in a different way than in typical fats. MCTs can be digested without the presence of lipase and emulsifying salts of bile acids. Therefore, they digest faster and easier than their long-chain counterparts⁶. Coconut oil is a source of MCTs in SHAPE CODE® Slim Shake. There are no other direct sources of long-chain triglycerides in the shake recipe (except those present in small amounts in other raw materials).

Numerous clinical studies have shown that consumption of MCT oil promotes weight loss, mainly by increasing energy expenditure (thermogenesis)^{7,8}. As compared to "normal" fats, there are fewer MCTs accumulated in fat cells (adipocytes). The ingestion of MCT increases the feeling of satiety and promotes body weight control⁹.

SHAPE CODE® Slim Shake contains up to 3 types of soluble dietary fibre. They include pectin, inulin and acacia fibre. How does dietary fibre promote body weight control?

Fibre has bulking, ballast and prebiotic properties. It is not absorbed from the gastrointestinal tract, but it bulks up in the stomach and increases the feeling of satiety. It also promotes the proper function of the intestines, stimulating their peristalsis and supporting the development of beneficial intestinal microflora.

Pectins show a number of health-promoting properties. They promote the reduction of cholesterol and glucose. They also bind heavy metals in the gastrointestinal tract and support the absorption of iron, calcium and magnesium from the intestines. They support proper intestinal peristalsis, preventing chronic constipation¹⁰.

Chicory root inulin is not digested by the human body. It ferments in the large intestine¹¹, positively influencing the intestinal microflora. It stimulates the development of beneficial bacteria, and thus is considered a prebiotic. It belongs to the so-called functional food ingredients which have a beneficial effect on human health^{12,13}. By stimulating intestinal peristalsis, it supports defecation and keeping normal body weight¹¹.

Acacia fibre is the third type of soluble fibre contained in SHAPE CODE® Slim Shake. Like inulin, it is a prebiotic that stimulates the development of natural intestinal microflora. It promotes body weight control and body weight loss, and supports intestinal peristalsis by regulating defecation and preventing chronic constipation¹⁴. It also helps to maintain optimal blood cholesterol levels¹⁵.

The product contains erythritol and steviol glycosides. These are valuable, completely natural sweeteners with zero calories

Erythritol has a similar taste profile to sucrose. The glycemic index and calorific value of erythritol are equal to zero. This means that the presence of erythritol in the diet does not affect blood glucose levels. In addition to its sweetening properties, erythritol exhibits antioxidant properties, protecting cells from the harmful effects of oxygen free radicals¹⁶. Unlike sucrose, erythritol is harmless to teeth. It can reduce the formation of dental plaque and promote the inhibition of the growth of harmful bacteria in the mouth, even better than xylitol commonly known for having these properties¹⁷.

Steviol glycosides are also completely natural sweeteners. They are a group of valuable ingredients contained in the *Stevia rebaudiana*. They are 300 to 400 times sweeter than sugar and thus are added to SHAPE CODE® Slim Shake in very small amounts. Steviol glycosides have zero calories and are not absorbed in the human gastrointestinal tract¹⁸.

What effect have the additional ingredients in the shake: mangosteen fruit extract (*Garcinia mangostana*) 12:1 and powdered leaves of matcha green tea (*Camellia sinensis*)?

Next to the name of the mangosteen extract contained in the preparation, there is a **12:1 ratio called DER. What does it mean?** DER (*drug extract ratio*) specifies a number of milligrams of the plant material used to obtain one milligram of the extract. If a portion of the shake contains 100 milligrams of mangosteen extract with a DER of 12:1, it means that 1,200 milligrams of plant material were used to obtain it.

Mangosteen fruit is a plant material used for its health-promoting properties, such as antioxidant activity. It promotes body weight reduction by inhibiting adipogenesis (the formation of fat cells) and regulating blood cholesterol levels^{19,20}. Due to its potential for supporting body weight control (proven by clinical trials),

mangosteen is one of the most interesting plant materials in this respect. According to reports, in 2012 in the United States, food supplements containing mangosteen fruit were ranked 12th among the best-selling food supplements in the country, generating a turnover of more than USD 180 million in that period¹⁹.

Matcha green tea contains many compounds from the catechin group (belonging to flavonoids), of which epigallocatechin gallate (EGCG) is most important. Catechins exhibit antioxidant properties and promote the maintenance of optimal blood pressure and proper heart function. It is documented that EGCG has supports body weight control²¹.

What makes SHAPE CODE® Slim Shake special?

- ▶ **A dual-purpose formula:** it supplements or partially replaces a daily diet and supports body weight loss.
- ▶ **Clinical trials – SLENDACOR®** has a clinically proven weight-loss effect.
- ▶ **NATURAL ingredients account for 94% of the composition.** The shake is only enriched with a vitamin and mineral mixture. ALL OTHER ingredients (including sweeteners and flavours) are NATURAL.
- ▶ It contains **valuable medium-chain triglycerides (MCTs)** from coconut oil and two different **complete proteins** from chickpea and yeast with a high content of **BCAAs** (valine, isoleucine and leucine).
- ▶ It contains **three types of dietary fibre.**
- ▶ It is suitable **for VEGANS and vegetarians** (it does not contain ingredients of animal origin). **Vitamin D3 contained in the vitamin premix is also of plant origin and is VEGAN.**
- ▶ It **DOES NOT CONTAIN gluten, lactose, soya and sugar.**
- ▶ It **DOES NOT CONTAIN preservatives, artificial colouring agents, artificial sweeteners, artificial flavours, artificial fillers and is GMO-FREE** – the materials used to develop the supplement ARE NOT DERIVED from genetically modified plants.
- ▶ **Richness of TASTES – the shake can taste different every day! You can also add fresh vegetables or fruit** to your shake and mix it before consumption.

i *The SHAPE CODE® Slim Shake references can be found on a separate card of the binder.*