



## PROTI DIET

**Proti Diet** is a meal replacement for weight control intended to replace one or more meals a day . **Proti Diet** contains about 90 % of milk protein which have a high biological value. **Proti Diet** maintains muscle mass and prevents the yo-yo effect at a decreased caloric intake.

A low calorie diet should be supplemented with other foods (fruits and vegetables).It is important to maintain an adequate daily fluid intake and physical activity

### Contents

Calcium caseinate, concentrate and isolate of whey proteins, including: betalactoglobuline , alphaglobuline , IgG , albumin, peptide, and lactoferrin, rich in BCAA and glutamine, with 12 vitamins and 7 minerals.

### Available in 6 delicious aromas

Vanilla, chocolate, cappuccino, Strawberry, Banana, and Coco.

**Price** : 29,90 Frs per unit of 250 g [Anaalyse Proti Diet](#)

### Indications

Extra protein intake is justified when caloric intake is reduced to sustain protein intake and maintain muscle mass.

### Ingredients

Calcium caseinate, whey proteins, aroma , calcium carbonate, sodium chloride, magnesium oxide, potassium chloride, sweeteners: cyclamate and saccharin sodium, ascorbic acid, alpha-tocopherol, niacinamide, ferrous fumarate, beta-carotene, zinc oxide, calcium

pantothenate, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, colecalciferol, folic acid, biotin, cyanocobalamin (vitamin B12).

Contains a source of phenylalanine

### **Utilisation**

Dilute 3 level scoops of powder ( approximately 30 g ) in 300 mL of skimmed milk 1 to 2 times a day using a mixer or shaker. May also be diluted in 125 ml-150 ml of water.

### **Advices for rational weight control**

Increase your intake of protein (fish and lean meat, egg whites, lean dairy ...) at a decrease caloric intake. Your muscles and your skin needs proteins !

Don't absorb too much sugar food especially outside meal to avoid feeling hungry.

Reduce fat food. Remember that 1 g of fat are equivalent to 9 kcal, while 1 gram of protein or carbohydrate equal 4 calories!

Maintain an adequate intake of vitamins, minerals and essential fatty acids. Your health and vitality depend on it!

Maintain an adequate intake of fibers. Your bowel and your sense of satiety depend on it!

Stay physically active. Maintaining your weight loss depends on it!