

# Keto Bars (Assorted Keto Bars 60 grams each (caramel, mint chocolate, nougat, cranberry and almond crunch)).

**A delicious low carbohydrate/high protein ketogenic bar ideal for carb conscious people**

**Storage: Store in a cool, dry environment**

As a part of the Shake It Professional Weight Management Program, Keto Bar is ideal for those wishing to limit their carbohydrate intake. Keto Bar provides the correct macronutrient balance for people wanting to achieve specific body composition and nutritional goals. For best results in weight management use in conjunction with a nutritious diet and appropriate physical training or exercise program.

- 18 g Protein and 6 g impact Carbohydrates per bar
- May support weight management and lean body composition
- Reduces hunger as a snack or meal replacement
- Contains multivitamins and minerals

## Nutritional Information:

Serving size: 60 g

	Per 60g	%RDI*	
Energy	909 kj (217 cal)	1515 kj (362 cal)	
Protein	18.0 g	30.0 g	
Fat - Total	6.0 g	10.0 g	
- Saturated	4.0 g	7.0 g	
- monounsaturated	2.0 g	3.0 g	
- polyunsaturated	<1.0 g	<1.0 g	
- trans	0.02 g	0.04 g	
Carbohydrate - Total	20.0 g	34.0 g	
- Sugars	6.0 g	10.0 g	
- Unavailable Carbohydrates	-	-	
- Polydextrose	7.0 g	12.0 g	
- Glycerine	7.0 g	12.0 g	
- Impact carbohydrates	6.0 g	10.0 g	
Dietary Fibre	6.0 g	11.0 g	
Potassium	136 mg	227 mg	
Sodium	122 mg	203 mg	
Vitamin A	92 µg	153 µg	12%
Vitamin B1	943 µg	1.6 mg	86%
Vitamin B2	1.5 mg	2.5 mg	88%
Niacin	9.9 mg	16.5 mg	100%
Pantothenic Acid	1.8 mg	3.0 mg	36%
Vitamin B6	1.2 mg	2.0 mg	75%
Vitamin B12	2.0 µg	3.3 µg	100%
Vitamin C	22.3 mg	37.2 mg	56%
Vitamin D	1.0 µg	1.6 µg	10%
Vitamin E	16.9 mg	28.2	100%
Biotin	24.9 µg	41.5 µg	83%
Folate	262 µg	437 µg	100%
Iron	6.5 mg	10.8 mg	54%
Manganese	600 µg	1.0 mg	12%
Iodine	34.7 µg	57.8 µg	23%
Copper	496 µg	827 µg	17%
Zinc	5.0 mg	8.3 mg	42%
Chromium	50 µg	83 µg	25%

Average values given.

\*Recommended Dietary Intake

µg = microgram

**Ingredients:** Protein Powder (Soy, Whey)(48.5%), Chocolate Coating (Sucrose, Milk Solids, Cocoa Butter, Cocoa Mass, Milk Fat, Soy Lecithin, emulsifier (476), Flavour), Purified Water, Glycerine (Humectant), Polydextrose (Humectant), Acacia Fibre (Vegetable Gum), Olive Oil, Maltodextrin, Flavours (Dark Cherry, Coconut), Vitamins/Minerals (retinyl palmitate, thiamine hydrochloride, riboflavin, pyridoxine hydrochloride, cyanocobalamin, ascorbic acid, cholecalciferol, d-alpha-tocopherol acid succinate, nicotinamide, calcium pantothenate, folic acid, calcium hydrogen phosphate, ferrous fumarate, zinc gluconate, chromium nicotinate, copper gluconate, manganese amino acid chelate, potassium iodide, biotin), Beta-carotene (natural colour), Potassium Sorbate (preservative), Steviol Glycosides.

Produced in a facility that processes peanuts and/or other nuts and gluten containing ingredients. Contains dairy and soy components.

**Directions:** Take half to one Keto Bar daily or as directed by your healthcare professional. Metagenics Keto Bar is a delicious, high protein, low carbohydrate bar suitable for individuals seeking to support weight management and body composition.

For best results in weight management use in conjunction with a nutritious diet and appropriate physical training or exercise program. Not suitable for children under 15 years of age or pregnant women: should only use under medical or dietetic supervision. This food is not a sole source of nutrition.

## Shake it

### Professional Weight Management Shake

**Contents: 560 g Tub (20 serves)**

**Storage: Store below 30°C**

Metagenics Shake (Chocolate or Vanilla) is a great tasting, low carbohydrate protein shake which may help support weight management. It has been developed for people wanting to achieve specific body composition and nutritional goals. Shake It is a convenient and satisfying drink which may support healthy blood sugar balance and can be used in conjunction with the Shake It Professional Weight Management Program. It contains a combination of chromium and high quality whey protein that may reduce appetite. Shake It may also increase the feeling of fullness and satiety.

- 20 g Protein and 3 g Carbohydrates for better fat burning
- Tastes great, can help reduce hunger and support healthy blood sugar balance
- Easy to use, mixes easily with water to taste great

#### Nutritional Information:

Serving size: 28 g

Quantity per	28 g	100 g
Energy	436 kJ (104 Cal)	1533 kJ (366 Cal)
Protein	20 g	69 g
Fat - Total	1.0 g	4.0 g
- saturated	<1.0 g	<2.0 g
- monounsaturated	<1.0 g	1.0 g
- polyunsaturated	<1.0 g	<1.0 g
- trans	<0.01 g	0.01 g
Carbohydrate, Avail	3.0 g	9.0 g
- sugars	<1.0 g	3.0 g
Fibre - dietary	3.0 g	9.0 g
Sodium	79 (3 mmol)	279 mg (12 mmol)
Potassium	342 mg (9 mmol)	1202 mg (31 mmol)
Chromium	25 & 956;g	88 & 956;g

Average values given.

\*ESADDI = Estimated Safe and Adequate Daily Dietary Intake

µg = microgram

#### Ingredients:

**Chocolate Shake it** :Whey protein isolate, Whey protein concentrate (total whey protein 82%), Fudge flavour, Chocolate and coco powder or vanilla flavour (natural), Cream flavour, Xanthan gum (thickener), Vanilla flavour (nature identical), Steviol glycosides, Chromium nicotinate.

**Vanilla Shake it:** Whey protein isolate, Whey protein concentrate (total whey protein 87%), Vanilla flavour (nature identical), Xanthan gum (thickener), Steviol glycosides, Chromium nicotinate.

No added artificial colouring or preservatives. Free from gluten, wheat, soy, citrus, eggs, nuts, yeast and salt.

Contains dairy and soy components.

**Directions:** Drink one shake daily. Shake It may be used in conjunction with the Shake It Professional Weight Management Program.

Add one rounded scoop (28 g) of Shake It powder to 200 mL of cold water and shake or blend well or use a half serve (14 g), twice daily, between meals as a snack or as directed by your healthcare professional.

Shake It should be used in conjunction with a nutritious diet and appropriate physical training or exercise program. Formulated Supplementary Sports Food. This food is not a sole source of nutrition. Not suitable for children under 15 years of age or pregnant women, should only be used under medical or dietetic supervision.

Do not use if cap and /or bottle seals are missing or broken. This product is sold by weight not volume. Some settling may occur.

## Shake It Soup - Spring Vegetable Flavour

### Professional Weight Management Soup

**Contents: 600 g Tub 20 serves)**

**Storage: Store below 30°C**

Metagenics Shake It Soup is a great tasting, low carbohydrate soup which may help support weight management. It has been developed for people wanting to achieve specific body composition and nutritional goals. Shake It Soup is a convenient and satisfying soup which may support healthy blood sugar balance and can be used in conjunction with the Shake It Professional Weight Management Program. It contains a combination of chromium and high quality pea protein that may reduce appetite. Shake It Soup may also increase the feeling of fullness and satiety.

- 20 g Protein and 5 g Carbohydrates per serve for fat burning
- Variety, satiety and healthy blood sugar balance
- Low reactive and suitable for vegans

#### Nutritional Information:

Serving size: 30 g

Quantity per	30 g	100 g
Energy	458 kJ (109 Cal)	1540 kJ (359 Cal)
Protein	20 g	64 g
Fat - Total	0.9 g	3.0 g
- saturated	<1.0 g	<1.0 g
- monounsaturated	<1.0 g	<1.0 g
- polyunsaturated	<1.0 g	1.9 g
- trans	<0.01 g	<0.01 g
Carbohydrate, Avail	5.0 g	17.0 g
- sugars	2.0 g	5.0 g
Fibre - dietary	<1.0 g	1.0 g
Sodium	876 (38 mmol)	2880 mg (125 mmol)
Potassium	66 mg (2 mmol)	218 mg (6 mmol)
Chromium	25 & 956;g	81 & 956;

(\*12.5% ESADDI)

Average values given.

\*ESADDI = Estimated Safe and Adequate Daily Dietary Intake

µg = microgram

**Ingredients:** Pea protein (86%), Flavours (vegetarian mirepoix, tomato), Sodium chloride, Parsley, Silicon dioxide, Chromium chloride.

No added artificial colouring or preservatives. Free from gluten, wheat, dairy, lactose, soy, citrus and eggs.

Suitable for vegetarians and vegans.

**Directions:** Consume one soup daily. Shake It Soup may be used in conjunction with the Shake It Professional Weight Management Program.

Add 250-300 mL hot water to 1 1/2 scoops (30 g) of Shake It Soup powder and stir until dissolved or as directed by your healthcare professional. Serve in a mug or bowl. Season with salt, pepper, herbs and vegetables if desired.

Shake It should be used in conjunction with a nutritious diet and appropriate physical training or exercise program. Formulated Supplementary Sports Food. This food is not a sole source of nutrition. Not suitable for children under 15 years of age or pregnant women: Should only be used under medical or dietetic supervision. Do not use if cap and /or bottle seals are missing or broken. This product is sold by weight not volume. Some settling may occur.

## Some information about Protein and Weight loss

### Protein May Increase Satiety and Decrease Caloric Intake

An increase in total daily protein (from 15% to 30% of total daily energy intake) resulted in:

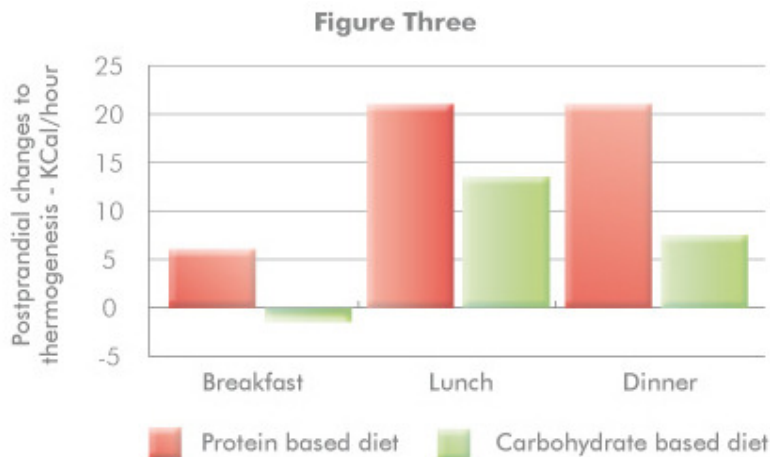
- Less hunger
- A significant decrease in the number of daily calories consumed, and
- Weight loss of 5 kg over 12 weeks<sup>1</sup>

Mechanisms that may be responsible for this include;

- Increased CNS sensitivity to the satiety hormone leptin
- Stimulated secretion of the satiety hormone cholecystokinin (CCK)
- Suppression of the appetite stimulating hormone ghrelin

### Thermogenic Effects of Protein

• A randomised cross-over trial compared a protein based diet with a high carbohydrate diet of equal caloric value and showed almost double the thermogenesis (energy expenditure) from the protein based diet (see Figure Three).



### Protein May Improve Body Composition

Whey protein may assist with improving body composition and maintaining lean body mass. A 2004 study showed that a 20 g whey protein drink, consumed after resistance exercise, showed enhanced protein synthesis compared to placebo in normally non active people.

A large number of studies have shown that carbohydrate restricted diets are effective for weight loss. Positive body compositional outcomes demonstrated in a 16 week study on 48 women comparing carbohydrate restricted diet to high carbohydrate diets include;

- Increased weight loss
- Increased body fat loss
- Decreased lean mass loss
- Increased abdominal fat loss

