

2199876 – AMFormula Diet Meal Replacement, 490g, Cappuccino

Sales description

Diet replacement for weight control. With sugars and sweeteners.

Ingredients

Whey protein concentrate, **milk** protein, fibre (inulin, maize dextrin), fructose, **soya** oil, flavouring (contains **lactose**), thickening agent (guar gum, xanthan), emulsifier (**soy** lecithin), caramel (glucose syrup, maltodextrin, sugar), glucose syrup, anticaking agent (silicon dioxide), table salt, sodium phosphate, maize starch, magnesium hydroxide, ferric diphosphate, L ascorbic acid, sweetener sucralose, d-alpha-tocopheryl acetate (contains **soy**), nicotinamide, potassium iodide, zinc oxide, copper gluconate, manganese sulphate, calcium-D-pantothenat, pyridoxine hydrochloride, thiamin monocitrate, vitamin B2 (riboflavin), retinyl acetate, pteroylmonoglutamic acid, sodium selenite, D-biotin, cholecalciferol

May contain traces of gluten and egg white.

Nutritional information	per 100 g		per portion*	
Energy	kJ	kcal	kJ	kcal
	1605	382	1155	275
Fat [g]	9,2		8,0	
of which saturates [g]	2,2		3,5	
of which mono-unsaturated fat [g]	1,7		1,8	
of which poly-unsaturated fat [g]	3,9		1,5	
Carbohydrates [g]	22,4		22,2	
of which sugars [g]	17,5		20,5	
Fibre [g]	14,7		5,1	
Protein [g]	44,8		25,7	
Salt [g]	0,67		0,59	

Vitamins/Minerals	per 100 g	% ¹	per portion*	% ¹
Lactose [g]	1,7	-	14,9	-
Linoleic acid [g]	3,4	-	1,2	-
Vitamin A [µg]	568	71	237	30
Vitamin D [µg]	4,3	86	1,6	32
Vitamin E [mg]	9,4	78	3,4	28
Vitamin C [mg]	42,1	53	19,8	25
Thiamin (Vitamin B1) [mg]	1,0	91	0,47	43
Riboflavin (Vitamin B2) [mg]	1,7	121	1,2	86
Niacin [mg]	16,8	105	6,1	38
Vitamin B6 [mg]	1,3	93	0,62	44
Folic acid [µg]	292	146	116	58
Vitamin B12 [µg]	8,0	320	4,1	164
Biotin [µg]	47,0	94	27,0	54
Pantothenic acid [mg]	2,7	45	2,0	33
Calcium [mg]	653	82	582	73
Phosphor [mg]	556	79	467	67
Potassium [mg]	177	9	527	26
Iron [mg]	16,7	119	6,0	43
Zinc [mg]	8,6	86	4,1	41
Copper [mg]	0,88	88	0,33	33
Iodine [µg]	120	80	51,8	35
Selenium [µg]	67,5	123	32,6	59
Magnesium [mg]	133	35	82,6	22
Manganese [mg]	0,97	49	0,34	17
Sodium [mg]	267	-	234	-

¹ Percentage of reference quantity in accordance with EU reg. no. 1169/2011

* 35 g + 300 ml semi-skimmed milk (1,5% fat)

Suggested usage

Stir 2 measuring spoons (35 g powder) into 300 ml semi-skimmed milk (1,5%) in the morning and at lunchtime and enjoy. Replacing two meals a day with AMFormula products as part of a low-calorie diet helps you to lose weight. Please also make sure to drink enough calorie-free drinks, at least 2 litres a day. Prepare a light dish for the third daily meal – for delicious recipes see **www.amformula.de**.

More information inside the packaging.

2199885 – AMFormula Diet Meal Replacement, 490g, Strawberry

Sales description

Diet replacement for weight control. With sugars and sweeteners.

Ingredients

Whey protein concentrate, **milk** protein, fibre (inulin, maize dextrin), fructose, **soya** oil, flavouring (contains lactose), thickening agent (xanthan, guar gum), emulsifier (**soy lecithin**), strawberry fruit powder (1,0%), glucose syrup, acid (citric acid), anticaking agent (silicon dioxide), sodium phosphate, table salt, magnesium hydroxide, ferric diphosphate, L ascorbic acid, sweetener (sucralose), d-alpha-tocopheryl acetate (contains soy), nicotinamide, potassium iodide, zinc oxide, copper gluconate, colouring agent beetroot (betanin), manganese sulphate, calcium-D-pantothenat, pyridoxine hydrochloride, thiamin monocitrate, vitamin B2 (riboflavin), retinyl acetate, pteroylmonoglutamic acid, sodium selenite , D-biotin, cholecalciferol

May contain traces of gluten and egg white.

Nutritional information	per 100 g		per portion*	
Energy	kJ	kcal	kJ	kcal
	1602	381	1155	274
Fat [g]	9,2		8,0	
of which saturates [g]	2,1		3,4	
of which mono-unsaturated fat [g]	1,6		1,8	
of which poly-unsaturated fat [g]	3,9		1,5	
Carbohydrates [g]	20,6		21,6	
of which sugars [g]	17,6		19,8	
Fibre [g]	14,8		5,1	
Protein [g]	45,7		26,0	
Salt [g]	0,75		0,62	

Vitamins/Minerals	per 100 g	% ¹	per portion*	% ¹
Lactose [g]	1,7	-	15,0	-
Linoleic acid [g]	3,4	-	1,2	-
Vitamin A [µg]	567	71	237	30
Vitamin D [µg]	4,3	86	1,6	32
Vitamin E [mg]	9,4	78	3,4	28
Vitamin C [mg]	47,3	59	21,6	27
Thiamin (Vitamin B1) [mg]	1,0	91	0,47	43
Riboflavin (Vitamin B2) [mg]	1,8	129	1,2	86
Niacin [mg]	16,8	105	6,1	38
Vitamin B6 [mg]	1,3	93	0,62	44
Folic acid [µg]	280	140	112	56
Vitamin B12 [µg]	6,2	248	3,4	136
Biotin [µg]	47,2	94	27,0	54
Pantothenic acid [mg]	2,7	45	2,0	33
Calcium [mg]	687	86	594	74
Phosphor [mg]	566	81	471	67
Potassium [mg]	247	12	551	28
Iron [mg]	16,9	121	6,0	43
Zinc [mg]	8,6	86	4,1	41
Copper [mg]	0,88	88	0,33	33
Iodine [µg]	99,7	66	44,8	30
Selenium [µg]	67,5	123	32,6	59
Magnesium [mg]	134	36	83,0	22
Manganese [mg]	0,98	49	0,35	18
Sodium [mg]	299	-	246	-

¹ Percentage of reference quantity in accordance with EU reg. no. 1169/2011
* 35 g + 300 ml semi-skimmed milk (1,5% fat)

Suggested usage

Stir 2 measuring spoons (35 g powder) into 300 ml semi-skimmed milk (1,5%) in the morning and at lunchtime and enjoy. Replacing two meals a day with AMFormula products as part of a low-calorie diet helps you to lose weight. Please also make sure to drink enough calorie-free drinks, at least 2 litres a day. Prepare a light dish for the third daily meal – for delicious recipes see **www.amformula.de**.

More information inside the packaging.

2199900 – AMFormula Diet Meal Replacement, 490g, Chocolate

Sales description

Diet replacement for weight control. With sugars and sweeteners.

Ingredients

Whey protein concentrate, **milk** protein, fibre (maize dextrin, inulin), fructose, cocoa powder (6,0 %), **soya** oil, thickening agent (xanthan, guar gum), emulsifier (**soy** lecithin), flavouring, glucose syrup, anticaking agent (silicon dioxide), table salt, sodium phosphate, magnesium hydroxide, ferric diphosphate, L ascorbic acid, sweetener (sucralose), d-alpha tocopherola-cetate (contains **soy**), nicotinamide, potassium iodide, zinc oxide, copper gluconate, manganese sulphate, calcium-D-pan-tothenat, pyridoxine hydrochloride, thiamin monocitrate, vitamin B2 (riboflavin), retinyl acetate, pteroylmonoglutamic acid, sodium selenite , D biotin, cholecalciferol

May contain traces of gluten and egg white.

Nutritional information	per 100 g		per portion*	
Energy	kJ	kcal	kJ	kcal
	1593	380	1152	274
Fat [g]	9,8		8,2	
of which saturates [g]	2,5		3,6	
of which mono-unsaturated fat [g]	1,9		1,9	
of which poly-unsaturated fat [g]	3,9		1,5	
Carbohydrates [g]	21,4		21,8	
of which sugars [g]	17,6		20,5	
Fibre [g]	16,4		5,7	
Protein [g]	43,0		25,1	
Salt [g]	0,65		0,58	

Vitamins/Minerals	per 100 g	% ¹	per portion*	% ¹
Lactose [g]	1,7	-	15,0	-
Linoleic acid [g]	3,4	-	1,2	-
Vitamin A [µg]	579	72	241	30
Vitamin D [µg]	4,3	86	1,6	32
Vitamin E [mg]	9,5	79	3,4	28
Vitamin C [mg]	42,1	53	19,8	25
Thiamin (Vitamin B1) [mg]	1,0	91	0,47	43
Riboflavin (Vitamin B2) [mg]	1,8	129	1,2	86
Niacin [mg]	16,8	105	6,1	38
Vitamin B6 [mg]	1,3	93	0,62	44
Folic acid [µg]	277	139	111	56
Vitamin B12 [µg]	6,1	244	3,4	136
Biotin [µg]	36,1	72	23,1	46
Pantothenic acid [mg]	2,8	47	2,0	33
Calcium [mg]	670	84	588	74
Phosphor [mg]	518	74	454	65
Potassium [mg]	486	24	635	32
Iron [mg]	17,6	126	6,3	45
Zinc [mg]	8,3	83	4,0	40
Copper [mg]	0,99	99	0,37	37
Iodine [µg]	101	67	45,3	30
Selenium [µg]	65,8	120	32,0	58
Magnesium [mg]	118	31	77,6	21
Manganese [mg]	1,3	65	0,47	24
Sodium [mg]	259	-	232	-

¹ Percentage of reference quantity in accordance with EU reg. no. 1169/2011

* 35 g + 300 ml semi-skimmed milk (1,5% fat)

Suggested usage

Stir 2 measuring spoons (35 g powder) into 300 ml semi-skimmed milk (1,5%) in the morning and at lunchtime and enjoy. Replacing two meals a day with AMFormula products as part of a low-calorie diet helps you to lose weight. Please also make sure to drink enough calorie-free drinks, at least 2 litres a day. Prepare a light dish for the third daily meal – for delicious recipes see **www.amformula.de**.

More information inside the packaging.

2199928 – AMFormula Diet Meal Replacement, 490g, Vanilla

Sales description

Diet replacement for weight control. With sugars and sweeteners.

Ingredients

Whey protein concentrate, **milk** protein, fibre (inulin, maize dextrin), fructose, **soya** oil, thickening agent (guar gum, xanthan), emulsifier (**soy** lecithin), flavouring, glucose syrup, anticaking agent (silicon dioxide), sodium phosphate, magnesium hydroxide, table salt, ferric diphosphate, L ascorbic acid, sweetener (sucralose), d-alpha-tocopheryl acetate (contains **soy**), nicotinamide, potassium iodide, zinc oxide, copper gluconate, manganese sulphate, calcium-D-pantothenat, pyridoxine hydrochloride, thiamin monocitrate, vitamin B2 (riboflavin), retinyl acetate, colouring agent (beta carotene), pteroylmonoglutamic acid, sodium selenite , D-biotin, cholecalciferol

May contain traces of gluten and egg white.

Nutritional information	per 100 g		per portion*	
Energy	kJ	kcal	kJ	kcal
	1610	383	1157	275
Fat [g]	9,5		8,1	
of which saturates [g]	2,4		3,5	
of which mono-unsaturated fat [g]	1,7		1,8	
of which poly-unsaturated fat [g]	3,9		1,5	
Carbohydrates [g]	16,8		20,2	
of which sugars [g]	13,5		19,1	
Fibre [g]	15,0		5,2	
Protein [g]	49,9		27,5	
Salt [g]	0,65		0,58	

Vitamins/Minerals	per 100 g	% ¹	per portion*	% ¹
Lactose [g]	2,1	-	15,1	-
Linoleic acid [g]	3,4	-	1,2	-
Vitamin A [µg]	568	71	237	30
Vitamin D [µg]	4,3	86	1,6	32
Vitamin E [mg]	9,4	78	3,4	28
Vitamin C [mg]	42,1	53	19,8	25
Thiamin (Vitamin B1) [mg]	1,0	91	0,47	43
Riboflavin (Vitamin B2) [mg]	1,8	129	1,2	86
Niacin [mg]	16,8	105	6,1	38
Vitamin B6 [mg]	1,3	93	0,62	44
Folic acid [µg]	293	147	116	58
Vitamin B12 [µg]	7,3	2952	3,8	152
Biotin [µg]	46,2	92	26,7	53
Pantothenic acid [mg]	2,7	45	2,0	33
Calcium [mg]	819	102	641	80
Phosphor [mg]	598	85	482	69
Potassium [mg]	282	14	564	28
Iron [mg]	17,0	121	6,0	43
Zinc [mg]	9,2	92	4,3	43
Copper [mg]	0,89	89	0,34	34
Iodine [µg]	119	79	51,6	34
Selenium [µg]	69,1	126	33,2	60
Magnesium [mg]	94,9	25	69,2	18
Manganese [mg]	0,98	49	0,35	18
Sodium [mg]	259	-	232	-

¹ Percentage of reference quantity in accordance with EU reg. no. 1169/2011

* 35 g + 300 ml semi-skimmed milk (1,5% fat)

Suggested usage

Stir 2 measuring spoons (35 g powder) into 300 ml semi-skimmed milk (1,5%) in the morning and at lunchtime and enjoy. Replacing two meals a day with AMFormula products as part of a low-calorie diet helps you to lose weight. Please also make sure to drink enough calorie-free drinks, at least 2 litres a day. Prepare a light dish for the third daily meal – for delicious recipes see **www.amformula.de**.

More information inside the packaging.

2199894 – AMFormula Diet Meal Replacement, 432g, Potato Leek Soup

Sales description

Diet replacement for weight control.

Ingredients

Calcium caseinate (contains **lactose**) (32,2 %), potato flakes (27,3 %), spice mix including **soy** and maize, emulsifier **soy** lecithin, maize starch, modified starch, spice mix (flavourings, dextrose, table salt, curing salt), onions, carrot powder, flavouring, leek, sodium phosphate, carrot semolina, **celery** powder, calcium phosphate, vegetable oil (palm oil), parsley, magnesium hydroxide, spinach powder, maltodextrin, turmeric, L ascorbic acid, ferric diphosphate, nicotinamide, zinc oxide, DL-alpha-tocopherol, d-alpha-tocopheryl acetate (contains **soy**), manganese sulphate, calcium-D-pantothenat, thiamin monocitrate, pyridoxine hydrochloride, vitamin B2 (riboflavin), copper carbonate, retinyl acetate, copper carbonate, pteroylmonoglutamic acid, sodium selenite , sodium iodine, potassium iodide, anticaking agent (silicon dioxide), D-biotin, cholecalciferol, cyanocobalamin

May contain traces of gluten, lactose and egg white protein.

Nutritional information	per 100 g		per portion*	
Energy	kJ	kcal	kJ	kcal
	1557	372	840	201
Fat [g]	7,9		4,3	
of which saturates [g]	2,3		1,2	
of which mono-unsaturated fat [g]	1,1		0,6	
of which poly-unsaturated fat [g]	4,5		2,4	
Carbohydrates [g]	36,0		19,4	
of which sugars [g]	5,1		2,8	
Fibre [g]	4,4		2,4	
Protein [g]	35,1		18,9	
Salt [g]	5,4		2,9	

Vitamins/Minerals	per 100 g	% ¹	per portion*	% ¹
Lactose [g]	<0,1	-	<0,1	-
Linoleic acid [g]	4,0	-	2,2	-
Vitamin A [µg]	530	66	286	36
Vitamin D [µg]	2,8	58	1,6	32
Vitamin E [mg]	7,1	59	3,8	32
Vitamin C [mg]	44,0	55	23,8	30
Thiamin (Vitamin B1) [mg]	1,1	100	0,6	55
Riboflavin (Vitamin B2) [mg]	1,2	86	0,6	43
Niacin [mg]	11,0	69	5,9	37
Vitamin B6 [mg]	1,0	71	0,5	36
Folic acid [µg]	145	73	78	39
Vitamin B12 [µg]	2,08	83	1,12	45
Biotin [µg]	17,0	34	9,2	18
Pantothenic acid [mg]	1,9	32	1,0	17
Calcium [mg]	607	76	328	41
Phosphor [mg]	816	117	440	63
Potassium [mg]	1060	54	572	29
Iron [mg]	10,4	74	5,6	40
Zinc [mg]	5,6	56	3,0	30
Copper [mg]	0,66	66	0,36	36
Iodine [µg]	130	87	70,2	47
Selenium [µg]	40	73	21,6	39
Magnesium [mg]	106	28	57	15
Manganese [mg]	0,80	40	0,43	22
Sodium [mg]	2159	-	1166	-

¹ Percentage of reference quantity in accordance with EU reg. no. 1169/2011

* 57g powder in 320 ml hot water

Suggested usage

Stir 5 level measuring spoons (=54 g) of the powder into 300 ml hot water for one portion of potato leek soup (corresponds to one meal). Stir well, leave to draw and stir occasionally. Spice it up to your own taste. Please also make sure to drink enough calorie-free drinks, at least 2 litres a day. Replacing two meals a day with AMFormula products as part of a low-calorie diet helps you to lose weight.

Prepare a light dish for the third daily meal - **for delicious recipes see www.amformula.de**.

More information inside the packaging.

More Info at rosebikes.com

2199919 – AMFormula Diet Meal Replacement, 570g, Tomato Soup

Sales description

Diet replacement for weight control.

Ingredients

Edible gelatine (36,5 %), tomato powder (24,5 %), spice mix including soy and maize, maize starch, emulsifier (soy lecithin), flavouring (contains celery), thickening agent (xanthan), table salt, calcium phosphate, colouring agent beetroot powder (betanin), tomato flakes (1,0 %), magnesium hydroxide, acid (citric acid), oregano, parsley, L methionine, L histidine, vegetable oil (palm oil), anticaking agent (silicon dioxide), L tryptophan, chili powder, ferric diphosphate, L ascorbic acid, zinc gluconate, sweetener (acesulfame K, sucralose), d-alpha-tocopheryl acetate (contains soy), nicotinamide, copper (II) gluconate, calcium-D-pantothenat, manganese sulphate, pyridoxine hydrochloride, thiamin monocitrate, vitamin B2 (riboflavin), retinyl acetate, pteroylmonoglutamic acid, potassium iodide, sodium selenite , D-biotin, cholecalciferol, cyano-cobalamin

May contain traces of gluten, lactose and egg white protein.

Nutritional information	per 100 g		per portion*	
Energy	kJ	kcal	kJ	kcal
	1655	392	943	223
Fat [g]	8,0		4,6	
of which saturates [g]	2,1		1,2	
of which mono-unsaturated fat [g]	1,0		0,6	
of which poly-unsaturated fat [g]	4,8		2,7	
Carbohydrates [g]	31,5		17,9	
of which sugars [g]	11,1		6,3	
Fibre [g]	6,3		3,6	
Protein [g]	44,7		25,5	
Salt [g]	5,9		3,3	

Vitamins/Minerals	per 100 g	% ¹	per portion*	% ¹
Lactose [g]	<0,1	-	<0,1	-
Linoleic acid [g]	4,2	-	2,4	-
Vitamin A [µg]	555	69	316	40
Vitamin D [µg]	2,8	56	1,6	32
Vitamin E [mg]	7,7	64	4,4	37
Vitamin C [mg]	45,5	57	25,9	32
Thiamin (Vitamin B1) [mg]	1,1	100	0,6	55
Riboflavin (Vitamin B2) [mg]	1,2	86	0,7	50
Niacin [mg]	13,6	85	7,8	49
Vitamin B6 [mg]	1,4	100	0,8	57
Folic acid [µg]	174	87	88	44
Vitamin B12 [µg]	0,80	32	0,5	20
Biotin [µg]	68,2	136	38,9	78
Pantothenic acid [mg]	4,5	75	2,6	43
Calcium [mg]	500	63	285	36
Phosphor [mg]	423	60	241	34
Potassium [mg]	1122	56	640	32
Iron [mg]	14,2	101	8,1	58
Zinc [mg]	6,3	63	3,6	36
Copper [mg]	1,05	106	0,6	60
Iodine [µg]	126	84	71,8	48
Selenium [µg]	68	124	38,8	71
Magnesium [mg]	476	127	271	72
Manganese [mg]	1,04	52	0,59	30
Sodium [mg]	2348	-	1338	-

¹ Percentage of reference quantity in accordance with EU reg. no. 1169/2011

* 54 g powder in 320 ml hot water

Suggested usage

Stir 4 level measuring spoons (=57 g) of the powder into 300 ml hot water for a portion of tomato soup (corresponds to a meal).Stir well, leave to draw and stir occasionally. Spice it up to your own taste. Please also make sure to drink enough calorie-free drinks, at least 2 litres a day. Replacing two meals a day with AMFormula products as part of a low-calorie diet helps you to lose weight.

Prepare a light dish for the third daily meal - **for delicious recipes see www.amformula.de**.

More information inside the packaging.

More Info at rosebikes.com