

NUTRITION TIPS

Recommended types of food

- ✓ Plenty of fruit and vegetables (note exceptions!)
- ✓ Low-fat cheese (e.g. Harzer/cottage cheese)
- ✓ Lean meat and fish (fried with little oil, boiled or baked)
- ✓ Wholemeal bread (one normal-sized slice, approx. 40–50g)
- ✓ Plenty to drink, preferably water and tea
- ✓ Use calorie-free sweeteners
- ✓ Use pepper or herbs to season your food

Avoid these kinds of food

- ✗ High-fat, high-energy vegetable (e.g. aubergine, sweet corn)
- ✗ Very sweet, energy-rich fruit (e.g. bananas, grapes)
- ✗ Nuts or oil seeds
- ✗ Sugar, salt and alcohol

Your individual portion of amino4u

BODY WEIGHT	PORTION SIZE
60kg or less	7 tablets
61-75kg	9 tablets
76-90kg	11 tablets
91-105kg	13 tablets
106-120kg	15 tablets

SPORT AND EXERCISE

Include 4–7 sessions of endurance sport per week – swimming, cycling, walking, jogging or cardio training in the gym – in accordance with your physical capabilities. Don't start training on an empty stomach, but eat a piece or two of fruit beforehand.

✓ FISH

herring*, tuna*, salmon, mackerel, sardine, halibut, flounder, trout, zander, perch

*Max. 100g per meal

✓ MEAT

Poultry (chicken, turkey) without skin, lean pork, beef or game

✓ DAIRY PRODUCTS

200g low-fat milk
200g plain yoghurt
200g buttermilk
200g plain whey
low-fat curd cheese

YOUR BENEFITS

Lose the body fat you don't need in just a few weeks without losing important muscle mass by using it as a source of energy.

The optimal programme for the athlete who has added a few pounds while away from training or the couch potato who really needs to shift that extra weight. The quick and simple way to your ideal weight.

The optimal inclusion of amino4u means you can avoid any deficiencies in essential nutrients – and the dreaded yo-yo effect.

Facts at a glance

- ✓ For everyone who wants to get in shape fast
- ✓ No yo-yo effect, since valuable muscle mass is retained
- ✓ Excess fat is used up by the body
- ✓ You don't consume any calories you don't need
- ✓ An all-natural way to lose those extra pounds – contains no additives
- ✓ Eat normal kinds of foods – not artificial chemical formulations
- ✓ Easy to fit into your daily schedule, no need to mix up drinks

Advantages of amino4u

- ✓ Virtually calorie-free (just 0.04kcal/tablet)
- ✓ 99% nutritional value – virtually all is available to the body
- ✓ No metabolic waste products that stress the liver or kidneys
- ✓ 10g amino4u supply as many nutrients as 350g meat
- ✓ Absolutely no additives – which makes amino4u suitable for allergy sufferers
- ✓ Amino acids produced from pulses – the perfect complement to a vegan or vegetarian diet



Natural formula. Perfect form.

amino4u®

YOUR IDEAL FIGURE IN 4 WEEKS

„Lose the body fat you don't need while keeping your muscle tone in shape.“



YOUR DIET PLAN

NUTRITION TABLE

Phase I: Preparation

To ensure that you and your body are properly prepared, the diet programme starts with an introductory week. This involves making changes to the food you eat and including regular exercise during the week. While weight loss isn't the primary focus here, your metabolism is given a boost – this has the effect of strengthening mind and body.

Phase II: Diet fortnight

Most of your actual fat loss will take place during this phase. The more closely you stick to the programme, the better your results at the end of this phase. Important: Take your portion of **amino4u** exactly as stated to ensure you only use up body fat and don't lose valuable muscle tone.

Phase III: Normalisation

Your body is now slowly introduced to eating wholefoods again. Please follow the programme to the letter, to ensure that your results are both successful and long-lasting.



Phase	Day	Breakfast	Light Snack	Lunch	Zwischenmahlzeit	Dinner
Phase I: Preparation	1	1 multivitamin tablet Approx. 400 g fresh fruit 1 dairy product ¹	Fruit and vegetables	150g fish/poultry or cheese 1 dairy product ¹ 200g vegetables Optional: 200g potatoes or 1 slice of bread	Fruit and vegetables	1 multivitamin tablet 150g fish/poultry or cheese 250g fresh fruit/vegetables Optional: 1 slice of bread
	2					
	3					
	4					
	5					
	6					
	7					
Phase II: Diet fortnight	8	1 portion amino4u (see portion table) 1 multivitamin tablet 3 teaspoons of walnut oil ² Fruit and vegetables ³	Fruit and vegetables ³	1 portion amino4u (see portion table) Fruit and vegetables ³	Fruit and vegetables ³	1 portion amino4u (see portion table) 1 multivitamin tablet 2 teaspoons of walnut oil ² Fruit and vegetables ³
	9					
	10					
	11					
	12					
	13					
	14					
Phase III: Normalisation	15	1 multivitamin tablet	Fruit and vegetables	1 slice of bread 100-150g cheese or meat/fish Optional: Approx. 200g dairy product Approx. 250g fruit and vegetables	Fruit and vegetables	200g potatoes or 1 slice of bread and salad with chicken/turkey breast Or grilled feta cheese Or salmon on leaf spinach with tomatoes Or 6-7 sushi rolls
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¹Diary product can be brightened up by adding fresh fruit.

²The daily amount of walnut oil can also be consumed in one portion as a salad dressing.

³Feel free to eat at least 800-1000g of fruit and vegetables a day!