

HEALTHY WEIGHT MEAL REPLACEMENT

Dr Phil Sheldon's
optimalessentials
a fusion of science and nature



Fat Blasting, Next Level Meal Replacement

Start your weight loss journey with Optimal Essentials Healthy Weight Meal Replacement. A powerful formula to help kick-start metabolism, boost energy levels and get you on your way to a slimmer, healthier you. Designed to help remove stored toxins from your body, you'll not only feel lighter, you be more energised.

Starting any weight management program can be daunting and we can often miss out on important vitamins and minerals. Healthy Weight is a unique combination of botanical extracts, essential vitamins, minerals and nutrients. It's a complete meal in a glass.

So are you ready to jump start your path to a healthier lifestyle? Optimal Essentials can help accelerate your weight loss efforts so you could see results faster and achieve your ultimate weight loss goals in no time.

Why you'll love it:

- * Hi Protein, Low Carb, Low fat
- * Detoxing & Cleansing
- * Metabolism boosting
- * High in antioxidants, vitamins & minerals
- * Safe for Diabetics
- * Safe with all medication
- * Nothing artificial and NON GMO
- * NO added sugar
- * Gluten FREE
- * Vegetarian friendly
- * NOT tested on animals - (only relatives!)

How to use:

Blend: add one scoop (30g) into your favourite smoothie recipe and replace 1 - 2 meals per day.

Mix: in ice-cold water, shake and drink

Bake: Yes, you can bake with Healthy Weight Meal Replacement. Add it to muffins, brownies or energy bars.

For delicious recipes and ideas, log on to optimalesentials.com.au

Ingredients: Whey Protein Isolate, Skim Milk Powder, Beta-Glucans, Algae DHA (from seaweed), Flaxseed, Inulin (from chicory root), Sunflower Oil, Stevia, Natural Chocolate, Vanilla or Coffee Flavour, Lactobacillus Acidophilus.

Nutritional Information VANILLA		
Ingredients	Per Serve (40g)	Per 100g
Energy	144cal	3600cal
Protein	19.6g	49g
Fat, total	1.9g	4.75g
- saturated	0.9g	2.25g
- trans	0.0g	0.0g
- monounsaturated	0.2g	0.5g
- polyunsaturated	0.0g	0.0g
Carbohydrate	10.2g	27.5g
- sugars (naturally occurring)	2.6g	16.3g
- lactose	1.1g	2.75
Sodium	90mg	225mg

Nutritional Information CHOCOLATE		
Ingredients	Per Serve (40g)	Per 100g
Energy	153cal	382.5cal
Protein	19.4g	48.5g
Fat, total	2.3g	5.7g
- saturated	1.1g	2.75g
- trans	0.0g	0.0g
- monounsaturated	0.8g	2.0g
- polyunsaturated	0.0g	0.0g
Carbohydrate	11g	27.5g
- sugars (naturally occurring)	2.6g	6.5g
- lactose	0.1g	0.25g
Sodium	37mg	92.5mg

Nutritional Information COFFEE		
Ingredients	Per Serve (40g)	Per 100g
Energy	144cal	360cal
Protein	20.6g	51.5g
Fat, total	1.8g	4.5g
- saturated	0.8g	2g
- trans	0.1g	0.25g
- monounsaturated	0.3g	1.25g
- polyunsaturated	0.5g	
Carbohydrate	10.2g	25.5g
- sugars (naturally occurring)	2.2g	5.5g
- lactose	1.1g	2.75g
Sodium	167mg	417mg

NO!

- NO! Synthetic chemicals
- NO! Artificial colours, flavours or preservatives
- NO! Sugar/fructose/sucrose/dextrose
- NO! Gluten
- NO! GMO
- NO! Testing on animals (only relatives)
- YES! 100% natural real food ingredients



Vegetarian Organic

