

NUTRITIONAL INFORMATION		Serving size: 32,3 g
Average Value	per portion ready to use <sup>1</sup>	Servings per pack: 13 per 100 g powder
Energy	990 kJ / 235 kcal	1600 kJ / 380 kcal
Fat	6,0 g	7,0 g
Carbohydrates	25 g	40 g
Total Sugars	21 g	29 g
Dietary Fiber	2,9 g	9,0 g
Protein	18 g	30 g
Zinc	3,9 mg	9,2 mg
Calcium	430 mg	470 mg
Magnesium	135 mg	330 mg
Vitamin B <sub>12</sub>	2,6 µg	5,9 µg
Vitamin A	330 µg	1020 µg
Vitamin D	2,0 µg	6,2 µg
Vitamin E	4,8 mg	15 mg
Vitamin C	30 mg	93 mg
Iron	5,6 mg	17 mg
Vitamin B <sub>6</sub>	0,6 mg	1,8 mg
Thiamin (Vitamin B <sub>1</sub> )	0,42 mg	1,3 mg
Riboflavin (Vitamin B <sub>2</sub> )	0,8 mg	1,5 mg
Niacin	6,0 mg NE	19 mg NE
Folic Acid	80 µg	250 µg
Iodine	60 µg	160 µg

**INGREDIENTS:** Skimmed Milk Powder, Milk Protein, Sugar, Soy Oil Powder, Guar Gum, Whey Protein, Maltodextrin, Natural Flavour, Magnesium Carbonate, Inulin (1.2g/100g), Beetroot Powder, Blueberry Juice Powder, Green Coffee Bean Extract, Banana Powder, Pectin, Potassium Citrate, Oat Fiber, Wheat Fiber, Green Mate Extract, Nettle Extract, Tartaric Acid, Steviol Glycosides (steviol glycosides, flavour), Elderberry Juice Concentrate Powder, Salt, Vitamin C, Papaya Powder, Sodium Hydrogen Carbonate, Sodium Hydrogen Phosphate, Ferric diphosphate, Zinc Gluconate, Pineapple Powder, Vitamin E, Selenium enriched yeast, Manganese Gluconate, Niacin, Vitamin A, Copper Gluconate, Pantothenic Acid, Vitamin B<sub>12</sub>, Vitamin D, Vitamin B<sub>6</sub>, Vitamin K, Vitamin B<sub>1</sub>, Riboflavin, Folic acid, Potassium iodide, D- Biotin.

Contains soy, milk and products thereof.

Gluten free\*\*

Contains stabilizer and emulsifier as permitted food conditioner and permitted flavouring substances.

<sup>1</sup> ready-to-use product prepared with 32.3 g of powder in 230 ml of milk (1.5 % fat)

\*\* Contains less than 20 ppm (i.e. 20 mg/Kg) gluten

FitLine®

# ProShape



**Wildberry Flavour**  
**Mixed Skimmed Milk Powder and Milk Protein**  
**with Yerba Mate Extract & Nettle Extract**



Powder for preparing a shake.  
 Flavour: Wild Berries.

13 Complete Meals

Preparation (please observe carefully):

**PREPARATION:** Prepare around 2 slightly heaped measuring spoons (32.3 g) of powder in 230 ml of milk (1.5 % fat) with a shaker or mixer.

**RECOMMENDATION:** Replace 1 meal a day by 1 shake.  
 1 shake = 1 meal.

420 g e equals 13 portions each with 32,3 g powder

Product quality according to international GMP standards.

**BEST BEFORE** end and Lot No.: see bottom of can. Store in a cool, dry place.

Exclusively developed and manufactured for PM-International Group.

Serving suggestion



Imported and distributed by:  
**Fitline (M) Sdn Bhd**  
 D4 & D5, Ground Floor  
 Garden Shoppe  
 Jalan USJ 25/1A  
 47650 UEP Subang Jaya  
 Selangor Darul Ehsan  
 Malaysia

Owner of the right of manufacture:  
**PM-International AG**  
 An der Hofweide 17  
 67346 Speyer, Germany  
 www.fitline.com  
 MADE IN GERMANY



**PRODUCT QUALITY**  
 regularly independently  
**TESTED by ELAB**  
 www.elab-analytik.de/pm-international

Patented

**CAUTION:** Please note that it is important to ensure a varied and balanced diet and a healthy lifestyle. It is important to maintain an adequate daily fluid intake during the diet (minimum 2 liters of energy-free fluids per day). The product is useful for the intended use only as part of an energy-restricted diet. Other foodstuffs are a necessary part of this diet.