

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	1571 kJ / 373 kcal
Fat	6,5 g	8,0 g
Carbohydrates	23 g	37 g
Total Sugars	20 g	25 g
Dietary Fiber	4,2 g	13,0 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

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

**INGREDIENTS:** Milk Protein, Skimmed Milk Powder, Sugar, Cocoa Powder, Soy Oil Powder, Guar Gum, Whey Protein, Maltodextrin, Natural Flavour, Inulin (1.2g/100g), Green Coffee Bean Extract, Magnesium Carbonate, Pectin, Green Mate Extract, Nettle Extract, Calcium Carbonate, Steviol Glycoside (Steviol Glycoside, Flavour), Vitamin C, Papaya Powder, Ferric Diphosphate, Zinc Gluconate, Sodium Hydrogen Phosphate, Salt, Potassium Citrate, Pineapple Powder, Vitamin E, Selenium Enriched Yeast, Manganese Gluconate, Niacin, Vitamin A, Copper Gluconate, Pantothenic Acid, Vitamin B<sub>12</sub>, Oat Fibre, Wheat Fibre, Vitamin D, Vitamin B<sub>6</sub>, Vitamin K, Vitamin B<sub>1</sub>, Vitamin B<sub>2</sub>, Folic Acid, Potassium Iodide, D-Biotin.

Contains soy, milk and products thereof.

Gluten free\*\*

Contains Emulsifier, thickener, acidity regulators as permitted conditioner and permitted flavouring substance.

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

FitLine®

# ProShape



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



Powder for preparing a shake.  
Flavour: Mousse au Chocolat.

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.