



AlfaFit
zdroj Vašeho zdraví a krásy



It is suitable to combine **dietary supplements GUARETA and DIETLINE** with programmes based on the Cellular Nutrition from the company Herbalife. During the reducing regime you can from time to time substitute for example the evening Shake by **GUARETA** instant soup or the morning Shake by delicious **Morning Start** yoghurt cream. Eventually you can use dietary fibre **SuperSlim** or **OfficeSlim** before common food for reducing of its caloric value (to be exact for reducing of amount of calories that the organism absorbs of this food). The dietary supplement **EasySlim** is useful especially in moments when the feeling of hunger comes and you haven't got any vegetable or fruit ready at hand because it appeases and contains minimum of calories.

You can get knowledge of more information about these supplements from the following text. In the case of any questions don't hesitate to contact us.

Dietary instant soups

GUARETA MUSHROOM INSTANT SOUP

► package 3 x 56 g: 119 CZK ◀



It is for regulation of weight as a substitution of one or more meals. It is nutrition complete low-calorie mushroom soup for substitution of one or more meals during a day. It also contains vitamins, mineral substances and trace elements. It is favoured especially for lunch or dinner. There is quick preparation by pouring of boiling water.

Mushroom lovers especially appreciate its taste.

GUARETA TOMATO INSTANT SOUP

► package 3 x 57 g: 119 CZK ◀

It is nutrition complete low-calorie tomato soup for substitution of one or more meals during a day. It also contains vitamins, mineral substances and trace elements. It is favourite especially for lunch or dinner. There is quick preparation by pouring of boiling water. For its interesting balm taste the soup tastes even them who usually don't search tomato soup.



GUARETA PEA INSTANT SOUP

► package 3 x 55 g: 119 CZK ◀



It is for regulation of weight as a substitution of one or more meals. It is nutrition complete low-calorie pea soup for substitution of one or more meals during a day. It also contains vitamins, mineral substances and trace elements. It is favourite especially for lunch or dinner. There is quick preparation by pouring of boiling water. The soup contains favourite croutons.

GUARETA VEGETABLE INSTANT SOUP

► package 3 x 56 g: 119 CZK ◀

It is nutrition complete low-calorie pea soup for substitution of one or more meals during a day. It also contains vitamins, mineral substances and trace elements. It is favourite especially for lunch or dinner. There is quick preparation by pouring of boiling water. The cream soup contains small pieces of vegetable.



GUARETA FIBRE INSTANT SOUP – POTATO / CHICKEN

► package Potato 3 x 27 g, Chicken 3 x 15 g, Beef 3 x 15,5 g: 98 CZK ◀



It is a part of dietary regimes for its contain of soluble fibre. It helps to enable transition to a different more suitable menu and new food habits. It is an extremely suitable part of dietary regimes for its contain of fibre. Dietline® Fibre instant soup is a part of Guareta Dietary Plans and various dietary regimes where substitutes snack or dinner. It contains highly clean and viscous glukomanan that makes keeping of reduction regime easier for its properties.

Guareta – Fibre

GUARETA OFFICESLIM TABLETS

► 6 tablets: 75 CZK ◀



It is a preparation declining glycemic index of food and loud resulting from consumption of food with contain of fat and sugar. The tablet is easily water soluble. Use it 30 min. before caloric meal. ➔ By using of Herbalife Cellular nutrition we recommend to use tablets F2-F5, 30 min. after 1x tablet *OfficeSlim* and in other 30 min. common food.

GUARETA SUPERSLIM

► 90 capsules: 280 CZK ◀

It is a source of highly clean viscous natural fibre, a nutrition supplement at failures of carbohydrate and fat metabolism, at overweight and keeping up of body weight, for conditioning of intestinal environment and as prebiotic. ➔ By using of Herbalife Cellular nutrition we recommend to use tablets F2-F5, 30 min. after 2x tablets *SuperSlim* a in other 30 min. common food.



GUARETA EASYSLIM TABLETS

► 14 tablets: 103 CZK ◀



It is a supplement of food to complete daily intake of fibre. It is for improving of intestinal flora activity, digestion and keeping of body weight. *EasySlim* is useful especially in moments when the feeling of hunger comes and you haven't got any vegetable or fruit ready at hand because it appeases and contains minimum of calories. *GUARETA EasySlim* fast appeases taste for sweet. *Flavours:* pine-apple, apple, cocoa.

DIETLINE FIBRE FOR DIABETICS

► 120 capsules: 240 CZK ◀

It contains highly clean polymeric galaktomanan in gelatine capsules that comes from fruits of *Cyamopsis Tetragonoloba* (L.) Taub Pakistan plant. Galaktomanan is absorbed neither in stomach nor in digestion tract and that is why - when it is in clean state – it doesn't bring any extraneous substances to the body. On the contrary it covers coat of stomach and intestine so it makes smaller area for absorption of sugar, fat, cholesterol and bile acids. By this mechanism and due to its viscosity in aquatic environment it can positively influence many processes of metabolism in human body.



Dietary yogurt creams

GUARETA MORNING START YOGURT CREAM

► package 3 x 54 g: 125 CZK ◀



It is nutrition complete low-calorie yogurt cream. It is suitable as variegated of food regime at using of Herbalife Cellular Nutrition. We recommend it as an occasional substitute of Shake F1 especially in the morning. It also contains vitamins, mineral substances and trace elements. It is favoured especially for breakfast. It makes thick cream that appeases excellently. *Flavours:* peach (pieces of peaches), stracciatella (with pieces of chocolate).

GUARETA NUTRITIOUS BAR 44g

► 33 CZK ◀

GUARETA Nutritious Bar has got lowered content of energy and contains all substances that a body needs, it fits fabulously in reducing or controlling of your weight. When you are hungry have it as a tasty and healthy snack.

Favours: chocolate, apple, yogurt, cappuccino, cream, peach



Above prices are for informational purposes only. Current prices are posted on the website www.alfafit.cz

Closer information about our latest products and other actualities: www.alfafit.cz

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tel. UPC: **283 871 324** (calling of the UPC net is free of charge)

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