



## **SHAPEWORKS CONCEPT**

### **What is ShapeWorks?**

It is a new effective concept for weight management, created on the basis of scientific knowledge and discoveries in the area of nutrition and it offers individual solutions according to needs of each customer. This concept is based on a successful product of the Herbalife company – the Cellular Nutrition. The original 5-parts cellular nutrition was enlarged for protein concentrate.

The ShapeWorks concept was made on the basis of studies by Dr. David Heber, Ph.D., Chairman of the Scientific Advisory Counsel of Herbalife. Dr. Heber considers as a basis for success in a weight management program the using of cocktails with a high protein content, right food habits and enough of movement. These factors help the emergence of lean body mass (muscle mass) that absorbs calories in the organism also in the „rest stage“. Each kilogram of muscle mass burns e.g. 28 calories per day unlike a kilogram of adipose tissue that absorbs in count only 4 calories per day. It follows that the more we reduce the proportion of fat in the body, the body will burn more calories.

**Cocktail - Formula 1-** substitute for food high in soya protein. It provides all the necessary nutrition and nevertheless minimum amount of calories.

**Multivitamin complex** (formerly known as Formula 3) – product containing vitamins and minerals.

**Protein Supplement Powder** – is mix of whey and soya proteins that we recommend be added to Cocktails (F1) to increase protein intake to the optimum level. Packing 240g / 650 CZK

**Fiber & Herb** (formerly known as Formula 2): the tablets with fibre and herbal ingredients that help in effective weight management and help eliminate toxins and waste substances.

**Omega 3-6-9** (instead of F4) – It is a supplement containing essential unsaturated fatty acids that are necessary for right nutrition. These are very important substances that the organism cannot synthesize itself and must therefore be added to the body in the diet.

**Formula 5 – Cell-U-Loss** – this product affects the body's water loss. It helps reduce the water content in the fatty tissues and helps reduce cellulite.

We recommend our clients the following product groups:

#### **ShapeWorks – extended (with a small protein concentrate)**

- |  |  |
|--|--|
| 1) Cocktail – F1                                     | 5) Omega 3-6-9 (instead of F4)           |
| 2) Multivitamin Complex                              | 6) Formula 5                             |
| 3) Protein Supplement Powder <b>(240g / 650 CZK)</b> | 7) Thermojetics 100g                     |
| 4) Fiber & Herb                                      | 8) Psyllium 200g (fiber to the cocktail) |

Price: **3.715 CZK** with the F1 Cocktail with the flavours: vanilla, strawberry, tropical fruit, chocolate or cookies & cream

#### **ShapeWorks – basic (with a small protein concentrate)**

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|--|--------------------------------|
| 1) Cocktail – F1                                     | 5) Omega 3-6-9 (instead of F4) |
| 2) Multivitamin Complex                              | 6) Formula 5                   |
| 3) Protein Supplement Powder <b>(240g / 650 CZK)</b> |                                |
| 4) Fiber & Herb                                      |                                |

Price: **2.675 CZK** with the F1 Cocktail with the flavours: vanilla, strawberry, tropical fruit, chocolate or cookies & cream

#### **ShapeWorks – mini (with a small protein concentrate)**

- |  |                 |
|--|-----------------|
| 1) Cocktail – F1                                     | 4) Fiber & Herb |
| 2) Multivitamin Complex                              |                 |
| 3) Protein Supplement Powder <b>(240g / 650 CZK)</b> |                 |

Price: **2.140 CZK** with the F1 Cocktail with the flavours: vanilla, strawberry, tropical fruit, chocolate or cookies & cream

Prices are calculated with one piece of the protein concentrate supplement. It is necessary to determine the optimal amount of proteins. This amount is different for men and women and depends on your height and BMI (body mass index).

## What are the steps for determining the amount of protein that I need?

You can find the counter of BMI on our website [www.hl.cz](http://www.hl.cz) - see the section „Products“ on left side menu bar. And the recommended amount of protein you can find out by clicking on the link located under the counter. After filling up of data in the form will be calculated recommended daily amount. Please note that the number of packs of PPP is only a recommendation that the ShapeWork concept can show its advantages.

### Dosage:

Using of tablets and dosing the cocktail is consistent with the „Cellular Nutrition“. Unlike the Cellular Nutrition it is necessary to mind the individual intake of protein at ShapeWorks programs. This is achieved either by using of the PPP protein supplement from Herbalife or other protein concentrate that we offer: e.g. **COMPRESS COLOSTRUM – NUTREND** or **PROFESSIONAL CFM ISO 90% – EXTRIFIT**.

### Protein helps to satisfy the taste buds

If you are trying to lose weight and you fight between meals to your taste buds then make sure how this method will work for you. If you regularly consume any protein product with a normal balanced diet, the protein will satisfy your taste buds and your desire for snacks and delicacies will be not such like that any more.



#### PROTEIN SUPPLEMENT PPP – HERBALIFE

► 240 g: 650 CZK ◀

It contains soya and whey protein – together 83% of protein – the dose of 6 g is 5 g pure protein. Soya protein is one of the most high-quality vegetable proteins. It is a unique source of amino-acids and antioxidants. Protein supplement gives your body a quantity of protein that it needs. It **has no flavour**, which means that it can be added to Cocktails F1 or food such as for example soups, fruit and vegetable salads (but it mustn't be boiled). Protein supplement contains special combination of whey and soya proteins and you can properly modify the amount of protein in your diet. Remember that on average women need 100 grams of protein and men even 150 grams of protein daily. The exact amount of protein you need daily, you can find out on our website [www.hl.cz](http://www.hl.cz) in the section of product information. Protein supplement will not only help in weight loss, but it is also suitable for sportsmen who need to increase the amount of muscle mass.

**Dosage:** If you use the protein product together with the set **Shapeworks**, we recommend adding into each Cocktail F1 appropriate amount of protein (amount needed can be found on our website, eventually you can consult on the lower written numbers). It is also appropriate to add even more special **PSYLLIUM** fibre into the Cocktail, that helps make a feeling of fullness and helps cleanse the digestive tract, too. It is suitable to mix Protein supplement with a mixer or a shaker (95 CZK) considering to its consistence because otherwise creates lumps. If you use PPP separately, it can be mixed into milk, water, yogurt, juice, eventually other foods – such as for example salad dressings. In any case the food where PPP is mixed mustn't be exposed to high temperatures that could cause degradation of the contained protein. **Packing 240 g.**

#### PROFESSIONAL CFM ISO 90% – EXTRIFIT

► 2000 g: 1.259 CZK ◀

**Professional CFM ISO 90%** is a high protein dietary supplement with natural digestive enzymes **bromelain** and **papain**. These enzymes provide an excellent isolate digestibility. It is a product with almost no fat and minimal carbohydrates. It is destined to increase lean muscle mass without the fat and to increase strength and endurance. **Professional CFM ISO 90%** is also highly suitable for the diet and the time of „outlining“ of muscles. **Flavours:** *chocolate, vanilla, banana, strawberry.* **Packing 2000 g.**



#### COMPRESS COLOSTRUM – NUTREND

► 1000 g: 927 CZK ◀

It is a top protein product containing 100% of whey protein isolate and with the addition of bioactive colostrum. Whey protein isolate is made by a special non-chemical produce technology of CFM (cross flow microfiltration), which enables to preserve the natural high biological value of whey protein. Bioactive colostrum (the most valuable primary breast milk of mammals, produced only a few hours after the birth) contains growth factors and supports the immune system. The product is determined to control weight and increase of muscle mass. **Flavours:** *vanilla, strawberry, banana, chocolate.*

**Packing 1000 g.**

Above prices are for informational purposes only. Current prices are posted on the website [www.alfafit.cz](http://www.alfafit.cz)

Closer information about our latest products and other actualities: [www.alfafit.cz](http://www.alfafit.cz)

tel. O2: **220 570 220**

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

GSM: **777 000 450**

GSM: **603 470 093**

Questions: [info@alfafit.cz](mailto:info@alfafit.cz)

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