

## 2199876 – AMFormula Diet Meal Replacement, 490g, Cappuccino

### Sales description

Diet replacement for weight control. With sugars and sweeteners.

### Ingredients

**Whey** protein concentrate, **milk** protein, fibre (inulin, maize dextrin), fructose, **soya** oil, flavouring (contains **lactose**), thickening agent (guar gum, xanthan), emulsifier (**soy** lecithin), caramel (glucose syrup, maltodextrin, sugar), glucose syrup, anticaking agent (silicon dioxide), table salt, sodium phosphate, maize starch, magnesium hydroxide, ferric diphosphate, L ascorbic acid, sweetener sucralose, d-alpha-tocopheryl acetate (contains **soy**), nicotinamide, potassium iodide, zinc oxide, copper gluconate, manganese sulphate, calcium-D-pantothenat, pyridoxine hydrochloride, thiamin monocitrate, vitamin B2 (riboflavin), retinyl acetate, pteroylmonoglutamic acid, sodium selenite, D-biotin, cholecalciferol

May contain traces of gluten and egg white.

Nutritional information	per 100 g		per portion*	
	kJ	kcal	kJ	kcal
Energy	1605	382	1155	275
Fat [g]	9,2		8,0	
of which saturates [g]	2,2		3,5	
of which mono-unsaturated fat [g]	1,7		1,8	
of which poly-unsaturated fat [g]	3,9		1,5	
Carbohydrates [g]	22,4		22,2	
of which sugars [g]	17,5		20,5	
Fibre [g]	14,7		5,1	
Protein [g]	44,8		25,7	
Salt [g]	0,67		0,59	

Vitamins/Minerals	per 100 g	% <sup>1</sup>	per portion*	% <sup>1</sup>
Lactose [g]	1,7	-	14,9	-
Linoleic acid [g]	3,4	-	1,2	-
Vitamin A [µg]	568	71	237	30
Vitamin D [µg]	4,3	86	1,6	32
Vitamin E [mg]	9,4	78	3,4	28
Vitamin C [mg]	42,1	53	19,8	25
Thiamin (Vitamin B1) [mg]	1,0	91	0,47	43
Riboflavin (Vitamin B2) [mg]	1,7	121	1,2	86
Niacin [mg]	16,8	105	6,1	38
Vitamin B6 [mg]	1,3	93	0,62	44
Folic acid [µg]	292	146	116	58
Vitamin B12 [µg]	8,0	320	4,1	164
Biotin [µg]	47,0	94	27,0	54
Pantothenic acid [mg]	2,7	45	2,0	33
Calcium [mg]	653	82	582	73
Phosphor [mg]	556	79	467	67
Potassium [mg]	177	9	527	26
Iron [mg]	16,7	119	6,0	43
Zinc [mg]	8,6	86	4,1	41
Copper [mg]	0,88	88	0,33	33
Iodine [µg]	120	80	51,8	35
Selenium [µg]	67,5	123	32,6	59
Magnesium [mg]	133	35	82,6	22
Manganese [mg]	0,97	49	0,34	17
Sodium [mg]	267	-	234	-

<sup>1</sup> Percentage of reference quantity in accordance with EU reg. no. 1169/2011

\* 35 g + 300 ml semi-skimmed milk (1,5% fat)

### Suggested usage

Stir 2 measuring spoons (35 g powder) into 300 ml semi-skimmed milk (1,5%) in the morning and at lunchtime and enjoy. Replacing two meals a day with AMFormula products as part of a low-calorie diet helps you to lose weight. Please also make sure to drink enough calorie-free drinks, at least 2 litres a day. Prepare a light dish for the third daily meal – for delicious recipes see [www.amformula.de](http://www.amformula.de).

**More information inside the packaging.**

## 2199885 – AMFormula Diet Meal Replacement, 490g, Strawberry

### Sales description

Diet replacement for weight control. With sugars and sweeteners.

### Ingredients

**Whey** protein concentrate, **milk** protein, fibre (inulin, maize dextrin), fructose, **soya** oil, flavouring (contains lactose), thickening agent (xanthan, guar gum), emulsifier (**soy lecithin**), strawberry fruit powder (1,0%), glucose syrup, acid (citric acid), anticaking agent (silicon dioxide), sodium phosphate, table salt, magnesium hydroxide, ferric diphosphate, L ascorbic acid, sweetener (sucralose), d-alpha-tocopheryl acetate (contains soy), nicotinamide, potassium iodide, zinc oxide, copper gluconate, colouring agent beetroot (betanin), manganese sulphate, calcium-D-pantothenat, pyridoxine hydrochloride, thiamin monocitrate, vitamin B2 (riboflavin), retinyl acetate, pteroylmonoglutamic acid, sodium selenite, D-biotin, cholecalciferol

May contain traces of gluten and egg white.

Nutritional information	per 100 g		per portion*	
	kJ	kcal	kJ	kcal
Energy	1602	381	1155	274
Fat [g]	9,2		8,0	
of which saturates [g]	2,1		3,4	
of which mono-unsaturated fat [g]	1,6		1,8	
of which poly-unsaturated fat [g]	3,9		1,5	
Carbohydrates [g]	20,6		21,6	
of which sugars [g]	17,6		19,8	
Fibre [g]	14,8		5,1	
Protein [g]	45,7		26,0	
Salt [g]	0,75		0,62	

Vitamins/Minerals	per 100 g	% <sup>1</sup>	per portion*	% <sup>1</sup>
Lactose [g]	1,7	-	15,0	-
Linoleic acid [g]	3,4	-	1,2	-
Vitamin A [µg]	567	71	237	30
Vitamin D [µg]	4,3	86	1,6	32
Vitamin E [mg]	9,4	78	3,4	28
Vitamin C [mg]	47,3	59	21,6	27
Thiamin (Vitamin B1) [mg]	1,0	91	0,47	43
Riboflavin (Vitamin B2) [mg]	1,8	129	1,2	86
Niacin [mg]	16,8	105	6,1	38
Vitamin B6 [mg]	1,3	93	0,62	44
Folic acid [µg]	280	140	112	56
Vitamin B12 [µg]	6,2	248	3,4	136
Biotin [µg]	47,2	94	27,0	54
Pantothenic acid [mg]	2,7	45	2,0	33
Calcium [mg]	687	86	594	74
Phosphor [mg]	566	81	471	67
Potassium [mg]	247	12	551	28
Iron [mg]	16,9	121	6,0	43
Zinc [mg]	8,6	86	4,1	41
Copper [mg]	0,88	88	0,33	33
Iodine [µg]	99,7	66	44,8	30
Selenium [µg]	67,5	123	32,6	59
Magnesium [mg]	134	36	83,0	22
Manganese [mg]	0,98	49	0,35	18
Sodium [mg]	299	-	246	-

<sup>1</sup> Percentage of reference quantity in accordance with EU reg. no. 1169/2011

\* 35 g + 300 ml semi-skimmed milk (1,5% fat)

### Suggested usage

Stir 2 measuring spoons (35 g powder) into 300 ml semi-skimmed milk (1,5%) in the morning and at lunchtime and enjoy. Replacing two meals a day with AMFormula products as part of a low-calorie diet helps you to lose weight. Please also make sure to drink enough calorie-free drinks, at least 2 litres a day. Prepare a light dish for the third daily meal – for delicious recipes see [www.amformula.de](http://www.amformula.de).

**More information inside the packaging.**

More Info at [rosebikes.com](http://rosebikes.com)

## 2199900 – AMFormula Diet Meal Replacement, 490g, Chocolate

### Sales description

Diet replacement for weight control. With sugars and sweeteners.

### Ingredients

**Whey** protein concentrate, **milk** protein, fibre (maize dextrin, inulin), fructose, cocoa powder (6,0 %), **soya** oil, thickening agent (xanthan, guar gum), emulsifier (**soy** lecithin), flavouring, glucose syrup, anticaking agent (silicon dioxide), table salt, sodium phosphate, magnesium hydroxide, ferric diphosphate, L ascorbic acid, sweetener (sucralose), d-alpha tocopherolacetate (contains **soy**), nicotinamide, potassium iodide, zinc oxide, copper gluconate, manganese sulphate, calcium-D-pantothenat, pyridoxine hydrochloride, thiamin monocitrate, vitamin B2 (riboflavin), retinyl acetate, pteroylmonoglutamic acid, sodium selenite , D biotin, cholecalciferol

May contain traces of gluten and egg white.

Nutritional information	per 100 g		per portion*	
	kJ	kcal	kJ	kcal
Energy	1593	380	1152	274
Fat [g]	9,8		8,2	
of which saturates [g]	2,5		3,6	
of which mono-unsaturated fat [g]	1,9		1,9	
of which poly-unsaturated fat [g]	3,9		1,5	
Carbohydrates [g]	21,4		21,8	
of which sugars [g]	17,6		20,5	
Fibre [g]	16,4		5,7	
Protein [g]	43,0		25,1	
Salt [g]	0,65		0,58	

Vitamins/Minerals	per 100 g	% <sup>1</sup>	per portion*	% <sup>1</sup>
Lactose [g]	1,7	-	15,0	-
Linoleic acid [g]	3,4	-	1,2	-
Vitamin A [µg]	579	72	241	30
Vitamin D [µg]	4,3	86	1,6	32
Vitamin E [mg]	9,5	79	3,4	28
Vitamin C [mg]	42,1	53	19,8	25
Thiamin (Vitamin B1) [mg]	1,0	91	0,47	43
Riboflavin (Vitamin B2) [mg]	1,8	129	1,2	86
Niacin [mg]	16,8	105	6,1	38
Vitamin B6 [mg]	1,3	93	0,62	44
Folic acid [µg]	277	139	111	56
Vitamin B12 [µg]	6,1	244	3,4	136
Biotin [µg]	36,1	72	23,1	46
Pantothenic acid [mg]	2,8	47	2,0	33
Calcium [mg]	670	84	588	74
Phosphor [mg]	518	74	454	65
Potassium [mg]	486	24	635	32
Iron [mg]	17,6	126	6,3	45
Zinc [mg]	8,3	83	4,0	40
Copper [mg]	0,99	99	0,37	37
Iodine [µg]	101	67	45,3	30
Selenium [µg]	65,8	120	32,0	58
Magnesium [mg]	118	31	77,6	21
Manganese [mg]	1,3	65	0,47	24
Sodium [mg]	259	-	232	-

<sup>1</sup> Percentage of reference quantity in accordance with EU reg. no. 1169/2011

\* 35 g + 300 ml semi-skimmed milk (1,5% fat)

### Suggested usage

Stir 2 measuring spoons (35 g powder) into 300 ml semi-skimmed milk (1,5%) in the morning and at lunchtime and enjoy. Replacing two meals a day with AMFormula products as part of a low-calorie diet helps you to lose weight. Please also make sure to drink enough calorie-free drinks, at least 2 litres a day. Prepare a light dish for the third daily meal – for delicious recipes see [www.amformula.de](http://www.amformula.de).

**More information inside the packaging.**

## 2199928 – AMFormula Diet Meal Replacement, 490g, Vanilla

### Sales description

Diet replacement for weight control. With sugars and sweeteners.

### Ingredients

**Whey** protein concentrate, **milk** protein, fibre (inulin, maize dextrin), fructose, **soya** oil, thickening agent (guar gum, xanthan), emulsifier (**soy** lecithin), flavouring, glucose syrup, anticaking agent (silicon dioxide), sodium phosphate, magnesium hydroxide, table salt, ferric diphosphate, L ascorbic acid, sweetener (sucralose), d-alpha-tocopheryl acetate (contains **soy**), nicotinamide, potassium iodide, zinc oxide, copper gluconate, manganese sulphate, calcium-D-pantothenat, pyridoxine hydrochloride, thiamin monocitrate, vitamin B2 (riboflavin), retinyl acetate, colouring agent (beta carotene), pteroylmonoglutamic acid, sodium selenite, D-biotin, cholecalciferol

May contain traces of gluten and egg white.

Nutritional information	per 100 g		per portion*	
	kJ	kcal	kJ	kcal
Energy	1610	383	1157	275
Fat [g]	9,5		8,1	
of which saturates [g]	2,4		3,5	
of which mono-unsaturated fat [g]	1,7		1,8	
of which poly-unsaturated fat [g]	3,9		1,5	
Carbohydrates [g]	16,8		20,2	
of which sugars [g]	13,5		19,1	
Fibre [g]	15,0		5,2	
Protein [g]	49,9		27,5	
Salt [g]	0,65		0,58	

Vitamins/Minerals	per 100 g	% <sup>1</sup>	per portion*	% <sup>1</sup>
Lactose [g]	2,1	-	15,1	-
Linoleic acid [g]	3,4	-	1,2	-
Vitamin A [µg]	568	71	237	30
Vitamin D [µg]	4,3	86	1,6	32
Vitamin E [mg]	9,4	78	3,4	28
Vitamin C [mg]	42,1	53	19,8	25
Thiamin (Vitamin B1) [mg]	1,0	91	0,47	43
Riboflavin (Vitamin B2) [mg]	1,8	129	1,2	86
Niacin [mg]	16,8	105	6,1	38
Vitamin B6 [mg]	1,3	93	0,62	44
Folic acid [µg]	293	147	116	58
Vitamin B12 [µg]	7,3	2952	3,8	152
Biotin [µg]	46,2	92	26,7	53
Pantothenic acid [mg]	2,7	45	2,0	33
Calcium [mg]	819	102	641	80
Phosphor [mg]	598	85	482	69
Potassium [mg]	282	14	564	28
Iron [mg]	17,0	121	6,0	43
Zinc [mg]	9,2	92	4,3	43
Copper [mg]	0,89	89	0,34	34
Iodine [µg]	119	79	51,6	34
Selenium [µg]	69,1	126	33,2	60
Magnesium [mg]	94,9	25	69,2	18
Manganese [mg]	0,98	49	0,35	18
Sodium [mg]	259	-	232	-

<sup>1</sup> Percentage of reference quantity in accordance with EU reg. no. 1169/2011

\* 35 g + 300 ml semi-skimmed milk (1,5% fat)

### Suggested usage

Stir 2 measuring spoons (35 g powder) into 300 ml semi-skimmed milk (1,5%) in the morning and at lunchtime and enjoy. Replacing two meals a day with AMFormula products as part of a low-calorie diet helps you to lose weight. Please also make sure to drink enough calorie-free drinks, at least 2 litres a day. Prepare a light dish for the third daily meal – for delicious recipes see [www.amformula.de](http://www.amformula.de).

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