

Formula 3 – Personalised Protein Powder

ShapeWorks™ Core Essential

Protein is an essential component of virtually every cell in the body.

Your body needs adequate protein daily to stay strong and healthy. Personalised Protein Powder is a convenient, fat-free way to supplement your diet with protein. The correct amount of protein for your body helps maintain lean body mass which increases your metabolism, and can help curb hunger.

Why Personalised Protein Powder?

Protein, more specifically the building blocks of protein called ‘amino acids’, is an essential component of virtually every cell in the body. The cells of the immune system, skin, hair and muscle all depend on protein for proper functioning and growth.

All too often many dieters cut back on protein in an effort to trim calories and lose weight. This can lead to deficiencies that are not only detrimental to health, but can also trigger nutritional imbalances in your body that can actually slow your weight reduction and eventually lead to weight gain. This is commonly referred to as ‘yo-yoing’.

To get out of the vicious ‘yo-yo’ cycle, you need to feed your body the proper balance of nutrients, one of the most important being protein.

Discussion Points

- Great news for those trying to control their weight: Adding Formula 3 Personalised Protein Powder to Formula 1 increases your protein intake without adding extra fat or carbohydrate calories.
- Protein can help curb hunger: One to three level tablespoons of the powder a day (as required) can add up to 15 grams of high-quality protein. This increases the feeling of fullness and helps assure adequate protein intake.
- Customise your Formula 1 shake on ShapeWorks: By using Personalised Protein Powder, customers can tailor-make their Formula 1 shakes to meet their specific protein needs without adding any unnecessary fat or carbohydrate calories.
- A bodybuilder’s dream: For weightlifters, Personalised Protein Powder is an excellent choice to help increase their protein levels. Weightlifters can use Formula 1, add milk, fruit and two level tablespoons of Protein Supplement Powder and easily reach the 25 grams of protein recommended for a post-workout replacement shake.
- Variety of uses: Personalised Protein Powder is ideal for use in shakes, beverages, soups and pasta sauces. It mixes easily in any beverage hot or cold.

Order Personalised Protein Powder from your Distributor NOW! #0242



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