

Weight is one of the biggest health problems for adults worldwide. Excessive weight and the risks that come with it are affecting the health of millions. Now is the time to put health and well-being in focus — to take control and enjoy a lifetime of looking and feeling your very best. We are proud to introduce a product that is based on science and developed by nutritionists to safely meet your dietary needs while successfully managing your weight goals.

Scientifically engineered to satisfy hunger

- Meal Replacement shakes are perfectly balanced portions, with natural, plant-based ingredients. Each nutrient-dense serving is high in **protein and fibre, with healthy fats and 23 essential vitamins and minerals** – designed to fuel you with lasting energy and satisfy your hunger throughout the day.
- These shakes support Oriflame’s belief in the synergy of a healthy diet, physical activity, sleep, supportive network, and stress management that leads to healthy and sustainable weight management. Knowing you’re helping to meet your daily nutritional needs with the convenience of an all-in-one shake helps to take the pressure off dieting and allows you to focus on living your best life.

Healthy, strong — and in control!

- The nutritionally complete shakes allow you to **structure your meals, portions and calories** with ease, with **protein** to satisfy hunger and sustain energy levels, fortified with **fibre** to help improve digestion, and **vegan-friendly**, when you mix it with soy milk alternative!
- If you’re unsure about how you’ll adapt to this routine of healthy eating — worry no more! Not only do these shakes have all the nutrients necessary for a balanced meal, they are also delicious and filling. Smooth and creamy, the Meal Replacement shakes come in two flavours: **vanilla and chocolate**. Pick your favourite — or better, try both!



Usage:

Mix one serving (25g) of Meal Replacement powder with 250ml of 1.5% cow’s milk, or for the vegan* option, mix with 310ml of soy milk** alternative — and enjoy!

* Vegan/dairy free option when consumed with soy milk alternative.

** It is important to use soy milk alternative. Soy is a complete protein, providing all of the essential amino acids the body needs for growth and repair. Other plant-based milk alternatives (almond, coconut, rice, oat) are not suitable here due to their nutritional composition. For example, their protein content is much lower than cow’s milk or soy milk alternative. They do not meet the criteria to be classified as a meal replacement.

Optimise your results:

Meal Replacement for Weight Control is intended to be used in combination with other nutritionally balanced food sources and an adequate intake of daily fluids.

For optimal results, establish a holistic approach to your health and well-being, ensure your food-based meals are nutritious and calorie-controlled — and stay hydrated!



BY ORIFLAME
Wellness™

The weight-loss solution you’ve been craving is here! Meal Replacement shakes are balanced and complete meals, scientifically created to satisfy hunger and provide you with lasting energy. Enjoy a nutrient-dense, protein-rich, gluten-free meal — all in one easy-to-make shake!



A new balanced way to lose weight – and keep it off!

BY ORIFLAME
Wellness™



43271 MEAL REPLACEMENT FOR WEIGHT CONTROL Vanilla flavour

38890 MEAL REPLACEMENT FOR WEIGHT CONTROL Chocolate flavour

All the balanced nutrition of a regular healthy meal packed into a delicious shake with less than **250 calories!**

Meal Replacement Chocolate¹

238kcal
7.8g fat (of which saturates 3.2g)
17.9g carbohydrates
14.2g sugars
6.7g dietary fibre
20.7g plant-based protein
1.04g salt
 Sweetened with natural plant-based stevia
 Essential fatty acid, linoleic acid from Sunflower oil
23 essential vitamins and minerals
Inspired by the Nordic Diet

Meal Replacement Vanilla¹

239kcal
7.8g fat (of which saturates 3.1g)
18.2g carbohydrates
14.2g sugars
7.0g dietary fibre
20.6g plant-based protein
0.94g salt
 Sweetened with natural plant-based stevia
 Essential fatty acid, linoleic acid from Sunflower oil
23 essential vitamins and minerals
Inspired by the Nordic Diet

¹Nutritional information for the preparation variant with soy milk alternative. It is also possible to prepare Meal Replacement shakes with cow's milk, to retain the criteria to be classified as a meal replacement.



Registered with the **Vegan Society**. Suitable as a vegan/vegetarian option when consumed with soy milk alternative.



Meal Replacement shakes are balanced meals designed to safely, conveniently and effectively help you **control your calorie intake**.



Suitable for **gluten free** diets.



Contains Sunflower oil, a healthy source of fat that provides the essential fatty acid, linoleic acid.



High in fibre, with up to 7 grams of dietary fibre from natural sources.



With stevia, a natural, plant-based sweetener and alternative to sugar that has zero calories. The formula does not include **artificial sweeteners nor added sugars*****.



*** Meal Replacement for Weight Control powder contains no added sugars. Cow's milk contains naturally occurring sugars. Soy milk alternative may contain added sugars.

A recipe formulated for **success**

The high-quality formulation is inspired by the Nordic Diet and based on science to help you easily achieve and maintain your weight goals.

High in protein

Pea and faba bean protein are two sustainable plant-based proteins that are common to the Nordic Diet, renowned for its healthy attributes and linked to many health benefits.

- Protein promotes satiety, helps to maintain muscle mass and build strength.
- A protein-rich diet together with exercise can help muscle synthesis, increase strength, and promote loss of fat — which can be especially important when dieting or maintaining weight loss results.

Dietary Fibre

The fibre-rich Meal Replacement recipe includes dietary fibre from natural sources such as faba bean fibre, soluble fibre from maltodextrin and inulin prebiotic fibre from chicory root.

- Fibre helps with digestion and makes you feel full.
- High fibre diets are linked to a lower risk of cardiovascular disease, type 2 diabetes and certain types of cancer.

Vitamins and Minerals

Meal Replacement shakes provide 23 essential vitamins and minerals proven to support metabolism, brain, vision, bones, and overall well-being. These dietary essentials help to:

- protect cells from oxidative stress;
- reduce tiredness and fatigue;
- support immune health;
- support energy and metabolism.

