



*Ideal Protein*

- Weight loss
- Modified protocol for diabetics and adolescents
- Nutrition reeducation
- Cellulite treatment
- Skin revitalization
- Dietary supplement
- Improved convalescence




*More than Beauty  
Health!*

[www.idealprotein.com](http://www.idealprotein.com)



## ONE-ON-ONE SERVICE

- Accredited Ideal Protein health professionals
  - Support and weekly follow-up
  - Measurement and weight checks
  - **Nutrition reeducation:** Learn about the good food combinations that will help you keep the pounds off.
- 

## THE PROTEIN DIET

The Ideal Protein diet is quick and healthy with long-lasting results. Ideal Protein products contain highly assimilable, high biological value protein and essential amino acids, complemented with vitamins and mineral salts.

- Benefits*
- Lose 3 to 7 lbs of weight per week
  - Mainly promotes fat loss
  - Helps to maintain muscle mass
  - Skin toner
  - Cellulite Treatment
  - Maintains vitality and energy
  - Naturally suppresses appetite
  - Re-establishes pancreatic function (insulin)
  - Provides nutrition reeducation

**Finally, a natural and effective weight loss method with long-lasting results!**





## PHASES

PHASE **1** 3 packets per day + 1 meal  
Total calories: about 850

PHASE **2** 2 packets per day + 2 meals  
Total calories: about 1100

PHASE **3** 1 packet per day + 3 meals  
Total calories: about 1500

PHASE **4** Maintenance = 4 meals  
Nutrition reeducation

### At last, a delicious diet!

Available in more than 40 flavours!



## HOW THE PRODUCT WORKS

- **Weight Loss:** The body has three sources of energy - carbohydrates, proteins and lipids - and burns carbohydrates first for energy. Once the body has depleted its carbohydrate reserves, it will simultaneously draw on its protein and fat reserves for energy. The intake of protein during a diet will help to maintain muscle mass, vital organs and energy, and encourage the body to use up its fat reserves and turn fat into energy.

*Modified protocol for diabetics and adolescents.*

- **Cellulite Treatment:** Ideal Protein's targeted approach and detoxifying effect shrink fat cells, thereby eliminating most cellulite.

- **Skin Revitalization:** Since Ideal Protein contains high biological value protein, it revitalizes and softens the skin by providing it with the nutrients it needs.

- **Improved Convalescence:** Protein plays a major role in the treatment of illness, as the body is primarily composed of protein. Protein maintains vitality and strengthens the immune system.

