



enlite.me™

NATURAL WEIGHT MANAGEMENT

Lose Weight

without rebound with

Natural Low Calorie Diet

低卡自然营食，
健康享瘦





A new way to manage your body weight, **enlite.me** is a meal replacement that helps you to reach your personal target, maintain your long-term weight control goal, and gives you the added assurance of a daily diet with balanced nutrition and proven benefits of soy protein.



Each portion of enlite.me[®] provides 25g of soy protein extract. According to studies, a low fat meal in addition to 25g of soy protein extract reduces bad cholesterol in our body significantly.

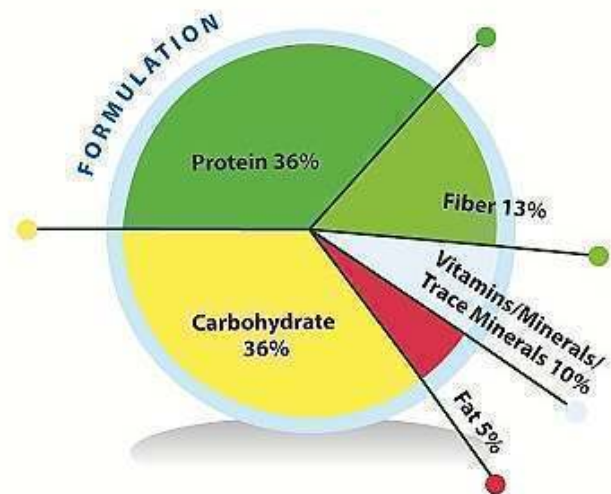


• **8 delicious flavours includes :**

∴ **SOUP** ∴ Chicken & Mushroom; Hearty Tomato and Thai Chili which are innovation to Asia market

∴ **DRINK** ∴ Chococcino, Chocolate Heaven, Double Choc Mint, Strawberry Sensation, Vanilla Dream

- No lactose and milk. Great for those who is lactose intolerance
- No Aspartame and MSG, suitable for diabetics
- Genetically Modified free
- Low salt
- No preservatives, cholesterol, trans fatty, artificial colouring and flavours.
- 3 enlite.me[®] servings provide 100% of the Recommended Daily Allowance (RDA) given for vitamins and minerals. Each enlite.me[®] sachet is approximately 60g and provide around 220kcal





Source:
Department of
Rehabilitative and
Preventive Sports
Medicine, University
Hospital, D-79106
Freiburg, Germany

Why enlite.me™ ?

1. enlite.me™ is EFFECTIVE with PROVEN weight loss results

Clinical data suggest that a high-soy-protein and low-fat diet can improve body composition in overweight and obese individual by losing fat but preserving muscle mass.

Soy-based low-calorie diets decreases significantly serum total cholesterol and low density lipoprotein cholesterol concentrations and has a greater effect on reducing body fat percentage than traditional low-calorie diets.

2. enlite.me™ is SAFE & HEALTHY:

Based on scientific research, each Enlite.Me™ meal replacement sachet is enriched with soy protein, natural vitamins and trace minerals that you need for complete nutrition.

Not loaded up with sugar or artificial sweeteners such as aspartame, it is perfectly safe for diabetics.

3. enlite.me™ is NATURAL:

No Preservatives, MSG or Genetically Modified Ingredients – a nutritionally balanced and natural way of diet.



enlite.me[™] Program

Stage

ONE

Lose weight, naturally.

Focus on achieving your weight loss goal. You can choose from a number of options and control your weight loss in a way that suits you and your lifestyle.



Program 1

enlite.me[™] One

Consume 3 ~ 4 enlite.me[™] as meal replacements a day, giving you just over 660kcal and 100% RDAs plus 2.5 litres of liquids for hydration.

- As simple as it sounds – One. Delivers a super fast, safe weight loss approximately 8kg+ a month.
- Quick, easy, effective and nutritionally sound way to detox and lose weight whilst correcting metabolic issues.
- Should be followed for a minimum of 3 and maximum of 4 weeks to achieve optimum results. We advise a food week break in every 4 weeks. To stay in ketosis during your food week break, please continue with 3 meal replacements a day with an additional 300kcal of high protein, low carbohydrate healthy foods such as meat, fish and any green vegetables or green salads.

enlite.me[™] servings can be taken traditionally as three separate meals or you can divide the sachets to have meals and snacks interspersed throughout the day.

Daily example

Breakfast ::: 1 full Shake Breakfast

Lunch ::: 1/2 serving Shake

Afternoon ::: 1/2 serving Shake Lunch

Evening meal ::: 1 full Soup or Shake



Program 2

enlite.me™ Comfort

Consume 2 enlite.me™ as meal replacements a day (approx. 440kcal) + 2 healthy high protein, low carbohydrate meals choice of 300kcal each. An option to combine meal replacements with a daily meal. If you have to stick with other diets because of work, family and social commitments, the flexibility of this option will help you reach your weight loss target

- Calorie intake will be approximately 1000kcal a day and this plan enables a weight loss of approximately 5-6kg a month.



Daily example

Breakfast ::: 1 full Shake

Lunch ::: Grilled fish with green salad

Afternoon ::: 150g yoghurt + 1 small fruit

Evening meal ::: 1 full Soup or Shake



Allowed treats and snacks

- Calorie-free: cucumber, celery, lettuce, watercress, green pepper.
- 25 kcal: 1 large raw carrot, 1 small kiwi, 1 satsuma, 1 brazil nut, 5 peanuts(2g), 3 dried apricots, 150ml tomato juice.
- 50 kcal: 125g pot low sugar/low fat yoghurt, 1 finger of Kit- Kat, 150ml unsweetened fresh fruit juice or any 1 low calorie fruit

Stage

TWO

Focuses on creating a healthier you for the rest of your life

During this period of time, combine **enlite.me**[™] meal replacements with a calorie controlled diet as to develop the right mind-set and healthy eating habits in order to manage your long term weight loss successfulness.

Program 3 **enlite.me**[™] Balance

- Consumption of 2-3 **enlite.me**[™] servings a day, provides over 440-660kcal and 100% RDAs a day and include 2 meals totaling 700-800kcal, consists of protein such as meat, fish and low starch green vegetables or green salads. Your daily diet will now include daily portion of fruit (50kcal)
- Your calorie intake will consist of approximately 1200-1400kcal a day. The Enlite Balance program will enable further weight loss of approximately 1-3kg a month.
- **enlite.me**[™] Balance can be used until all excess weight fat is lost.

Daily example

Breakfast ::: 1 full Shake + 1 small fruit

Lunch ::: 200g fish + green vegetables

Afternoon ::: 150g chicken + green salad

Evening meal ::: 1 full Soup + green salad



Program 4 enlite.me[®] Aware

Over the time, you will find your body naturally responding to your new eating habits and because the enlite.me[®] Program is about long term successfulness, we believe the new lighter, healthier, happier you is here to stay.

- Your calorie intake will consist of approximately 2000-2500kcal a day, which will be delivered by a healthy balanced daily diet. The Enlite Aware plan is designed to help you maintain your weight loss successfulness.
- Even after achieving a healthy weight, you can continue to replace 1 meal a day with enlite.me[®] . By doing so, you enjoy the dual benefits of weight maintenance and optimum nutrition.
- It can be used as a healthy choice snack, when you are too busy to cook, or, when you feel like you have over-indulged simply because we are just human being, just reach for a convenient, delicious and nutritious enlite.me[®] shake.

Keep on track Checklist

- Mix the soups and shakes with 300mls of water using a whisk or blender.
- Drink around 2-3 litres of still or sparkling water per day. Black tea or coffee also counts towards your fluid target. Tablet sweeteners can be used if required.
- Exercise: A short walk or sweating it out in the gym, is good for you and makes you feel great!
- Weigh yourself in the same time every week and you will have a true record of your progress and remember to take your measurements once a month.
- Always have enough meal replacements to last you through till your next delivery.
- Treat yourself with things that do not involve food: a new book, a night out bowling, some time for yourself.





- Think ahead - visualize how you will look like and what you will be doing when you achieve your goal and remember to celebrate your successfulness.
- Stay positive and focused. If you lapse, do not beat yourself up, just get back on track and remember your long term target.

Medical Conditions

Check-point

enlite.me™ programs supply more calories than a very low Calorie Diet (VLCD) and can be taken in a number of ways, therefore are safe to use for almost everyone.

However, there are a few conditions, which might be considered Contraindications and will require your doctors' permission:

- A severe psychiatric disorder including manic depression, (bipolar disorder) Psychosis, Schizophrenia and/or taking MoRI and Lithium drugs
- Gout
- Gall Bladder Disease
- Type 1 diabetes / taking insulin
- Taking any prescription medication
- Convulsions or Epileptic seizures or taking anti convulsant drugs
- An eating disorder
- A serious heart condition, heart disease or suffered a heart attack
- Recent stroke or is taking anti-coagulants antithrombotics or fibrolytics
- Pending to undergo surgery
- Any serious illness, injury, trauma or surgery in the last three months

If you have had any of the above medical contraindications then you are not eligible to follow the Enlite One or Comfort program, but you can still lose weight safe and effectively applying the Enlite Balance and Aware guidelines.

Important notes

to know



1. Drink at least 2.5 litres of water
 - It is important to keep body fluid levels topped up to prevent the unpleasant symptoms of dehydration such as headache, dizziness, fatigue, constipation as well as to get rid of the waste products associated with the break down of fats resulted from weight loss.
2. At least 30 minutes of light exercise daily, e.g walking, cycling or dancing - daily.

Together with an active, healthy lifestyle, the [enlite.me](#) program can provide the convenience, energy and support you need to get the weight loss results you want.
3. Common side effects

Low calorie diets may present certain temporary side effects for some individuals:

 - Headaches: Symptom of carbohydrate and caffeine withdrawal. Drinking extra water will help.
 - Nausea / Upset Tummy: Might due by the high concentration of vitamins and minerals. Drinking water will help.
 - Bad Breath: The fat burning process (ketosis) causes a type of acetone to be released in the breath. Drink lots of water to dilute the acetones. A spray breath freshener can be used.
 - Feeling cold: During the diet, your metabolic rate slows and blood flow to extremities is decreased, meaning that hands and feet can feel colder than usual. Wrapping up warmly, drinking warm water and being more active to encourage better circulation will all help with this.
 - Constipation: This could be resulted from insufficiencies water drank. Increase your water intake can help.

Frequent Asked Questions

I. Do I need to lose weight?

Managing your weight is not only about the way you look. It is about improving your overall health and quality of life. Reducing excessive weight will help prevent development of a number of health problems. In many cases, it may even help you to manage some health conditions you might already have.

The BMI value and waist size provide a reliable indicator of body fatness for most people and are used to screen for weight categories that may lead to health problems.

The recommended guidelines for Asian are:

**Healthy
BMI
range
18.5 - 22.9**

If your measurements are higher than the given values, weight loss is highly advised.

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2 (\text{m}^2)}$$

Healthy Waist Measurement

for women:
below 80cm or
31.5 inches

for men:
below 90 cm or
35.4 inches.

II. How much weight will I lose?

This depends on the plan you choose. Low calorie diets are proven to be very effective and offer greater initial weight loss than other forms of treatments. A 9-20kg weight loss over 4-20 weeks can be expected if it is taken correctly.

III. Will I feel hungry while following enlite.me™ program?

No. Our servings are generous and contain high quality protein as to satisfy your appetite. Moreover, when consuming Enlite One and Enlite Comfort, your body will go into mild ketosis, which has a natural appetite suppressing effect. In fact, you might notice, that you have a lot more energy than usual.



Lost 4kg in 10 Days

十天减 4kg

Slimming to a Healthier me
“瘦出健康”
- Nicole Chin

I lost 4 kg in ten days with **enlite.me**[®] Slimming Program, and needless to say, I was absolutely delighted with the results!

I have a growth in my nose that tends to cause nasal obstruction whenever I am exposed to dirty air, and this often result in difficulties in breathing. Doctors has recommended that I have the growth surgically removed but I never got around to doing it. However, it seems I no longer need to go under the knife as I have not experienced any nasal obstructions ever since I started using the product. I now feel lighter and freer! It is amazing!

饮用 **enlite.me**[®] 单食瘦身计划，在十天内竟然减去了4公斤，很开心。

我鼻子向来有粒瘤，当空气环境不干净时，鼻子就会感到阻塞，呼吸不顺。医生要我开刀以除去这烦恼。然而在饮用期间，鼻子一点都没有阻塞的现象，让我感觉轻松健康，很棒！



Nicole Chin (Malaysia):
Before之前 54kg
After之后 50 kg



Creamy Soup 浓汤

Chicken & Mushroom
蘑菇鸡汤

Thai Chilli
泰式辣汤

Hearty Tomato
番茄浓汤

Smooth Shake 饮料

Chococcino
可口可可

Double Choc Mint
可可薄荷

Chocolate Heaven
巧克力天堂

Strawberry Sensation
澎湃草莓

Vanilla Dream
梦幻香草

Taste the **goodness** of **Weight Loss**

吃出滋味 · 瘦得有 “营”

Total Weight Loss
成功减去: **20kg**



Karen Atkins (Australia):
Before-之前 83kg
After-之后 63kg



Exclusively Distributed By: **Neucor Alliance (M) Sdn Bhd** (399877-P) (AJL 93989)
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