



# **APPETITE MODERATOR STICK MEDIDIET® - WITH SWEETENERS 6 g**

## **PRODUCT**

*A convenient apple flavoured drink to help moderating appetite, to fight against snacking and to limit compulsive food intake in the first period of a diet.*

## **FORMAT**

A 6g powder stick to dilute in 100 ml of water.

## **INSTRUCTIONS FOR USE**

Take 2 to 4 sticks a day, whether before a meal to moderate appetite or between 2 meals to avoid snacking.

## **EFFECTS**

The Appetite Moderator stick integrates ingredients from seeds, fruits and algae, for a reinforcing effect on appetite regulation :

**High satiating effect :** Wheat fibres, apple and lemon pectins, guar gum and Bladderwrack mucilage can absorb several times their weight of water. They form a thick gel which slows down the gastric flow and appeases hunger without any side effects on health.

**Low glycemic and insulinemic indexes** thanks to wheat fibres which promote satiating sensation after a meal and help moderating calories intake along the day.

**High iodine content** from Bladderwrack alga. Iodine stimulates the energetic metabolism through thyroid hormones and is traditionally used to support weight loss.

**Action on hunger feeling thanks to glycomacropeptides.** This compound results from whey hydrolysed proteins and is well-known to favour the secretion of cholecystokinin (CCK) enzyme which is implied in satiety mechanism.

## **STORAGE REQUIREMENTS**

Store in a dry location at room temperature.

## **SHELF LIFE**

2 years sealed in the original package and under normal storage conditions.

*feminiuM*

**APPETITE MODERATOR STICK****2 sticks****ACTIVES**

Wheat fibres	<b>7 g</b>
Apple and lemon pectins	<b>960 mg</b>
Guar gum	<b>785 mg</b>
Bladderwrack thallus extract	<b>100 mg</b>
( <i>Fucus vesiculosus</i> L.) of which : iodine	<b>75 µg</b>
GMP (Glycomacropeptides)**	(50% RDI*)

\*Recommended Daily Intake

\*\*from whey proteins

