

*Vita Shake*

Your body's natural power

# Vita



**Vita Shake...**



*...means a complete natural meal without sugar.*



*... means a dose of vitamins and minerals – for everyone and at any time.*



*...means a positive attitude and energy in a liquid form – in delicious cocktail!*



## Vita Shake.








*Your body's natural power*

### *Extracts from nutrients*

- ✓ glucomannan
- ✓ piperine
- ✓ chlorella
- ✓ carnitine
- ✓ powdered linseeds
- ✓ hemp seeds.



*One product - All superfoods*

-  Vegan-friendly
-  Gluten-free
-  Natural product
-  Hemp seeds
-  Not tested on animals
-  Pesticide-free
-  Soya-free
-  Sugar-free





## Why don't we add soya to our shakes?

### 10 reasons why you won't find soya in Vita Shakes:

1. It is genetically modified and highly contaminated with pesticides
2. It may increase the risk of cancer
3. It contains phytoestrogens, which may interfere with the functioning of the thyroid and lead to hypothyroidism
4. It may contribute to creation of blood clots
5. It increases your body's demand for vitamin D, simultaneously hindering the absorption of iron, zinc and calcium from food
6. It is rich in purines – the compounds which, if in excess, lead to gout or urolithiasis
7. Due to a high content of polyunsaturated fatty acids, it may cause inflammation in the organism
8. It lowers the cholesterol level in men and is detrimental to male fertility
9. It may increase the risk of asthma and food allergies
10. Due to intensive processing, isolated soya proteins, in particular, tend to be contaminated with a range of heavy metals..



## Our philosophy

We believe in positive thinking and follow a reasonable diet, knowing that there we will find a key to a healthy and happy life. The Shake is an outcome of our passion; and our mission is to provide healthy and nutritious products. Using top-quality ingredients: **vitamins and minerals**, which not only **help lose weight**, but they also **improve the skin condition**, we produce the shake which is **friendly to the nature and your body**. The entire production process is supervised by an experienced dietician who makes sure that the products are properly prepared – also from the technological perspective. Thus we are certain that we give you our best.



## Why Vita?

Natural Vita Shake is a response to our growing needs. We offer you a quick and easy solution to problems which are encountered on a daily basis by each of us - **lack of time, junk food (with insufficient nutrients), difficulty keeping your body healthy and attractive.**

The quest for simple means to achieve one's goal is, in fact, inherent in our identity. Who likes to wait long for effects?

**Vita**

- ✓ Rich in proteinsa
- ✓ Rich in fibre
- ✓ Gluten-free
- ✓ Sugar-free

At the same time we know that ... there is no change without a change. If we want to be healthy and slim, we need to make a bold move towards it. Fortunately, we are observing a higher and higher social awareness of the relation between everyday diet and health. We are bombarded with scientifically proven information on the role of a healthy diet in our life. **Our lifestyle is our conscious choice.** We want to slow down aging processes and enjoy the state of well-being...

And this is the very thing we expect from the food which we consume day in day out.





Not only does Vita Shake help cover the daily demand for calories, it also **strengthens your body with bio-active ingredients**. It is a source of valuable nutrients and acts as functional food. Its positive effects have been confirmed in scientific research and thus, deservedly, it is winning trust of an increasingly large group of people. Since the vegetables and fruit present in our diet are becoming insufficient, on account of a radical loss in their nutritional value, Vita Shake is an ideal alternative and complement to our daily menu.



**Vita Shake.**



## Our aim is

... to help you compose your daily meals in such a way that you can optimally care about your body shape, health and well-being. Under the watchful eye of an experienced dietician we have created Vita Shake - a complete food product rich in vitamins and minerals with a high nutritional value.

Not only is it healthy and tasty, but it also saves your time and money. Vita Shake can be prepared in no time at all and, if you wish, it can replace your meal. It includes all that is necessary to make you satiated and well nourished.

After all, in the 21st century what we eat is getting more and more important and it repeatedly turns out that we eat only 'empty calories'. Even fresh fruit and vegetables, treated with pesticides and grown in impoverished soil, become mere plate decorations devoid of any nutritional value.

That is why the so-called superfoods are gaining in popularity; these are highly nutritious foods from different corners of the world. Their popularity ideally matches today's cult of a healthy lifestyle, in which consumers demand an increasingly high quality. Yet who has the time to prepare every meal thinking of all the necessary nutrients?

Fortunately, we know a solution to that. Our quick superfood shake is a perfect method to provide your organism with essential vitamins, minerals and other substances important for your health. Instant in preparation, it will be ideal for breakfast, lunch or even light dinner. You can always have it at hand and consume it with appetite and ... with the awareness that you give your body what is the best.

*Under the watchful eye of an experienced dietician we have created Vita Shake - a complete food product rich in vitamins and minerals with a high nutritional value.*



## Dietician

### Dr Joanna Gawlikowska

Qualified doctor of aesthetic medicine.

Vita Shake is a product created with passion, knowledge and commitment. Dr Joanna Gawlikowska, an experienced dietician and enthusiast of a healthy lifestyle, is a co-author of its success.

A qualified doctor of aesthetic medicine. A graduate of medical studies at Collegium Medicum of the Jagiellonian University. She obtained the qualifications and knowledge of Aesthetic Medicine and Anti-Aging in the course of post-graduate studies 'Aesthetic Medicine for Physicians' at Katowice School of Economics. Her diploma dissertation presents her findings on the impact of a diet on the skin condition and aging and an analysis of methods to slow down aging processes.

She specialises in anti-aging medicine and has completed a training course organised by the World Society of Anti-Aging Medicine (WOSAAM) and the Polish Society of Preventive and Anti-Aging Medicine which facilitates its participants to obtain the International Specialisation in Anti-Aging Medicine. It is a new field of medicine which focuses not only on treatment but,

*Vita Shake has been developed under the watchful eye of nutritionists so that it contains all the vitamins and minerals that you need*

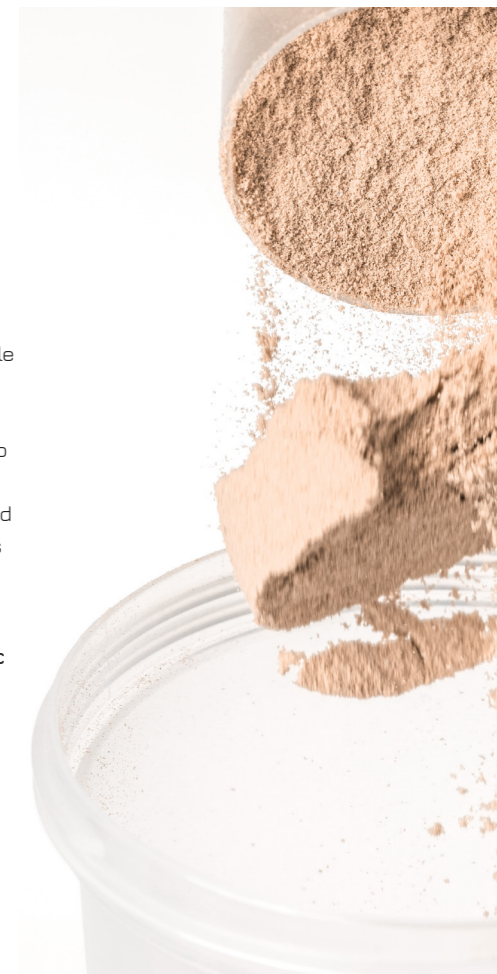
first and foremost, on prevention, particularly: early prevention of civilisation diseases and maintenance of the optimal health. Thanks to the proper therapy and the right lifestyle, aging may be significantly slowed down and patients' health improved.

**She is passionate about nutritional medicine,** the branch of medicine which allows for effective examination of patient's nutritional needs and for recommendation of specific changes in patient's diet in order to prevent or mitigate different kinds of illnesses. She increased her knowledge of dietetics and nutritional medicine in the course of post-graduate studies 'Nutrition in health and illness' at Collegium Medicum of the Jagiellonian University. In everyday practice, she concentrates on active promotion of health, as she believes that the right nutrition is the basis of good health and longevity. **A qualified consultant in the**

**programme of food intolerance LEAP** (Lifestyle Eating And Performance). The programme is developed on the basis of the MRT (Mediator Release Test) results and is adjusted precisely to individual patient's needs by a consultant. Thus a new personalised nutrition style can be created to eliminate and mitigate disease manifestations and to reduce inflammations caused by food intolerances.

**A member of the Polish Society of Aesthetic and Anti-Aging Medicine.**

She continues to raise her qualifications and participates in numerous training courses and academic conferences on aesthetic, nutritional and anti-aging medicine.





**Our shakes contain  
glucomannan, piperine,  
chlorella, carnitine,  
hemp seeds  
and linseeds.**

## **„What you eat and drink affects *the length and, primarily, the quality of your life*”**

That statement subscribes to the assumptions of anti-aging medicine, which suggests that genetic factors decide about the length of our life merely in 20%, while as much as 80% is determined by our lifestyle, diet and the environment around us.

A lot of those factors defy our influence, but – undoubtedly – we may decide on the kind and the quality of food which we consume. In today's world and with constant time deficit, it is a daunting task to eat healthy and reasonably, simultaneously providing our body with the sufficient amount of vitamins and minerals. In the modern world the ubiquity of obesity and overweight is responsible for such civilisation diseases as: diabetes, cancers and many other. In the light of the above we should do our best to keep healthy.

With its Vita Shakes, Livioon Company meets the needs of us all. Owing to these shakes we may easily stay in shape and take care of ourselves.

Working with a team of technologists, we have developed such Shake composition that it provides the best complex of vitamins and minerals. All Shakes are rich in proteins and fibre, while being free from: soya, gluten and sugar. Their preparation is very easy – you can drink them always and everywhere.

Our shakes contain glucomannan, piperine, chlorella, carnitine, hemp seeds and linseeds. With these carefully selected ingredients, our Shake has a lot of complete proteins – it gives a long-lasting sense of satiation and regulates the digestive system by weakening the desire for eating between meals. A higher proportion of proteins in a weight reducing diet boosts metabolism so that we can lose weight.

What is more, every Shake comes with specially selected additives which have a beneficial effect on our weight and health. Bromelain, which is extracted from pineapples, accelerates metabolic rates, helps remove excess liquids from the body and supports body detoxification. Additionally, it enhances the immune system.

The ratio of omega-3 acids to omega-6 acids – which are responsible for the right functioning of the brain, among other things – is called the golden ratio (1:3). It is the most optimal proportion needed to keep inflammatory states in your body in check. Another ingredient – banana – turns the drink into a rich source of potassium. Turmeric (curcuma), an anti-inflammatory and anti-cancer agent, also stimulates the brain work by speeding up repair processes. In addition to many beneficial properties, it also lowers the levels of sugar and cholesterol. Pectins from dried apples detoxify and reduce appetite. A wealth of vitamins and essential amino acids, such as isoleucine (BCAA), which cannot be produced by the organism, turns Vita Shake into a complete meal that will not only provide you with all the necessary vitamins and micro-elements but it will also enable

you to lose weight quickly and stay healthy.

I highly recommend Vita Shake as a replacement of one or two meals per day. The composition of ingredients will enable you to lose weight and stay healthy. We can consider it an example of concentrated superfoods.

### **Dr Joanna Gawlikowska**

a qualified doctor of aesthetic medicine.



***I highly recommend  
Vita Shake as  
a replacement of one or  
two meals per day.***







Glucomannan



Piperine

## Extracts from nutrients and their properties



**Vita Shake.**



Chlorella



Hemp seeds



Linseeds



Carnitine

### Glucomannan

Glucomannan is a kind of many water-soluble fibres. It is active in the stomach and helps lose extra weight.

The supplementation based on glucomannan gives a sense of satiety and prevents unnecessary eating between meals. Glucomannan absorbs water in the stomach and increases in volume, thus being responsible for the feeling of fullness.

Primarily, glucomannan supports weight reduction because it:

- ✓ suppresses appetite
- ✓ helps reduce glucose in blood
- ✓ contributes to lower cholesterol in blood
- ✓ strengthens the sense of satiety
- ✓ keeps the right level of sugar in blood

### Piperine

Piperine is an organic chemical compound found in the external layer of black pepper fruits and roots. White pepper contains slightly less piperine, and its negligible amounts can be found also in green and pink peppers.

Piperine is highly conducive to weight loss because it:

- ✓ raises the body temperature, which increases metabolism,
- ✓ raises the physical performance of the organism,
- ✓ facilitates digestion of proteins,
- ✓ supports food digestion,
- ✓ helps athletes achieve a better body shape



## Chlorella

Chlorella is a kind of microalgae with exceptional nutritional value and health-promoting properties. According to evolutionists' estimates, microalgae have been present on earth for over three billion years. They were known to and used for everyday purposes by the Aztecs and constituted the staple diet of that civilisation.

**Chlorella is most famous for being conducive to body weight reduction, because it:**

- ✓ accelerates removal of toxic compounds from the organism
- ✓ provides fibre
- ✓ improves serum parameters related to body mass, such as: cholesterol, triglyceride and glucose levels
- ✓ reduces accumulation of lipids in fatty cells, hence slows down the growth of fatty tissue.

## Carnitine

Carnitine is a necessary and indispensable substance in our organism. The human body has approximately 20-25 grams of L-carnitine. We can synthesise it ourselves in small amounts only (approx. 25%); our diet is its main source (approx. 75%).

**Carnitine helps reduce body weight because it:**

- ✓ speeds up the decomposition of the fat stored in our body to fatty acids and glycerol – the compounds used as fuel during physical training,
- ✓ enhances and accelerates fat metabolism in the organism,
- ✓ is involved in the oxidation of fatty acids, so it contributes to the delivery of energy to muscles.

*Carnitine is a necessary and indispensable substance in our organism.*

## Powdered linseeds

Linseeds are fine, flat, brown or golden seeds of the common flax which swell considerably in water and produce a lot of mucus on the surface. **Linseeds are referred to as indigenous superfood.** Owing to their rich composition and salutary effect on the digestive system, they are also said to be the Polish chia seeds.

**Linseeds:**

- ✓ are anti-cancer agents
- ✓ help lose weight - increase metabolism
- ✓ lower cholesterol
- ✓ improve the skin, hair and nail condition
- ✓ support treatment of respiratory infections
- ✓ support brain and heart functions

## Hemp seeds

Hemp seeds are known as superfood owing to their ideal ratio of omega-6 to omega-3 acids and their ten amino acids. Thus hemp seeds are a perfect source of proteins. Additionally, hemp seeds are rich in vitamins and minerals.

**Hemp seeds:**

- ✓ contain omega-3 and omega-6 acids in the ideal ratio of 1:3
- ✓ provide complete proteins
- ✓ are rich in minerals, such as: magnesium, phosphorus, iron, zinc and vitamin E,
- ✓ abound in protein food (hence they give the feeling of satiety), regulate the work of the digestive system and weaken the desire for eating between meals.

*Hemp seeds are rich in vitamins and minerals.*



# Added components and their properties



## Curcumin

Curcumin is a so-called mesoelement - an extremely valuable, natural substance contained in the rhizome in turmeric. It perfectly stimulates the digestive processes, which is particularly important when there is no shortage of cereal products or processed foods in our daily diet. Curcumin prevents flatulence, has diastolic and antioxidant effects. It helps the body in everyday work.

- ✓ Rice protein
- ✓ Pumpkin protein
- ✓ Pea protein

## Bromelain

Bromelain is a vegetable enzyme, hidden in pineapple juice. In the drying process, an extremely aromatic, tasty and valuable powder is formed. Not only does it contain a lot of vitamins and minerals, but it also facilitates protein digestion and amino acid absorption. Bromelain has a beneficial effect on the body during weight loss.

## Nutrition Facts

Oat protein, Flaxseed, Inulin, Rice protein, Pumpkin protein, Pea protein, Hemp seeds, Coconut milk, Medium-chain vegetable fats, Freeze-dried apple, Freeze-dried banana, Acacia extract, Maltodextrin, Bromelain, Multi-vitamin and mineral complex, Omega 3-6-9, Glucomannan, Chlorella, L-Carnitine, Leucine, Valine, Isoleucine, Curcumin, Natural Flavour, Piperine;



### Nutrition facts

	Per 100 g	Per one meal**
One serving:	30g (with milk) / 60g (with water)	
Calories	465 kcal	279 kcal
Protein	40 g	24 g
Fiber	22 g	13,20 g
Fats (saturated 2g, unsaturated 16g)	18 g	10,80 g
Carbohydrates	15 g	9 g
Minerals, vitamins and other	5 g	3 g

### Minerals and vitamins

	Per 100 g	ZDS*	Per one meal**
Calcium	700 mg	100%	420 mg
Magnesium	200 mg	100%	120 mg
Vitamin C	160 mg	200%	96 mg
Green tea extract	100 mg	-	60 mg
Choline bitartrate	60 mg	-	36 mg
Grape seed extract	50 mg	-	30 mg
Hesperidin	30 mg	-	18 mg
Vitamin B1	25 mg	100%	15 mg
Vitamin B2	25 mg	100%	15 mg
Vitamin B3	25 mg	100%	15 mg
Vitamin B5	25 mg	100%	15 mg
Vitamin B6	25 mg	100%	15 mg
Quercetin	25 mg	-	15 mg
Inositol	25 mg	-	15 mg
Zinc	15 mg	100%	9 mg
Iron	15 mg	100%	9 mg
Vitamin E	12 mg	100%	7 mg
Probiotics	150 000 000 j.	-	90 000 000 j.
Lutein	10 mg	-	6 mg
Coenzyme Q10	10 mg	-	6 mg
Piperine	5 mg	-	3 mg
Lycopene	3 mg	-	1m 48s
Vitamin A	800 µg	100%	480 µg
Folic acid	400 µg	100%	240 µg
D-Biotin	150 µg	-	90 µg
Manganese	150 µg	20%	90 µg
Copper	200 µg	20%	120 µg
Vitamin K	100 µg	100%	60 µg
Chromium	100 µg	100%	60 µg
Boron	100 µg	-	60 µg
Vitamin B12	200 µg	100%	120 µg
Selenium	55 µg	100%	33 µg
Vitamin D3	25 µg	100%	15 µg
Potassium	800 mg	100%	480 mg
Iodine	150 µg	100%	90 µg
Leucine	50 mg	-	30 mg
Isoleucine	25 mg	-	15 mg
Valine	25 mg	-	15 mg
L-Cysteine	10 mg	-	6 mg
Papain	120 mg	-	72 mg
Chlorophyll	70 mg	-	42 mg
Msm	100 mg	-	60 mg

\* Reference Daily Intake  
\*\* 60g with water

# Dosage

# 1<sup>or</sup> 2?

*It's up to you*

✓ *Replace 2-3 meals a day with Vita Shakes to lose weight quickly.*

✓ *Replace 1-2 meals a day with Vita Shakes to reach ideal shapes in reasonable time.*



*To prepare one cocktail add 30-60 g of Vita Shake to 300 ml of milk or 400 ml of water*

# Shaker

- ✓ *volume 700 ml*
- ✓ *comfortable to hold*



*Vita Shake.*

*Three special  
Flavors*



## Natural

VITA's neutral shake flavor is a great addition to everyday meals. Does not affect the taste of dishes, so you can add it to your favorite vegetable or fruit cocktails to enrich them with biologically active ingredients beneficial to health and body shape.



## Chocolate

The rich chocolate flavor of the VITA cocktail will help you master the sweet tooth. The velvety texture and appetizing aroma will make chocolate VITA a perfect substitute for dessert while providing essential nutrients and minerals.



## White chocolate

Whenever you feel like something delicious, go for white chocolate shake VITA. It is a nutritive meal with enriched with natural nutrients that you can grab on the run. Quickly, tasty and healthy it helps you to fill your body needs.



*Vita Shake.*

## Recipes

*Make your Shake – the way you like it!*

### Water

1. Take a shaker
2. Put in 60 g of Vita Shake
3. Add 400 ml of water  
(optionally with ice cubes)
4. Optionally choose and add fruit\*

Your meal =  
**269 kcal**

### Milk

1. Take a Shaker
2. Put in 30 g Vita Shake
3. Choose and add 300 ml of milk\*\*  
almond milk, hazelnut milk, grain milk (rice, oat, millet, spelt), pseudocereal milk  
buckwheat) (optionally with ice cubes)
4. Optionally choose and add fruit\*

Your meal =  
**279 kcal**

\* Keep in mind that fruit contains sugar and extra kcal

\*\* Keep in mind that yoghurt and milk have calories

#### Additional information

Store in dry place at room temperature. Protect the bag from direct exposure to sunlight.

### Natural yoghurt

1. Take a shaker
2. Put in 30 g Vita Shake
3. Add 300 ml of natural yoghurt\*\*
4. Optionally choose and add fruit\*

Your meal =  
**313 kcal**






*An Idea  
for a tasty Shake*

Vita Shake.

# What's your choice today?



- + Vita Shake base
- + Strawberries
- + Half a banana
- + Liquid\*



- + Vita Shake base
- + Nectarine
- + Mango
- + Liquid\*



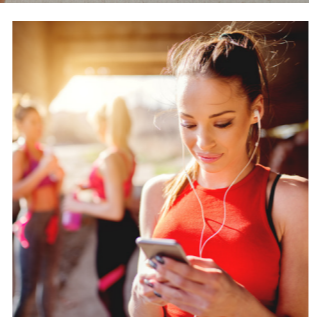
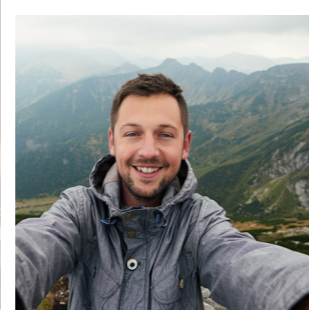
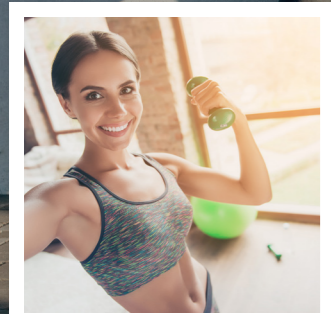
- + Vita Shake base
- + Blueberries
- + Half a banana
- + Handful of nuts
- + Liquid\*



- + Vita Shake base
- + Spinach
- + Half a banana
- + Mountain blueberries
- + Liquid\*

\* water; natural yoghurt, almond / hazelnut / grain (rice, oat, millet, spelt) / pseudocereal (buckwheat) milk

# #VitaChallenge



❤️ 👁️ ⚙️ 🔖  
 vita-shake  
 #my#favourite#my#hero #burn  
 #calories my progress in the  
 past four months -> I've lost  
 9kg. Vita-Shake is the best!

❤️ 👁️ ⚙️ 🔖  
 I've made it! I'm wearing 36  
 size again! :-)) It took me  
 five months, but the result is  
 incredible. Vita-Shake is my  
 friend forever #doit #doitnow  
 #vita-shake #my #favourite  
 #working #hard

❤️ 👁️ ⚙️ 🔖  
 Different diets, different  
 methods, one aim -> 85 kg –  
 my result after a hard search  
 for the best solution. Once  
 I found Vita-shake, my dreams  
 came true #dream #catch  
 #work #never #giveup

❤️ 👁️ ⚙️ 🔖  
 muscle #hard #my #dream  
 #size #catch #me #if #you #can

Vita Shake 600 g

# Vita

- Gluten free
- Vegan friendly
- Pesticide free
- Not tested on animals
- Natural product
- Cannabis seeds

**Vita Shake.**  
*We are here to help you achieve the desired aim!*





[www.vita-shake.com](http://www.vita-shake.com)