



> Your key  
to **BALANCED**  
**NUTRITION.\***

### WHY THIS KIT?

If you are looking to begin your journey to a better weight and well-being, the BALANCE KIT is the kit for you.

### WHAT'S IN IT?

30 Full Meals!

Vi-Shape® Nutritional Shake Mix meal replacement (30 servings)

Vi-Shape® Mix-Ins in an assortment of delicious Chocolate and Strawberry Flavours (5 servings)

### WHAT DOES IT DO?

Provides optimal nutrition to help keep your body balanced

Delivers vitamins, minerals, protein and fibre

Helps you maintain a healthy weight\*

### HOW TO USE

Replace one meal per day with a delicious Vi-Shape meal replacement shake

Mix Vi-Shape Nutritional Shake Mix with 250 ml of semi-skimmed milk for a meal replacement and enjoy!

Add Vi-Shape Mix-Ins to your shake for delicious flavour variety

For best results, consume at least 2 litres of water per day to maintain an adequate fluid intake, and use in combination with a varied calorie-reduced meal plan and routine exercise regime