



Guide for Use - UltraMeal™

Low GI Metabolic Foods



What is UltraMeal?

UltraMeal is a nutritional food supplement designed to support healthy body composition and blood sugar balance. UltraMeal provides a comprehensive range of nutrients scientifically selected to support healthy blood sugar metabolism thus helping to ensure that your lean muscle mass (energy reserves) is preserved at all times. By using UltraMeal as detailed in this easy-to-use guide you may notice improvements in your overall health and wellbeing over time.

How do I take UltraMeal?

Because of the large and comprehensive range of nutrients, UltraMeal is taken in the form of a convenient drink or shake. Mix 2 scoops (unless advised otherwise by your health professional) of UltraMeal with approximately 250ml of pure water, diluted fruit juice or vegetable juice and consume within half an hour. UltraMeal can also be blended with fruit or a milk alternative into a delicious smoothie (see page 4 for recipes).

How can I expect to feel on this programme?

Many people begin to feel better within a few weeks when using UltraMeal while some may take longer to notice improvement. If you experience any mild discomfort or side effects this may mean your programme needs to be adjusted and you need to contact your health care professional.

Professional care

It is essential to your success that UltraMeal is used as part of a structured and supervised treatment plan. Please ensure you maintain an appointment schedule with your health care professional.



The UltraMeal Programme

The following step plan will help you to use the product.

Step 1

Mix 2 scoops of UltraMeal with approximately 250ml of water, diluted fruit juice or vegetable juice and consume 3 times a day.

Average Duration: 1-7 Days

Step 2

Mix 2 scoops of UltraMeal with approximately 250ml of water, diluted fruit juice or vegetable juice and consume twice a day.

Average Duration: 1-21 Days

Step 3

Mix 2 scoops of UltraMeal with approximately 250ml of water, diluted fruit juice or vegetable juice and continue to consume 1-2 times daily as directed by your health care professional.

Average Duration: Ongoing as per your health care needs

Important note: Your health care practitioner may suggest alternative dietary modifications or further nutritional supplementation whilst on the UltraMeal programme. He or she will make these decisions based upon your health and your response to the programme.



Suggested Product Mixing Instructions

Basic Recipe

Combine 2 scoops of UltraMeal powder with 250ml of liquid (or adjust to your personal taste). Briskly stir or blend the product until mixed. Drink within ½ an hour. You may use UltraMeal as part of your meal, as a snack, or as a meal replacement. Based on the dietary plan you and your practitioner select, UltraMeal may be mixed with a variety of other liquids, fruits or vegetables. See below.

Mixing Variations

Using ½ water and ½ unsweetened fruit juice (eg pineapple, berry, apple, pear or peach) or milk substitute (rice, oat or nut—vanilla, carob or plain), mix with the UltraMeal powder in a blender or shaker cup.

Smoothies

For all of the recipes below, mix the ingredients in a blender (if using whole pieces of fruit) or a shaker cup along with 2 scoops of the UltraMeal powder. Add approximately 250ml of water or desired liquid and blend or shake to desired consistency. Adjust liquid according to personal taste.

2 scoops of UltraMeal Banana
125-250ml water
4 fresh strawberries
2-4 ice cubes

2 scoops of UltraMeal Berry
150ml of soy milk
2-4 ice cubes

2 scoops of UltraMeal Chocolate
100-125ml water
½ cup of berries (can be frozen)
2-4 ice cubes

2 scoops of UltraMeal Vanilla
125ml water
125ml hemp or nut milk
Handful of spinach
½ an apple
2-4 ice cubes



Your UltraMeal Food Plan

The UltraMeal programme is simple to follow. You should feel full (not deprived) and should be able to continue your normal activities, including eating away from home or entertaining friends. Just be sure to do the following:

1. Take your UltraMeal daily.
2. Remember that not all fats are bad! Consume healthy fats and consider a fatty acid supplement.
3. Eat regular meals, selecting a variety of foods from the Enjoy Foods in the table on page 6. Aim for 2-3 main meals per day with regular healthy snacks in between. You should aim to eat something every 2½ to 3 hours.
4. Make sure that you eat enough protein each day. You should aim to include a serving of protein with each meal to help preserve your muscle mass.
5. Drink plenty of water. Water is a natural diuretic that helps flush toxins from your body. It helps keep your appetite under control and, in combination with the fibre content of the UltraMeal products, assists with intestinal regularity.
6. Make sure that you get your 5 a day – vegetables are rich in the nutrients you need to build muscle and burn fat. Take advantage of the low glycaemic index vegetables. These are unlimited on a low GI plan and are full of vitamins, minerals, phytonutrients and fibre.
7. Plan your meals for the day to ensure you are well prepared.

*If you are using UltraMeal as part of a weight loss programme ask your practitioner about the **NutriSlim Programme***



The UltraMeal Food Plan

Food Group	Serving Guide	Enjoy Foods	Avoid Foods
Legumes	At least 1 serving (1 serving = ½ cup)	Beans - chickpeas, pinto, kidney, black, lima, cannellini, navy, mung beans, fat-free refried, green, soy beans, bean soups, hummus, split peas, sweet green peas, garden peas, lentils.	
Category 1 Vegetables	At least 3 servings (1 serving = ½ cup)	Artichokes, asparagus, aubergine, bamboo shoots, bean sprouts, bell or other peppers, broccoli, Brussels sprouts, cabbage (all types), cauliflower, celery, courgettes, chives, onion, leeks, garlic, cucumber, green beans, greens: bok choy, swiss chard, kale, spinach, mustard, or beet greens, lettuce/mixed greens: romaine, red and green leaf, endive, spinach, rocket, radicchio, watercress, chicory, mangetout, mushrooms, okra, radishes, salsa (sugar-free), sea vegetables (kelp, etc), tomatoes or mixed vegetable juice, water chestnuts.	
Category 2 Vegetables	Only 1 serving (1 serving = ½ cup)	Beets, butternut squash, carrots, parsnip, pumpkin, sweet potato, swede and turnip.	Potatoes, sweetcorn.
Concentrated protein sources	At least 3 servings (1 serving = 3 oz)	Eggs, fish, poultry: chicken (breast only), turkey, cold meat (lean), lamb (lean), beef (very lean), tofu, tempeh, soy or veggie burger, cottage cheese (non-fat or low-fat), ricotta (semi-skim or non-fat), mozzarella (semi-skim or non-fat).	Pork and processed meats.
Fruit	2-3 servings (1 serving = see servings for each fruit)	Apple (1 medium), apricots (3 medium), berries: blackberries, blueberries, raspberries, strawberries (1 handful, approx 80g), cantaloupe (½ medium), cherries (15), fresh figs (2), grapes (15), honeydew melon (¼ small), kiwi (2 medium), mango (½ medium), peaches (2 small), pear (1 medium), plums (2 small), watermelon (chopped, approx 2 handfuls).	Canned sweetened fruits, citrus, dried fruits, banana, pineapple.
Nuts and seeds	1 serving (1 serving = 1 scant handful or 2 tablespoons of nut butter)	Almonds or hazelnuts, walnut or pecan halves, peanuts, pistachios, sunflower, pumpkin or sesame seeds, nut butter.	Cashews, salted and sugar coated nuts.
Oils	At least 4 servings daily (1 serving = 1 teaspoon)	Avocado, flaxseed oil for salads, extra virgin olive oil (preferable) & canola (rapeseed) oil for cooking, mayonnaise (from canola and olive oil), olives.	Any oil that is not cold-pressed and mixed vegetable oil.
Dairy alternatives	Optional, 2-3 servings max (1 serving = approximately 180g/180ml)	Plain unsweetened soy milk, unsweetened rice milk, unsweetened almond milk.	Dairy products (eg milk, cheese, yoghurt, butter).
Grains	1 serving (1 serving = ½ cup cooked or as indicated)	Amaranth or quinoa, basmati or other brown rice, wild rice, buckwheat groats, or millet.	Avoid rye, wheat, kamut, spelt, barley and oats (unless oats are marked as gluten free). Replace with other listed grains.
Beverages	Approximately 2 litres or 8 glasses	Decaffeinated, herbal or green tea, water: sparkling, plain or flavoured (unsweetened).	Alcohol, black tea, coffee, soft drinks, cordials.
Condiments	Unlimited	Cinnamon, mustard, tamari soy sauce, vinegar, lime, lemon, flavoured extracts (eg vanilla or almond), fresh or dried herbs, fresh or dried chilli peppers, garlic, ginger and spices.	Table salt, sauces and condiments with added sugars such as sweet chilli, tomato and BBQ sauce.

UltraMeal Programme Tips

Making dietary changes can be hard so here are some useful tips to help you make changes easily.

- **Don't skip a meal:** A low glycaemic plan diet is designed to nutritionally support your body as you lose fat and improve your body composition. If you skip a meal, you not only increase the likelihood that you will be excessively hungry later in the day (and perhaps then eat too much), but you will also deprive your body of some of the nutrients that ensure the success of the UltraMeal Programme.
- **Eat slowly:** Take at least 20 minutes to eat a meal. It takes 20 minutes for your stomach to send the "full" message to your brain. If you hurry your meals, you can eat too much before you realise you are satisfied. Eating is a pleasant experience. Eating slowly helps you extend that pleasure as long as you can.
- **Establish an eating environment:** If possible, try to designate a place at home and at work where you can eat your meals in a calm, unhurried manner.
- **Reorganise your kitchen:** Get rid of obvious, high-fat junk foods. Plan activities that take you out of the kitchen.
- **Prepare for times of weakness:** Recognise times or events that signal you to eat, such as an argument, a hard day at work, talking on the telephone or your favourite television show. Plan activities that don't involve food for these times, such as gardening or walking the dog.
- **Indulge yourself:** We all have favourite foods. Unfortunately, they are also often high calorie, unhealthy additions to your diet. You can develop new eating habits with the help of UltraMeal while still pampering yourself. We all have favourite fruits and vegetables: peaches, berries, carrot sticks, etc. Buy and keep some of these on hand, and use them as "treats" for yourself. This will help change your habits.
- **Be your own best friend:** If your friend makes a mistake, you don't call him a failure or tell her to give up. If you temporarily stray from your new eating plan, don't be hard on yourself. Treat each lapse as a temporary problem, not a sign of failure. Simply resume your programme and don't look back.
- **Include exercise in your programme:** Moderate exercise, such as brisk walking for 30 minutes, at least three times a week is suggested.

Beyond This Programme

Once you have completed the UltraMeal programme your health care practitioner may recommend that you continue to consume UltraMeal as a supplement on an ongoing basis. Clinical experience has shown that many patients obtain ongoing benefits when they continue to use this nutritional support product as a supplement.

Frequently Asked Questions

Q. What is body composition?

A. Body composition is the ratio of fat to muscle in the body. For example, a 30 year old woman should have a body composition of about 25% fat and 75% muscle. You can increase your muscle to fat ratio by exercising and eating properly.

Q. Why is body composition so important?

A. Muscle tissue burns calories so having a high amount of muscle tissue raises our metabolism and enables us to consume more calories without gaining weight. Having an ideal body composition means you are at low risk of cardiovascular disease, diabetes, diseases associated with hormone imbalance, joint pain, low energy levels and poor body image.

Q. Who can take UltraMeal?

A. Those who are overweight, healthy people who might miss meals occasionally (or need healthy snacks), people with blood sugar balance problems, body builders and athletes, the elderly (who often have inadequate diets) and chronic fatigue patients (as a boost to their diet).

Q. Can I use this diet if I am pregnant or breastfeeding?

A. No. Safety has not been established.

Q. What about allergies?

A. People who are intolerant or have allergies to soy cannot use UltraMeal. All UltraMeal products are yeast, egg, wheat and gluten free.

Q. Is UltraMeal suitable for diabetics?

A. Yes. UltraMeal does not contain sucrose (table sugar); it is sweetened with natural fructose (fruit sugar) and has a low glycaemic index.

Q. Can UltraMeal be taken with prescription medication?

A. Yes, but we recommend that you consult with your doctor prior to beginning the UltraMeal programme.

Q. How long do I need to remain on the programme?

A. Patients usually experience benefits after around four weeks. Body composition programmes typically last for 12 weeks. UltraMeal is safe to use until your body composition goals are reached and one serving of UltraMeal a day can be included for as long as desired.

Q. Will I need any other supplements while on the programme?

A. UltraMeal is nutritionally complete, however unless you are eating healthy omega fats found in nuts, seeds and oily fish (mackerel, herring, salmon, sardines, fresh tuna) several times a week you will need a high quality omega-3 rich fatty acid supplement to help achieve optimum results.

Q. Can UltraMeal be used with a glycaemic load diet?

A. UltraMeal has a glycaemic index of 31 and a glycaemic load of 7. It is ideally suited to both a glycaemic index and a glycaemic load diet.



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