

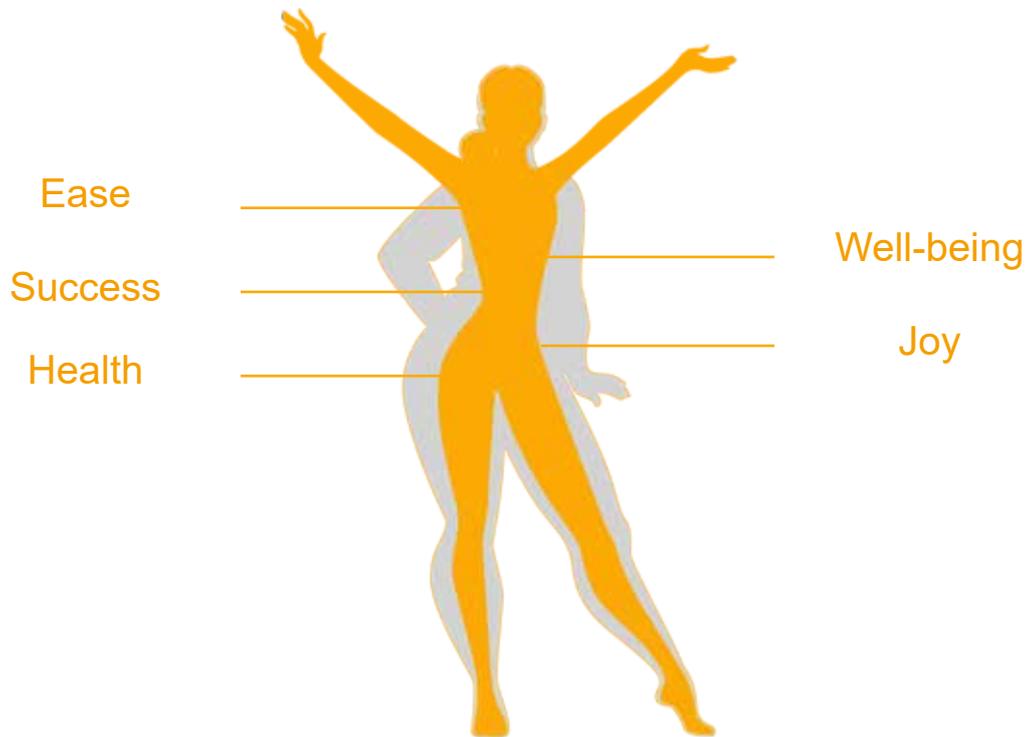


i+likeTM
Metaphysik

ProBodyShake system

ProBodyShake system!

LOSING WEIGHT MUST MAKE ONE HAPPY!



LOSING WEIGHT WITHOUT FRUSTRATION AND KEEPING
A GOOD MOOD IS AN IMPORTANT CONDITION FOR YOUR
LONG-TERM SUCCESS

So, you want to not only lose weight but also fat? Getting rid of unnecessary ballast needs an incentive. With the ProBodyShake system from i-like you get instructions and the tasty ProBodyShake to break out of the vicious cycle of weight gain. During this experience, you will have really high vitality days as well as long-lasting success without a yo-yo effect due to the 3-phase application.

In combination with movement, balanced sleep and the personal desire to reduce weight, ProBodyShake will help you to achieve your goals. Due to the high proportion of protein in the vegan shake the body will quickly be signalled that it is getting what it needs. These proteins ensure muscle building in the body. The more muscle mass you have, the greater the basic metabolic rate of the body. Extra calories are burned in the body. Flaxseed helps you to feel full with its swelling effect and it also contains valuable omega-3 acid: α -linolenic acid. The intestinal tract is supported with acacia fibre powder.

ProBodyShakes from i-like are also well suited to an active detox programme! Vegan protein really helps nutrition for people who are generally underweight!

The weight loss concept!

ProBodyShake provides valuable vegetable protein, many vital substances and all the essential nutrients to replace a meal.

1.

Drink yourself slim. The targeted application of ProBodyShakes saves calories and the body starts to lose weight. And all without hunger and with a lot of energy. With valuable pure vegetable protein, as well as many other ingredients, the body is optimally nourished and revitalized.

2.

With pure vegan protein, in an exceptionally high biological protein value of 130, the drink provides the body with the essential amino acids (protein components), that are needed for its recovery as well as the desired weight loss and weight optimization.

3.

By using the well-tolerated sweetener, Norwegian birch sugar, combined with extracts of the sweet plant stevia, the glycemic load of the drink, at about 9.7, is ideal for weight reduction. This ensures that there is hardly any insulin distributed in the body by the drink. Insulin inhibits fat burning according to the latest scientific findings. Thus, the metabolism of the body is raised and excess pounds can be burned off.

4.

Throughout the day you replace a part of a meal with a ProBodyShake. Replacing an evening meal with the shake means the fat burning effect is significantly increased during the night. Through the „shortage“ of sugar in the blood and low levels of insulin, the nightly repair and construction metabolism is reset to burn fat. Thermogenesis can be booted up.

5.

A gentle, low carbohydrate diet with the ProBodyShake in the evening also means sleep is usually optimized. You get up in the morning feeling vital and recovered and have high performance all day long. With „beauty sleep“ you will also hear things like: „You look well and relaxed.“ Look forward to it!

6.

By optimizing with bioresonance, meals become an optimal, vital nutrition! Unique to i-like, around the world!

SPECIAL FEATURES OF THE FORMULA:

The special formula is balanced in yin-yang according to the principle: „diet according to the five elements“. This contributes to the ProBodyShake being especially digestible and positive for energy balance.

During the weight reduction phase, it is necessary to drink a sufficient amount of liquid. It is recommended to drink

still water and above-all metabolism activating drinks and tea.

As a useful complement to the sweet shakes, take a basic broth for a salty pleasure. Top with a halite type crystal salt (not a cheap table or sea salt).

Programme objectives



Regulates the weight.
Prevents the yo-yo effect



Activated and balanced
with bioresonance



Low Glycemic Load (low
GL)



sweetened with Norwegi-
an birch sugar and stevia



Pure plant protein
contains all essential
vital substances



With acacia fibre and
flaxseed for a
vital intestine



Biological protein
value is particularly high



Balanced in yin-yang
according to the „five
elements“



ProBodyShake

The companion to your desired weight



* When replacing two daily meals as part of a low-calorie diet. Other foods must be eaten as part of such a diet.

- **Helps you lose weight ***
- **Provides vital nutrients that are needed daily**
- **Easy and quick to prepare, ideal for taking along with you**
- **Balanced and varied**
- **Ideal vitalizes charged with bioresonance**



Mix, shake and enjoy!

To prepare a ProBodyShake, place 3 scoops, about 50 g, in 400 ml of water, soy or rice milk, stir or shake well.

The Swiss concept ProBodyShake combines many advantages. Thus, the metabolism is activated and has increased vitality. And not just during but also after weight loss. You also benefit from the unique combination of Asian regenerative philosophy and western science combined with the latest bio-resonance technology. The balanced product following the five elements harmonize and balance energetic pattern. Just try it! These drinks contain all the necessary nutrients, essential fatty acids and plenty of proteins that are necessary for your daily supply. In addition, you are boosting your metabolism. A low glycemic load causes better fat burning.

These drinks are filling and tasty at the same time. With the 3-step approach you can stay fit and productive. The ideal drink for the road. This will keep well supplied through the day. The three flavours vanilla, chocolate and berries offer plenty of change and help you lose weight.

Valuable raw materials

The ProBodyShake consists of valuable raw materials combined with a unique recipe according to the principles of the „five elements diet“, Swiss quality and vegan ingredients.

Important ingredients and characteristics of ProBodyShakes for your success:

- **Charged and vitalized bioresonance**
- **Only vegetable protein (vegan)**
- **Inulin fibre for the intestine (acacia fibre is the gold standard of probiotics)**
- **Finely ground flaxseed for the intestine**
- **Purse Norwegian birch sugar and stevia extract as sources of sweetness to achieve the low glycemic load (low GL, 9.7) of shakes**
- **All essential vitamins, minerals and trace elements**
- **1 drink (serving) has about 1,000 kJ / 240 kcal**
- **1 drink (serving) = 1 meal**
- **Lactose-free**
- **Gluten-free**
- **Gelatine-free**
- **Yeast-free**
- **Recipe has a yin-yang balance according to the principles of the: „five elements“**

Worth knowing

- ProBodyShake is a source of calcium, vitamin C, B12, B6, zinc, biotin, iron, iodine, copper, manganese, niacin, pantothenic acid and phosphorus.
- Calcium, biotin, iron, iodine, copper, manganese, niacin, pantothenic acid, phosphorus and vitamin C, B12, B6, contribute to a normal energy metabolism.
- Zinc contributes to a normal fatty acid and carbohydrate metabolism.
- Zinc, chromium and biotin contribute to a normal metabolism of macronutrients.
- Protein contributes to a growth in muscle mass.
- Chromium contributes to the maintenance of normal blood sugar levels.



ProBodyShake

IN THREE STEPS TO WEIGHT LOSS!
HOW IT WORKS'S

1.

WEIGHT REDUCTION PHASE

Fat is burned during at least 14 days of weight reduction phase. Twice a day, enjoy a ProBodyShake as a meal replacement, then enjoy a basic broth as a snack and a low carbohydrate meal.

2.

MAINTENANCE PHASE

Has the desired weight been reached? This phase helps to maintain the achieved desired weight permanently. In order to stabilize the metabolism and prevent the yo-yo effect, two low-carbohydrate meals plus once ProBodyShake (preferably in the evening) are optimal. Furthermore, drink plenty of fluids.

3.

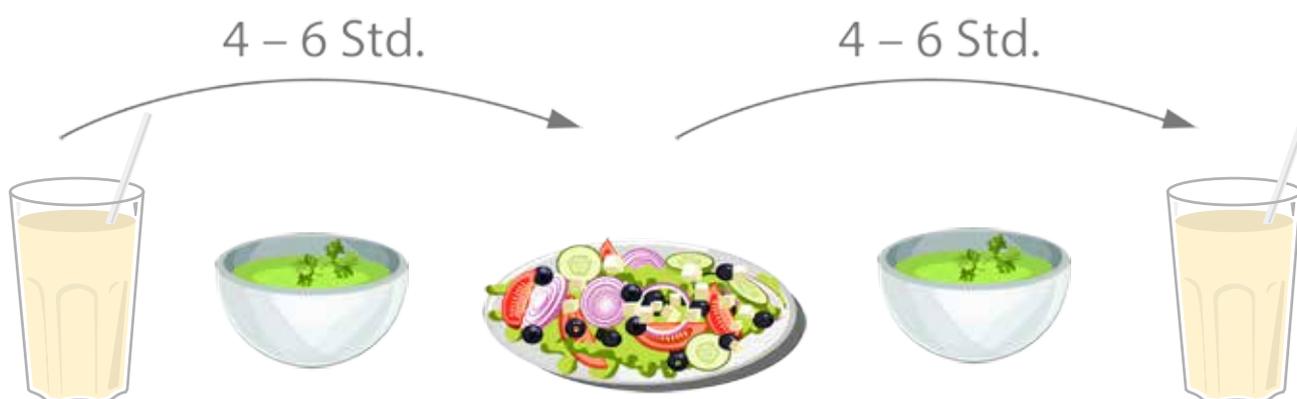
WELLNESS PHASE

In this phase ProBodyShake can supplement your diet quality. Take three meals and additionally enjoy a ProBodyShake either morning or evening. Use the drink to supplement your diet with additional vital substances at your meals over the long term.

1. Weight reduction phase

Now take off with the 3-phase program

Start in the weight-loss phase. How long you make this phase, depends on the weight you desire. You'll control your weight in the optimal range. For fourteen days or longer (depending on your desired weight) replace two meals a day with the ProBodyShake, daily basic bouillons and two to three litres of liquid (still water, metabolism activating drinks, tea (unsweetened)). A ProBodyShake for breakfast - one in the evening instead of the normal meal! Lunch should be as low in carbohydrates as possible, that is, with low glycemic load (GL Low). If you would like to stop after some time (because of a party, holiday, just don't feel like it) you can do that. Then simply resume the programme in Phase 1. With Phase 2 then you keep the weight you have now attained. Especially in phase 1 and 2, it is recommended to take alkaline supplements with catechins, use L-carnitine and chromium.



Application

Breakfast replace with a ProBodyShake. As much as possible no snacks and drink a lot! Enjoy a basic broth if necessary.

At noon enjoy a low carbohydrate meal. The glycemic load (GL) is critical here (boiled potatoes, no fries, if bread then wholewheat, etc.)

Snack: A plate / cup of basic broth, otherwise drink a lot! At most, enjoy a serving of fruit (max. 200 g, but please no dried fruit or grapes, as highly concentrated fructose triggers binges!)

Dinner replace with a delicious ProBodyShake. Sufficient metabolism, drink supportive drinks and tea. If, there are reasons that you need to eat dinner that cannot be changed (or that you want to), then replace lunch that day with a ProBodyShake.



Worth knowing

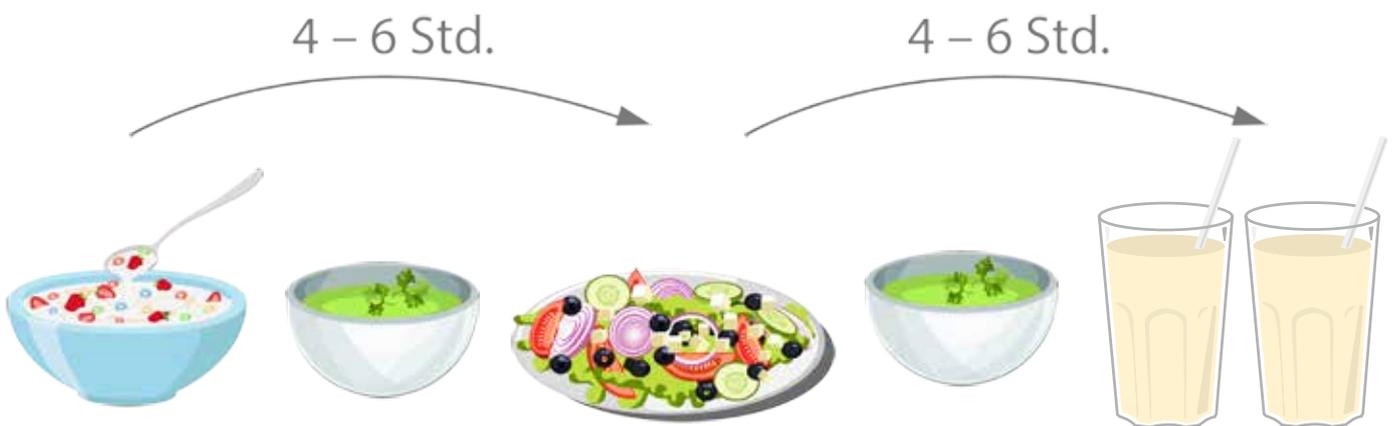
Optimal is a 4-6 hour break between meals and sufficient fluid for the day.

2. Maintenance phase

To optimize and maintain weight

You have reached your desired weight or the first stage? Then use the balance and maintenance phase. With this approach, you will keep your desired weight over the long and not experience a yo-yo effect. Enjoy two meals a day as usual and replace dinner with the ProBodyShake of your choice.

Should there be a „incident“ and you eat significantly more than planned for one or more days, go back to Phase 1 for a day or two and optimize your weight.



Application

During the day, normal food, try to avoid concentrated carbohydrates as much as possible (little)

Dinner replace with a delicious ProBodyShake. It is recommended to continue to enjoy basic bouillon and drink plenty of fluids. The best it to have drinks and tea that promote the metabolism.

Worth knowing

Once or twice a week you can reverse the order. Replace daytime meals with a ProBodyShake and in the evenings (e.g. at a celebration or socializing) enjoy a dinner.

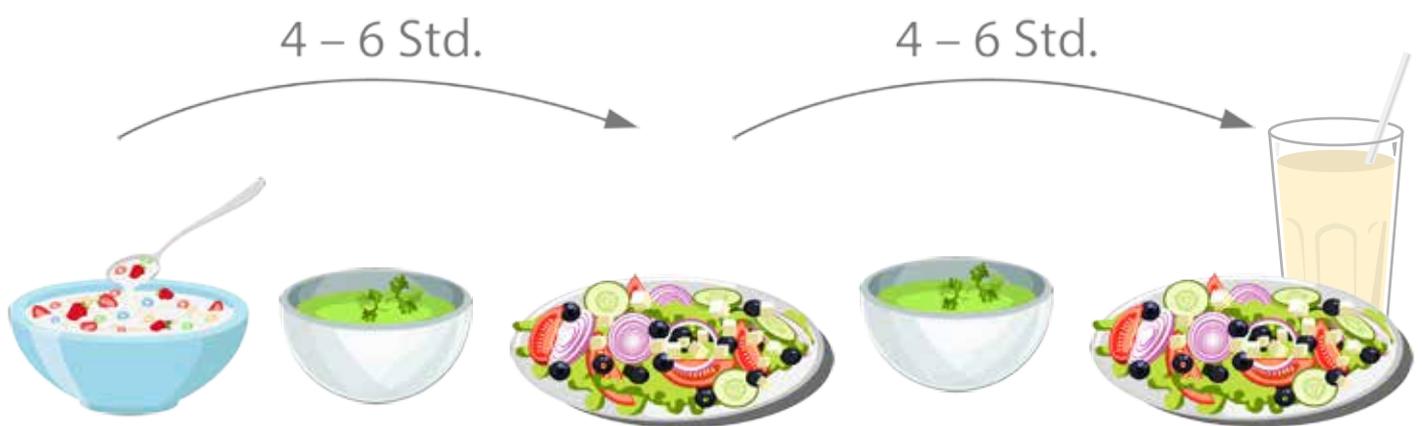


3. Wellness phase

Well-being every day

You have reached your desired weight and are keeping it stable? Take a daily ProBodyShake in addition to replenish your vital substance depots, take the ideal protein content of the drink and support metabolic functions over the long run.

Now you permanently move to a wide range of diverse and wholesome nutrition. The wellness phase is also the ideal application instruction for people who do not want to lose weight.



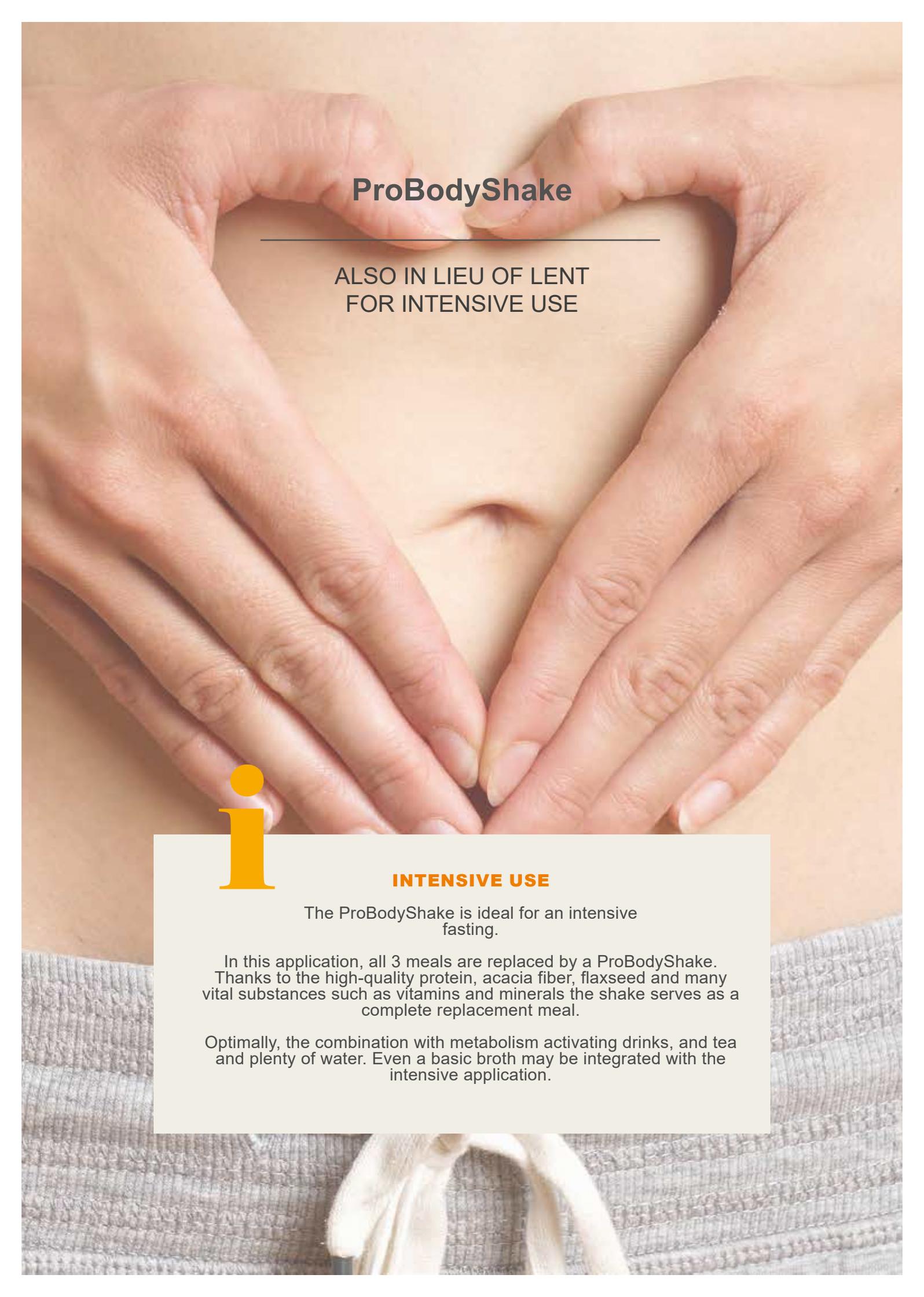
Application

For normal daily diet enjoy a ProBodyShake. The best time is at dinner (optimal protein intake for the night).

Worth knowing

Now you permanently move to a healthy and vital nutrition. You have now become accustomed to a low-carbohydrate diet. Keep this in mind for all your meals. Optimal is a 4-6 hour break between meals and sufficient fluid for the day.





ProBodyShake

ALSO IN LIEU OF LENT
FOR INTENSIVE USE



INTENSIVE USE

The ProBodyShake is ideal for an intensive fasting.

In this application, all 3 meals are replaced by a ProBodyShake. Thanks to the high-quality protein, acacia fiber, flaxseed and many vital substances such as vitamins and minerals the shake serves as a complete replacement meal.

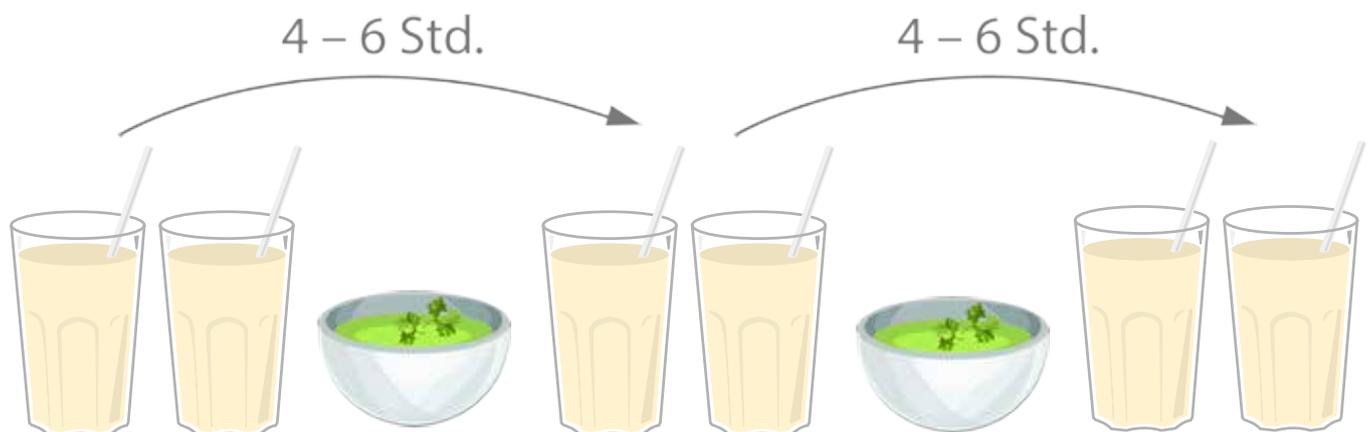
Optimally, the combination with metabolism activating drinks, and tea and plenty of water. Even a basic broth may be integrated with the intensive application.

Intensive use

Instead of fasts

Start with your personal intensive use. Take the proper time and effort for this. Prepare well for this phase. At this time, you should have a lot of distractions and a lot of time to relax. Besides, a lot of movement is also very important. Maybe plan it for over a long weekend?

The period of application depends entirely on your needs and goals. You can make it one day (e.g. regularly once a week) or purify intensively for a weekend or even sometimes for several weeks. They are probably days where you also frequently visit the toilet because the fibre supports your bowel movements! Get it out!



Application

In the intensive application you only „eat“ the „ProBodyShake“ and basic broth. A drink lasts about 4 hours.

Drink: 3 - 6 drinks per day, as needed, during the fasting phase. 1 to 2 times daily, enjoy a basic broth and many metabolism activating drinks and tea.

Worth knowing

A ProBodyShake as needed, approximately every 4 hours. It is important that you do not feel very hungry.



PURIFY AND REGULATE WEIGHT,
AND ALL IN COMBINATION
WITH BIORESONANCE!

SIMPLY BRILLIANT! BRILLIANTLY SIMPLE!



Burners and depositors

So where does the distinction lie?

The difference results from the genetic evolution of mankind. This is something we have to accept. The difference lies in thermogenesis.

If you do not belong to the optimal burners you know this feeling. Do you know this problem? Even glancing at food makes you gain weight. But there are others who can eat anything and nevertheless always remain slim. Anything you stuff in your mouth, piles on and makes you fat. Therefore „purification“ is very important here. However at least as important here is the activation of the mitochondria. The energy power plants in the cells make the difference. The stronger your activity, the higher the thermogenesis, the more energy is burned.

To activate this mitochondrial metabolism takes a good plant protein, combined with messengers for boosting the dynamics of mitochondria (catechin, L-carnitine, chromium, etc.) and a sufficient supply of vitamins and preferably daily adequate exercise.

Worth knowing

<p>1 More performance</p> <p>2 Better thinking skills</p> <p>3 Automatically higher calorie burning, so you can more easily reduce weight.</p>	<p>If the metabolism is used more thanks to the activation of the mitochondria, one has;</p>
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The Asian regeneration philosophy

Important pillars in the program

Successful weight management is necessarily preceded by a „purification“ in the sense of promoting metabolism! Build ups in the body exist in excess and deposited metabolic waste products (such as uric acid in gout) or foreign substances such as heavy metals, which often have not been adequately excreted and therefore can accumulate in the fatty tissue. There is waste in the form of oxidized cholesterol (blood vessels), crystals to stones (bladder, gall bladder, kidney), and many other variants of build ups.

In TCM, the depositor is also known as the build up - humidity- depositor. That is, their centre (digestion, energy production) is more or less „clogged“. This leads to a reduction of the function of mingmen (power motor).

If so, energy (sugar, fat) is stored rather than burned. Change occurs in those who have activated the mingmen. This is done through rigorous purification.

Protein during the night

The „protein quality“ is crucial

The protein value indicates:

1. how much biological protein is available to the body
2. In what (ideal) combination the essential amino acids are supplied to the body

The quality of meat protein is relatively low. In addition, meat acidifies the body very strongly. In addition, meat is loaded with many pollutants (eg., antibiotics, 1,500 tons of antibiotics each year in Switzerland alone are used for fattening animals. This corresponds to nearly 200 g of antibiotics per Swiss inhabitant = 400 antibiotic tablets per person per year!). Vegetable protein is, above all, in combinations much more valuable to the organism. The combination with the highest protein value in the world of plants (soy, value, 90) with hemp protein (value, 75) combined have a protein value of 130. 100 would be desirable, 130 is thus a peak!

«YOUR FOOD SHOULD BE YOUR HEALER,
AND YOUR HEALER SHOULD BE YOUR FOOD»

Hippocrates

For THE optimal line

What is metabolism?

Metabolism is a chemical conversion of nutrients in our body. We eat food, which supplies, converts and then eliminates the necessary nutrients through digestion in our body. For the energy metabolism we speak colloquially of „burning“.

From depositor to burner. Does it exist?

Unfortunately, we cannot pick and choose what we are born with. Certain food constituents such as catechins and other messengers of the metabolism can be an extra boost. With enough nutrients and exercise you can move from a depositor to a burner.

Why is a good metabolism important?

With a good food conversion, fewer toxins get stuck in the body. If there are enough vital substances contained in food and oxygen through movement, then our internal combustion works better.

How do I get a good metabolism?

Vital food, metabolism booster with catechins, sufficient nutrients and high-quality proteins. Equally important is exercise in the fresh air. To boost your metabolism and become a burner.

Natural raw ingredients

Untreated food in our daily diet is very important. Unfortunately, our food is often interspersed with artificial ingredients. The small print usually has information about many E-products, preservatives, harmful saturated fats and heat. When buying food and dietary supplements based on natural raw materials, gentle processing and whenever possible to production without much heat. Even in your kitchen, you should avoid extreme heat during cooking. Vegetables raw or gently steamed sustains life, also vitality and thus the nutrients of the food. Fruit in season, enjoyed fresh and raw, then you are taking advantage of the vitality of the fruit. Cold pressed oils. Check your diet for living foods and compensate for small sins that naturally accompany us constantly in our daily lives.

7 point action plan

STARTING NOW!

1

You should have a meal a maximum of every 5 hours. During the day drink basic tea, water and preference alkaline foods or food supplements.

2

Dinner consists mainly of protein. The ProBodyShake provides the ideal protein volume and composition.

3

They stimulate hormone production with movement. Walking, sports, swimming, biking. The best is at least half an hour of exercise daily.

4

Activate a muscle building stimulus. This is also possible at home with a mini-strength training (even without sweating) or naturally, extensive strength training. This muscle building stimulus should take place in the evening.

5

Optimize your sleep. During this time, fat is burned. This is achieved by the exchange of dinner with a ProBodyShake. Together with a big mouthful of metabolism activating teas, the night will be used to revitalize as well as become active fat burning time!

6

Sleep enough. Ideal is to sleep before midnight. The sleep time can be optimized with Section 7.

7

You activate your metabolism and strengthen the night's rest with herbal teas, which have a balancing effect from the perspective of Asian regeneration philosophy.

Advantages

THE PROBODYSHAKE PROGRAMME

The Swiss concept ProBodyShake combines many advantages. Thus, the metabolism is activated and has increased vitality. This during and after weight loss. You also benefit from the unique combination of Asian

regeneration philosophy and western science. The balanced product following the five elements harmonize and balance energetic pattern. Just try it!

EASY AND FAST

The clever and efficient ProBodyShake program is easy to integrate into everyday life. You can start any time! Replace individual meals and feel good about it. You feed yourself in a varied and enjoyable manner and remain permanently slim. The 3-phase program makes it easy.



BOOST METABOLISM

The ProBodyShake program means you lose weight more successfully than in a conventional, highly unilateral diet. The concept not only promotes your metabolism, it also accelerates fat burning. With pure vegetable proteins and many nutrients, you provide your body with valuable building blocks to support your metabolism and avoid the feared yo-yo effect, and also to stay fit and healthy during the weight loss phase.



SLIM IN SLEEP

The 5-hour rule reduces the secretion of insulin between meals. A high insulin levels prevent the burning of fat. Therefore, it is ideal if you keep this low during the night. Enjoy a ProBodyShake instead of an evening meal. At night, your body needs a lot of energy for regeneration, which it then increasingly takes from stores of body fat.



LOW GLYCEMIC LOAD (LOW GL)

The ProBodyShake program operates at a low glycemic load (GL). Ideal for weight loss are foods with a GL of 0.1 to 20, of course the ProBodyShake also meets this with a top value of GL 9.7. The lower the GL the better it is for fat burning. Choose the right foods and a healthy lifestyle, then your weight-loss success will come.



Advantages

THE PROBODYSHAKE PROGRAMME

PERMANENTLY SLIM AND VITAL

With the permanent change in diet you keep your desired weight. The ProBodyShake is your best bet, even after a diet for a meal and thereby keep your metabolism in good shape. In the evening, always pay attention to food with low carbohydrates and thus maintain the low glycemic load during the night.



BRING INTESTINAL MOMENTUM

A well-functioning intestine supports your diet. With fibre (linseed) and the „intestinal gold“ acacia fibres you feed nutrients to your intestines. You will feel the changes. An active intestine gives you more comfort. With the ProBodyShake programme you can reach your desired weight and more.



Swiss High
Quality



Bioresonance
activated



Yin-Yang
Balance



Vegan
Vegetarian

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