

Directions: take two capsules once a day before a meal with a 250 ml glass of water.

Food supplements are not substitutes for a varied diet and should be combined with a balanced diet and a healthy lifestyle.

Do not exceed the stated recommended daily dose.

Store out of reach of young children.

Go! should be used as part of the Benevita Weight Management System.

Go! contains glucomannan, which in the context of an energy-restricted diet, contributes to weight loss with a daily intake of 3 g of glucomannan in three 1 g doses.

It is important to follow the directions of use for **Go!**

Glucomannan can cause choking if consumed without enough water and if consumed by people with swallowing difficulties.

Suitable for vegetarians.



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L-F8510N/05

benevita®



FOOD SUPPLEMENT WITH GLUCOMANNAN AND VITAMINS
COMPLÉMENT ALIMENTAIRE CONTENANT DU GLUCOMANNANE ET DES VITAMINES
COMPLEMENTO ALIMENTICIO CON GLUCOMANANO Y VITAMINAS
INTEGRATORE ALIMENTARE A BASE DI GLUCOMANNANO E VITAMINE

60 CAPSULES

e 52 g

LOT-NR./BEST BEFORE END: SEE BOTTOM OF BOTTLE
STORE IN A COOL, DRY PLACE



**MANUFACTURED IN SWITZERLAND
EXCLUSIVELY FOR:**

ACN Wellness, B.V.
Thomas R. Malthusstraat 1
1066 JR Amsterdam, Netherlands
www.benevita.eu

Nutrition Facts

Recommended daily dose (serving size): 2 capsules

Servings per container: 30

	Per 2 capsules	% NRV*
Vitamin C	80 mg	100 %
Vitamin B1	1.1 mg	100 %
Vitamin B2	1.4 mg	100 %
Niacin	16 mg	100 %
Vitamin B6	1.4 mg	100 %
Vitamin B12	2.5 µg	100 %
D-Biotin	50 µg	100 %
Pantothenic Acid	6 mg	100 %
Glucomannan	1000 mg	
Caffeine	40 mg	

* Nutrient Reference Value (in accordance with Regulation (EU) 1169/2011)

Ingredients: Glucomannan (*Amorphophallus konjac* tuber), Bulking Agent (Microcrystalline Cellulose), Plant-derived capsule (Hydroxypropyl methyl cellulose), Calcium L-Ascorbate, Anti-Caking Agent (Stearic Acid), Caffeine (isolated from green tea (*Camellia sinensis*) leaves), Niacinamide, Calcium D-Pantothenate, D-Biotin, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Cyanocobalamin.

Contains caffeine (40 mg per recommended daily dose). Not recommended for children or pregnant women or for people sensitive to caffeine.

Contains no preservatives, artificial flavours, or artificial colours.

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Directions: take two capsules before your evening meal with a 250 ml glass of water.

Food supplements are not substitutes for a varied diet and should be combined with a balanced diet and a healthy lifestyle.

Do not exceed the stated recommended daily dose.

Store out of reach of young children.

Recover! should be used as part of the Benevita Weight Management System. **Recover!** contains glucomannan, which in the context of an energy-restricted diet, contributes to weight loss with a daily intake of 3 g of glucomannan in three 1 g doses.

It is important to follow the directions of use for **Recover!**

Glucomannan can cause choking if consumed without enough water and if consumed by people with swallowing difficulties.

Suitable for vegetarians.



benevita®



recover!

FOOD SUPPLEMENT WITH GLUCOMANNAN AND VITAMINS
COMPLÉMENT ALIMENTAIRE CONTENANT DU GLUCOMANNANE
COMPLEMENTO ALIMENTICIO CON GLUCOMANANO
INTEGRATORE ALIMENTARE A BASE DI GLUCOMANNANO

60 CAPSULES

e 53 g

LOT-NR./BEST BEFORE END: SEE BOTTOM OF BOTTLE
STORE IN A COOL, DRY PLACE.

Nutrition Facts

Recommended daily dose (serving size): 2 capsules

Servings per container: 30

	Per 2 capsules	% NRV*
Magnesium	114 mg	30 %
Lemon Balm (<i>Melissa officinalis</i>) Extract	200 mg	
Glucomannan	1000 mg	

* Nutrient Reference Value (in accordance with Regulation (EU) 1169/2011)

Ingredients: Glucomannan (*Amorphophallus konjac* tuber), Plant-derived capsule (Hydroxypropyl methyl cellulose), Lemon Balm (*Melissa officinalis*) Leaf Extract, Magnesium Oxide, Anti-Caking Agent (Stearic Acid), Bulking Agent (Microcrystalline Cellulose).

Contains no preservatives, artificial flavours, or artificial colours.



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shake-it!

CHOCOLATE FLAVOUR

MEAL REPLACEMENT FOR WEIGHT CONTROL

21 packets (1138 g) e

Store in a cool, dry place.

Directions: blend one packet with 300 ml of cold water.

For lot code and best before date, see the bottom of the box.

Nutrition Facts

Serving size: 1 packet (54.2 g)

Servings per box: 21

	Amount Per 100 g	Amount Per Serving	% NRV*
Energy	393 kcal (1645 kJ)	213 kcal (891 kJ)	
Total Fat	6.5 g	3.5 g	
Of which Saturates	2.8 g	1.5 g	
Carbohydrates	50 g	27 g	
Of which Sugars	30 g	16 g	
Fibre	5.5 g	3 g	
Protein	30 g	16 g	
Salt	1.3 g	0.7 g	
Vitamin A	443 µg	240 µg	30 %
Vitamin D	2.8 µg	1.5 µg	30 %
Vitamin E	5.5 mg	3.0 mg	25 %
Vitamin C	44 mg	24 mg	30 %
Vitamin B1	0.6 mg	0.33 mg	30 %
Vitamin B2	0.9 mg	0.48 mg	34 %
Niacin	10 mg	5.4 mg	34 %
Vitamin B6	0.8 mg	0.45 mg	32 %
Folic Acid	111 µg	60 µg	30 %
Vitamin B12	0.8 µg	0.42 µg	17 %
Biotin	8.3 µg	4.5 µg	9 %
Pantothenic Acid	1.7 mg	0.9 mg	15 %
Calcium	388 mg	210 mg	26 %
Phosphorus	305 mg	165 mg	24 %
Potassium	1108 mg	600 mg	30 %
Iron	8.9 mg	4.8 mg	34 %
Zinc	5.3 mg	2.85 mg	29 %
Copper	0.6 mg	0.33 mg	33 %
Iodine	72 µg	39 µg	26 %
Selenium	30.5 µg	16.5 µg	30 %
Magnesium	83 mg	45 mg	12 %
Manganese	0.6 mg	0.3 mg	15 %
Glucomannan	1.8 g	1 g	

* Nutrient Reference Value

Ingredients: Vegetable Protein Blend (**Soy** protein isolate, Pea protein isolate and Rice protein concentrate), Fructose, Maltodextrin, Cocoa, Sunflower Oil, Chocolate Flavour, Inulin, Glucomannan (*Amorphophallus konjac* tuber), Potassium Chloride, Emulsifier (**Soy** Lecithin), Flax Seed Oil, Calcium Phosphate Tribasic, Calcium Carbonate, Medium Chain Triglycerides, Anti-Caking Agent (Silicon Dioxide), Salt, Magnesium Oxide, Thickener (Locust Bean Gum), Calcium L-Ascorbate, Zinc Gluconate, Ferrous Fumarate, Cactus Fruit Powder (*Opuntia ficus-indica*), Nicotinic Acid, D-Alpha Tocopheryl Acid Succinate, Manganese Gluconate, Cupric Gluconate, Retinyl Palmitate, Calcium D-Pantothenate, Sodium Selenate, Potassium Iodide, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, D-Biotin, Thiamin Mononitrate, Folic Acid, Cyanocobalamin.

Contains soy.

Contains no preservatives, artificial flavours, or artificial colours.

Shake-It! is a meal replacement shake for weight control, intended to replace one meal per day maximum. Shake-It! is not intended to replace your entire daily diet. Other foods are a necessary part of your daily diet. You should always maintain an adequate daily fluid intake. It is important to follow a varied and balanced diet and a healthy lifestyle.

Shake-It! should be used as part of the Benevita Weight Management System. One serving of **Shake-It!** contains 1 g of glucomannan. Glucomannan in the context of an energy-restricted diet, contributes to weight loss with a daily intake of 3 g of glucomannan in three 1 g doses.

It is important to follow the directions of use for **Shake-It!** Glucomannan can cause choking if consumed without enough water and if consumed by people with swallowing difficulties.


Suitable for vegetarians.

P-A035/05

shake-it!

VANILLA FLAVOUR

MEAL REPLACEMENT FOR WEIGHT CONTROL

21 packets (1105 g) 

Store in a cool, dry place.

Directions: blend one packet with 300 ml of cold water. Serve immediately. For lot code and best before date, see the bottom of the box.

Nutrition Facts

Serving size: 1 packet (52.6 g)

Servings per box: 21

	Amount Per 100 g	Amount Per Serving	% NRV*
Energy	384 kcal (1608 kJ)	202 kcal (846 kJ)	
Total Fat	5.5 g	2.9 g	
Of which Saturates	1.5 g	0.8 g	
Carbohydrates	50 g	26 g	
Of which Sugars	36 g	19 g	
Fibre	5.5 g	3 g	
Protein	30 g	16 g	
Salt	1.3 g	0.7 g	
Vitamin A	456 µg	240 µg	30 %
Vitamin D	2.9 µg	1.5 µg	30 %
Vitamin E	5.7 mg	3.0 mg	25 %
Vitamin C	46 mg	24 mg	30 %
Vitamin B1	0.6 mg	0.33 mg	30 %
Vitamin B2	0.9 mg	0.48 mg	34 %
Niacin	10 mg	5.4 mg	34 %
Vitamin B6	0.9 mg	0.45 mg	32 %
Folic Acid	114 µg	60 µg	30 %
Vitamin B12	0.8 µg	0.42 µg	17 %
Biotin	8.6 µg	4.5 µg	9 %
Pantothenic Acid	1.7 mg	0.9 mg	15 %
Calcium	399 mg	210 mg	26 %
Phosphorus	314 mg	165 mg	24 %
Potassium	1141 mg	600 mg	30 %
Iron	9.1 mg	4.8 mg	34 %
Zinc	5.4 mg	2.85 mg	29 %
Copper	0.6 mg	0.33 mg	33 %
Iodine	74 µg	39 µg	26 %
Selenium	31.4 µg	16.5 µg	30 %
Magnesium	86 mg	45 mg	12 %
Manganese	0.6 mg	0.3 mg	15 %
Glucomannan	1.9 g	1 g	

* Nutrient Reference Value

Ingredients: Vegetable Protein Blend (**Soy** protein isolate, Pea protein isolate and Rice protein concentrate), Fructose, Maltodextrin, Vanilla flavour, Sunflower Oil, Inulin, Glucomannan (*Amorphophallus konjac* tuber), Potassium Chloride, Emulsifier (**Soy** Lecithin), Flax Seed Oil, Calcium Phosphate Tribasic, Calcium Carbonate, Medium Chain Triglycerides, Caramel Flavour, Anti-Caking Agent (Silicon Dioxide), Salt, Magnesium Oxide, Thickener (Locust Bean Gum), Calcium L-Ascorbate, Zinc Gluconate, Ferrous Fumarate, Cactus Fruit Powder (*Opuntia ficus-indica*), Nicotinic Acid, D-Alpha Tocopheryl Acid Succinate, Manganese Gluconate, Cupric Gluconate, Retinyl Palmitate, Calcium D-Pantothenate, Sodium Selenate, Potassium Iodide, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, D-Biotin, Thiamin Mononitrate, Folic Acid, Cyanocobalamin.

Contains soy.

Contains no preservatives, artificial flavours, or artificial colours.

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Suitable for vegetarians.

P-A044/03