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General

1- FREQUENT PPD QUESTIONS:

GENERAL

■ Is the Protéifine Diet effective?

The Protéifine[®] Diet is a protein diet based on Rythmonutrition[®], a scientifically validated method that promotes effective, safe and healthy fat loss whilst maintaining lean body mass.

It is important to understand that the diet must be medically authorised and carried out under medical supervision. It also requires micronutrition supplementation to prevent any deficiencies linked to the diet and weight loss. The doctor will closely monitor you and set guidelines and recommendations to be followed throughout your diet.

In addition to promoting weight loss, the Protéifine Protein Diet provides a nutritional re-education aiming to stabilize weight and achieve a balanced diet, following the principles of chronobiology.

■ In the PPD unhealthy?

The Protéifine Protein Diet is in no way unhealthy, on the contrary it helps to improve conditions linked to being overweight and obese, for example; high blood pressure, high cholesterol levels, high triglyceride levels and more. Furthermore, the PPD always takes place under medical supervision which ensures complete and full control.

The doctor will perform your medical history with any appropriate additional tests and will indicate the amount of protein required and nutritional supplementation needed to prevent deficiencies.

The Protéifine Protein Diet can be done safely as long as the patient is motivated and has none of the absolute contraindications for the PPD.

■ How long can you stay in ketosis?

You do not have to worry about the amount of time that you can or should remain in ketosis, or the duration of different phases. Trust your doctor, your doctor will tell you how long to stay in ketosis for and also when to change phases. It is very important to follow all the doctors recommendations and guidelines.

■ Why do I only enter into moderate ketosis despite following the diet correctly?

It is very important to follow all the recommendations set by your doctor. If you are testing your urine with ketostix, the strip will not leave deep purple colour and may only colour slightly, this still means you are in ketosis. The presence of ketones may not be the same in each urination, as the degree of ketosis may not be constant.

We suggest you talk with your doctor and review your dietary habits, for example, which Protéifine products you consume regularly (remember that there are products with more carbohydrates than others and therefore we must take extra care not to consume too many of these), what drinks you are consuming, which vegetables are allowed and how you're cooking them, if you add garlic or onion to food, etc.

In addition we recommend that you do moderate physical activity as it will increase ketosis.

■ What about sagging skin after the PPD?

The Protéifine Protein Diet ensures that you maintain lean body mass and prevents skin sagging. In the Protéifine

Protein Diet there is an optimal intake of high biological value protein meaning that lean body mass is maintained and sagging skin is prevented. Furthermore, we minimize the intake of fats and carbohydrates, which encourages the loss of fat mass. An important factor is the link between muscle mass and energy expenditure. If we do not maintain muscle mass when dieting then there is the risk of the well known “rebound effect.”

■ Can I do sports and exercise in phase 1?

You can participate in sports or physical activity throughout the diet (even in Phase 1). However, it should be light activity such as walking, swimming, moderate intensity cycling, pilates, yoga, etc. Any physical activity that involves extensive effort for the body is not advisable as you will run the risk of hypoglycaemia or a drop in blood pressure.

It is best to perform moderate and consistent exercise, you will soon get used to this activity and it will help you to achieve muscle tone and maintain your weight loss in the long term. It is also a good way to combat stress.

■ Can Rythmonutrition[®] help to battle my weight issues?

Yes, absolutely. Rythmonutrition[®] allows us to optimize weight loss and address any associated problems. Rythmonutrition[®] is the application of chronobiology to nutrition, this means providing the macro and micro-nutrients at the time of maximum efficiency in terms of biological rhythms, thus avoiding possible negative interactions between nutrients.

■ Is the Protéifine diet the same or similar to the ATKINS diet?

The Atkins Diet consists of eating large amounts of animal protein and no carbohydrates (vegetables, potatoes, pasta, rice, bread ...).

Then the body adapts by going into ketosis where it begins to burn stored fat as energy instead of carbohydrates, resulting in noticeable weight loss. The problem is that on the Atkins diet, intake of both fat and protein is unlimited. The excessive intake of lipids can result in serious health problems.

The Protéifine Protein Diet is a protein based meal replacement diet, the products provide an optimum intake of protein and minimal amounts of carbohydrates and fats. This promotes effective, safe and healthy weight loss through ketosis, focussed on maintaining lean body mass and reducing body fat mass. It always takes place under medical supervision as it requires micronutrient supplementation to prevent any potential deficiencies related to diet and weight loss.

Furthermore, the Protéifine Protein Diet is based on the Rythmonutrition concept which consists in applying chronobiology (which studies the rhythms by which living things operate) to nutrition. It tells us what nutrients we should consume at what time of the day without negative interactions.

■ Is the Protéifine diet the same or similar to the food combining diet?

The principles of the food combining diet dictate that one should not mix certain types of foods in the same meal, for example, proteins (meat, fish, eggs) should not be eaten together with carbohydrates (pasta, rice, pulses, potatoes, ...). You can eat almost any food, but never mixed together in the same meal.

It is a low calorie diet which promotes the loss of fat mass and muscle mass. This can therefore cause a rebound effect when the diet has ended resulting in you regaining the weight you have lost.

The Protéifine Protein Diet is a protein based meal replacement diet, the products are composed mostly of protein (which helps preserve muscle mass) and minimal amounts of carbohydrates and fats, allowing for effective, safe and healthy weight loss while maintaining lean mass and losing fat mass.

The Protéifine Protein Diet always takes place under medical supervision, as it requires tailored micronutrient supplementation to prevent potential deficiencies related to diet and weight loss. Furthermore, the Protéifine Protein Diet is based on the Rythmonutrition concept which applies chronobiology (the study of the rhythms by which living things operate) to nutrition. It tells us what nutrients we should consume at what time of the day without negative interactions. (repeated again?!)

DIFFICULTIES IN FOLLOWING THE PPD

■ Similar questions:

- **What happens if I skip the diet one day?
If you break the diet, do not panic.**

If you are in one of the active/ketogenic phases of the diet (P1, P2 or P3) this may mean breaking ketosis and consequently affecting weight loss and the progress of the diet. Your body will have to go back through the 48 hours to get into ketosis, in which certain undesirable symptoms appear, such as hunger, nausea, headaches and tiredness.

WARNING! If errors are repeated, it may mean you have difficulty following the treatment. If this happens, then you should consult with your doctor to determine the best solution: a less strict diet, the use of Serovance & Dynovance products, support in dealing with stress...

- **Can I follow the diet Monday to Friday and eat what I like at the weekends?**

We recommend that the diet is not broken over weekends, not only because it will slow weight loss, but because you also break ketosis. Your body will have to go back through the 48 hours to get into ketosis, in which certain undesirable symptoms appear, such as hunger, nausea, headaches and tiredness.

If you think that following the diet at the weekend will be difficult, we advise you to talk with your doctor so that the doctor can recommend some guidelines, for example, following phase 1 during the week and following phase 2 at the, this way you won't brake ketosis and you can eat animal protein (meat, fish or eggs).

WEIGHT LOSS EVOLUTION

- **During a PPD Phase 1 (Strict Phase), can I weigh myself every day?**

No, you should not weigh yourself. It should be your doctor who performs the weigh in when you go to your consultation. Remember that weight loss is not always consistent and must be measured at specific intervals, but, if you want to weigh yourself, you are advised to do so every 14 days in the morning, before breakfast if possible, always under the same conditions and on the same set of scales.

■ Questions which have similar answers:

- **How much weight can I lose with this diet?**
- **In Phase 1 I lost a lot of weight but it has since slowed... is this normal?**
- **I have lost less weight in Phase 1 than my friend. Why?**

There are many factors that influence weight loss and each person is different, therefore weight loss will never be the same for everyone. It depends on many factors such as: metabolism, biological rhythms, physical activity, work, stress ... and obviously the amount of weight to be lost.

Follow all the guidelines and recommendations from your doctor and you will achieve optimal results. Weight loss in Phase 1 is fastest. As we reintroduce traditional food in the subsequent phases, weight loss is slower, but equally effective.

■ **My weight is normal but I have localized excess fat in thighs and buttocks Is the Protéifine Diet adapted to my case?**

The Protéifine Protein diet is ideal for cases where excess fat is located in specific areas. This is a protein based meal replacement diet and the products used are rich in protein and low in carbohydrates and lipids. This allows for effective, safe and healthy fat loss all over the body while maintaining lean mass to ensure muscle tone and definition.

■ **I have heard that after finishing the PPD the weight I have lost will reappear and I may even gain more weight than before. Is this true?**

Weight is not regained as long the doctor's guidelines and recommendations are followed. The main objective of the PPD, apart from weight loss, is the progressive nutritional re education, and establishment of healthy eating habits, helping maintain weight loss in the long term and preventing subsequent weight gain. In addition, when the Protéifine Protein Diet is followed, it provides an optimal amount of protein of high biological value which maintains muscle mass and weight loss long term when used alongside the recommended reintroduction of traditional foods.

SYMPTOMS AND SIDE EFFECTS:

■ **Since I have started the diet I have had bad breath. Why? And what can I do to address this?**

Bad breath is a common symptom during the strict and mixed (ketogenic) phases of the PPD due to the presence of ketone bodies. It is not only normal, but is an indicator that we are in ketosis, and therefore, an indication of good diet adherence. It can be addressed using specific sugar and polyol free oral sprays. We must not forget that chewing gum and sweets (even those marked 'sugar free') must not be consumed during the diet due to the sugar content.

■ **Since I started the diet I have bowel problems. What can I do?**

Bowel disorders are the most common undesirable effects; we recommend that you consult your doctor. Advice from the laboratory includes:

- Drinking enough water 1.5 - 2 litres of water a day (ideally, rich in magnesium)
- Consume cooked vegetables as this will prevent swelling and gas formation during digestion.
- Regular physical exercise to activate and mobilize the bowel.
If unsuccessful, combine with Microvance Digestive Probiotics, to improve bowel problems, and Microvance Transit, which is a combination of prebiotic fiber that will ensure an efficient intestinal movement.

■ **Since I started the diet I feel tired. What can I do?**

If the diet is followed correctly, and the protein and micronutrient supplementation is appropriate, tiredness should not occur. If this persists for more than 48 hours consult your doctor who will review your case and carry out a more thorough investigation.

■ Yesterday I started the diet and I have a headache and nausea. What I can do?

Headaches are common at the beginning of the diet and are caused by slight intolerance to ketosis often accompanied by lack of hydration. We advise you to drink at least 1.5 litres of water per day during the diet. It can also be a result of constant exposure to multiple toxic sources: pesticides, pollution, medicines... that accumulate in our bodies and are specifically stored in fatty tissue which then have to be detoxified by the liver prior to disposal. In this case, you may find Microvance Hepatic Detox helpful. If the headache persists it is advisable to consult your doctor.

■ I often get cramps. What could this be due to?

The cramps are usually indicators of incorrect micronutrient supplementation which can usually be traced to a lack of potassium, calcium or magnesium. If it persists you should consult with your doctor and ask him to review your treatment.

INDICATIONS AND CONTRAINDICATIONS FOR THE PPD

■ I'm pregnant. Can I follow the strict diet?

During pregnancy you cannot follow the diet. Whilst pregnant, nutrition and micronutrient requirements are increased in order to support formation of the foetus. Dieting could lead to deficiencies for your baby and any such regime should be avoided while pregnant. We suggest you talk with your doctor so you can modify your eating habits and if he sees fit, you may follow a balanced diet based on the Rythmonutrition.

■ I'm breastfeeding. Can I do Phase 1 of the diet?

During lactation, we provide our child with all the nutrients necessary for proper development and growth during the first months of life. If we feed our baby only breast milk, it is best to enjoy this period and take care to provide your baby all the benefits of breastfeeding. If the baby is consuming "normal" food and breastfeeding is only a nutritional support (once a day) then a non ketogenic phase of the Protéifine Protein Diet may be considered.

■ My daughter in 10 years old and is overweight. Can she do Phase 1 of the diet?

No, your daughter is in a growth period in which nutritional requirements are increased. The best for your daughter would consult a doctor who specializes in nutrition to promote healthy habits such as exercise and a nutritious balanced diet.

■ Can I do the diet if I am allergic to shellfish?

The Protéifine Protein Diet is always carried out under medical supervision. Therefore, you should explain to your doctor that you are allergic to shellfish so that he/she may make an assessment about whether you can do the diet. It is your doctor's responsibility to educate you on the Protéifine Products that do not contain shellfish or fish in the ingredients.

DRINKS AND DRESSINGS

■ Similar questions about drinks in the PPD:

■ What type of drinks can I consume during the diet?

During the Protéifine Protein Diet fluid intake is very important; we recommend you drink at least 1.5 litres of mineral water a day. You may want to add 20 ml (2 caps) of Microvance Purifier to give a touch of flavour while helping to eliminate fluids and toxins.

In addition, you can consume tea, coffee and sugar free infusions (ie. not flavoured or instant drinks). Only the Protéifine milk is allowed in tea and coffee.

■ Can I drink 0 calorie drinks or diet drinks in Phase 1?

No, drinks can't be consumed even if they are "Diet".

The main objective of the Protéifine Protein Diet is a nutritional re-education and to develop healthy habits. If we permit these drinks, which are sweet flavoured, we won't allow our palate to wean off the taste.

■ Can I add milk to my coffee and breakfast in phase 1?

You can't consume milk as it contains lactose, a type of carbohydrate which can break the state of ketosis and decrease the efficacy of the diet. We recommend the use of Protéifine Milk, specifically designed for the diet.

■ I can add soy milk, almond milk or oat milk to my coffee at breakfast in Phase 1?

You cannot drink milk of any kind. While these types of milk don't contain lactose, they contain other carbohydrates. We are aiming to minimize the intake of carbohydrates in order to maintain ketosis and ensure weight loss progresses correctly.

■ Similar questions about dressing during the PPD:

■ Can I use oil and vinegar?

Yes, you can use oil and vinegar in specific quantities. The permitted amounts are:

- 1-2 tablespoons of olive oil, we recommend virgin extra.
- 1 tablespoon of white wine
- 1 tablespoon of lemon juice.
- Original Dijón mustard is permitted in moderation.

■ Will I lose weight sooner if I don't consume the 2 tablespoons of oil per day?

No, if you don't consume the 2 tablespoons of olive oil it doesn't mean you will lose more weight.

Vegetable oils are rich in essential fatty acids, they are essential because our bodies cannot synthesize them so they must be provided in the diet.

These essential fatty acids form part of our cell membranes and a lack of them may prevent you from losing weight. It is advisable to consume 1 to 2 tablespoons of olive oil per day as it provides "elasticity and permeability" to the cells and thus facilitates weight loss.

■ Can I use soy sauce?

Yes however, the soy sauce should be labelled "Tamari Soy Sauce". Other soy sauces commonly available

in supermarkets, often have a higher proportion of carbohydrates, which can compromise your weight loss.

■ Can I use herbs and spices?

All dried and fresh herbs are permitted during the Protéifine Protein Diet. Spices are permitted but they must be in powdered or dry form.

THE VEGETABLES IN THE PPD

■ Why can't I consume all the vegetables I want during the PPD? Vegetables aren't fattening!

During the diet we differentiate between 2 groups of vegetables based on their carbohydrate content. Certain vegetables can be consumed in unlimited quantities because they contain <3% carbohydrates. Others should be consumed in moderation (200 g per day) because they contain < 6% carbohydrate.

- Vegetables you can consume *in unlimited amounts*: sorrel, chard, celery, celeriac, watercress, Broccoli, Broccoli, bean sprouts, zucchini, chard, chives, mushrooms, Cauliflower, Endive, Escarole, spinach, fennel, lettuce, naturally pickled gherkins, cucumber, green peppers and radishes.
- Vegetables you can consume *in moderation (200 g per day)*: aubergine, borage, pumpkin, white cabbage, brussel sprouts, red cabbage, cabbage, kale, kohlrabi, asparagus, green beans, turnip, coloured pepper (red, orange, yellow), leek, white beet, cabbage, arugula, rhubarb, tomatoes, tomato juice.

The weight given corresponds to raw food.

These vegetables can be prepared in many ways, for example, they can be eaten raw, marinated (see allowed dressings), boiled, baked or grilled. Preserved vegetables are not allowed.

We must respect all the recommendations and permitted quantities in order to not compromise the diet. If you have any doubt you should consult your doctor.

■ Of the list of vegetables to be eaten in moderation, can I eat 200g of each of them?

No. Of the vegetables that are within this group you can only consume a total of 200g per day. That means either 200 g of a vegetable, eg tomatoes, or you can eat a variety of vegetables from the list to a maximum weight of 200g. You can eat 200g a day distributed as you wish, all in one meal or spread out throughout your meals.

■ It has always been said that fruit is not fattening. Can I eat one piece fruit a day in Phase 1?

You can't eat fruit during phases 1, 2 and 3 (the ketogenic phases), because fruit contains fructose, which is a rapidly absorbed carbohydrate. In these phases you should minimize the intake of carbohydrates to maintain a state of ketosis the consumption of fruit could break ketosis and slow weight loss.

A piece of fruit can be consumed as a snack from Phase 4, as this is a non ketogenic phase and therefore it will not compromise the course of the diet.

PPD PHASES

■ My doctor told me that the diet consists of 6 phases. Should I do all of them?

Yes. The Protéifine Protein Diet consists of 6 phases. Your doctor will indicate how long you need to stay in each phase, indicate when you should change phases and what to add into your diet at each phase. Follow all guidelines and recommendations of your doctor and you will achieve optimal results. Alongside your weight loss, this is a nutritional re-education designed to gradually reintroducing traditional food thereby stabilizing weight and achieving a balanced diet long term.

■ Questions with similar answers:

- I'm in Phase 1, can I eat Biscuits and bars in the same day?
- Can I eat Protéifine tagliatelle in Phase 1?
- In phases 1, 2 and 3 can I eat 2 bars a day?

Certain Protéifine products that can be consumed only once daily in phases 1, 2 and 3 because the carbohydrate content is higher than most other products (≤ 8 g of carbohydrates instead of 3 g). These products are biscuits, bars, tagliatelle, torsadines, risottos, parmesan snacks and ready-made foods.

If you consume one product from this group you can't eat another one the same day. However, if your doctor allows you to consume more than one limited products per day then you can follow your doctor's recommendations, but to begin with we do not advise it.

■ In phase 1 can I eat both savoury and sweet?

Yes absolutely, both sweet and savoury Protéifine products provide the same amount of protein and very similar carbohydrates (≤ 3 g) per serving. This enables you to choose flavours you prefer as they are equally valid.

2- QUESTIONS ABOUT THE PROTÉIFINE PRODUCTS:

GENERAL

■ Are the Protéifine products artificial or natural?

All Protéifine products are based on natural proteins, they are made under strict quality control using natural animal and plant proteins. Two of the protein sources are of animal origin (milk protein and egg white) and two are from plant sources (soy protein and pea).

■ Can I replace my Protéifine product with another product from the chemist?

No. Chemist products usually contain lower quantities of protein with greater quantities of carbohydrate. Protéifine Products provide:

- an optimal intake of protein of high biological value, which guarantees the use of high quality protein, plus correctly identified tracking. They contain all the essential amino acids in the proper proportions to maintain lean body mass, the chemical index of our products is always greater than 100.
- minimal, controlled amounts of carbohydrates, allowing controlled monitoring of the diet.

Our products:

- The sachet products contain the same amount of protein and very similar amounts of carbohydrates (≤ 3 g of carbohydrates per serving). This group of products can be consumed without limitation, in accordance with your doctors recommendations.
- There is a second group of Protéifine products that can only be consumed once daily in phases 1, 2 and 3 because the carbohydrate content is higher than others (≤ 8 g of carbohydrates per serving). These products are biscuits, bars, tagliatelle, torsadines, risottos, parmesan snacks, oregano breadsticks and ready-made foods

■ Do PROTÉIFINE products contain aspartame?

No, none of the Protéifine products are made with sucralose and/or acesulfame.

Sucralose is a sweetener that has a sweetening power 500 - 600 times higher than sugar, two times more than saccharin and four times more than the aspartame.

It's a molecule that is made from sucrose through a patented process in multiple stages. Sucralose can be used by all people, and also presents a great advantage, unlike aspartame, which is the resistance to cooking.

Over a period of 20 years, hundreds of scientific studies have been conducted in order to confirm the safety of sucralose consumption.

- In 1990 the committee FAO-WHO expert on food additives set the recommended daily allowance (RDA) in 15 mg / kg / day.
- In September 2000, the European Agency for Food Security CDR confirmed it, so, in 2003, sucralose was integrated into the European directive on sweeteners.
- The use of sucralose has been approved in over 80 countries among which include: Canada (1991), United States (1998), most South American countries, Asia and the European Union (2003).

■ How many calories does each Protéifine product have?

Each Protéifine product provides a different amount of calories.

We advise that you do not focus on the calorie content of your diet, rather the amount of carbohydrates; this will ensure your diet is optimally effective.

We differentiate our products in 2 groups:

- The sachets that contain ≤ 3 g of carbohydrates per serving. This group can be consumed without limit, following the guidelines given by your doctor.
- There are a group of Protéifine products that can be consumed only once daily in phases 1, 2 and 3, because their carbohydrate content is higher than the sachets (≤ 8 g of carbohydrates per serving). These products are biscuits, bars, tagliatelle, torsadines, risottos, parmesan snacks and ready-made foods.

INFORMATION ABOUT DYNOVANCE & SEROVANCE PRODUCTS

■ QUESTIONS with similar answers:

- What difference is there between Dynovance and Serovance products and the Protéifine products?
- What's the difference between Dynovance and Serovance? Why should I consume one in the morning and one in the evening?

The Dynovance and Serovance ranges of products are substitutes for a Protéifine meal. The difference is that Dynovance and Serovance products have been designed following the principles of the Rythmonutrition. Dynovance products are to be consumed in the morning or at noon which guarantees a controlled intake of tyrosine, an amino acid that helps the synthesis of catecholamines (dopamine and norepinephrine). These hormones stimulate physical motivation and intellectual activation (aids concentration, regulates food intake and more).

Serovance products are used to supplement or replace a Protéifine meal, usually at 4pm or at night. These products ensure a controlled supply of tryptophan, an amino acid that promotes the synthesis of indoleamines (serotonin and melatonin). These hormones promote serenity, relaxation at the end of the day, sleep, stress reduction and disordered eating behaviour (cravings for sweets and chocolate).

It is down to your doctor to decide whether you require these products.

EXCEPTIONAL CASES: RUNNING OUT OF PROTÉIFINE PRODUCTS

■ QUESTIONS with similar answers:

- I have been invited to a restaurant and I am in a strict phase. What should I do?
- I have run out of products and my order arrives tomorrow. What can I consume?
- What should I do if I run out of products one day?

Do not worry! If you run out Protéifine products or have an event which you can't miss, you can substitute products (on no more than 2 consecutive days), with traditional food which contain protein and allowed vegetables. These foods include:

- 12 oysters, 10 prawns or 300gr of shrimp
- 150g of tofu
- 150g white fish (cod, haddock, pollock, monkfish, hake ...)
- 70g smoked salmon or trout
- 150g of turkey or chicken (without skin)
- 150g veal or rabbit
- 3 egg whites
- 100g of Serrano ham
- 75g of non-fat cheese

If you are invited to a restaurant you can plan your own menu. For example, order first a salad or some grilled vegetables, without dressing, and dress yourself using olive oil, and for your second course, opt for meat or grilled fish (see above).

We advise you to avoid dishes with sauces, do not eat bread while waiting to be served, always order salad or vegetables as a side dish instead of chips, and finally avoid dessert.

PROTÉIFINE PRODUCT INFORMATION AND DIFFERENCES

■ What's the difference between diet'ups and Protéifine drinks?

The main difference is their packaging, the Diet'ups come in bottles, and Protéifine drinks come in sachets. The other difference is in the variety of flavours. Nutritionally they contribute roughly the same amount of protein, carbohydrates and lipids.

■ Is the Protéifine vegetable cream soup the same as a home-made vegetable cream soup?

It is not the same!

It should be avoided at all costs, mainly because the protein composition is very different. It will also vary in terms of carbohydrate and fat.

For example, the Protéifine cream and soups contain approximately 18 g of protein of high biological value (very useful for the body), however a home made or shop bought soup contain little or no protein and provides more carbohydrates and lipids than Protéifine soups and creams. These can affect the progress of your diet and consequently compromise your weight loss.

■ Can I mix low calorie sauces?

Yes, but you must check the order form as the low calorie range is divided in two groups:

- Maximum 2 a day: Carbonara sauce, Tomato and Basil sauce and Pesto sauce.
- Maximum 3 a day: French dressing, chocolate flavour sauce, apricot flavour marmalade, red berry flavour marmalade, orange flavour marmalade, sweetener and Protéifine milk.

A third option would be to combine one product from the first group and two from the second group, giving a combined total of three per day.

■ Is one low calorie product the same as one Protéifine intake?

No. The low calorie products, are "optional extras" which can be added to the diet in addition to the Protéifine products, without affecting the efficacy of the diet. You must always consider the maximum daily consumption of each of them (see previous question).

These products contain little or no protein and therefore are not a substitute for a Protéifine product.

■ What can I use to accompany the Protéifine pancakes and omelettes?

The Protéifine pancakes and omelettes can be accompanied with the allowed vegetables in the diet. There are two groups of vegetables, the first group can be consumed in unlimited quantities as they contain <3% carbohydrates. The second group should be consumed in moderation, 200g per day.

These vegetables can be prepared in many ways, for example, they can be eaten raw, marinated (see authorized dressings), boiled, baked or grilled.

You can also add one Protéifine Toast or two bread sticks in addition to your daily recommended allowance of Protéifine products.

It is essential to respect all of the recommendations and quantities outlined so as to not compromise the success of your diet. If you have any questions you can ask your doctor.

■ My doctor has told me to eat 2 biscuits and one bar a day but I heard that these products should not be consumed together, is that correct?

Your doctor is the person who keeps track of your diet, and therefore will provide guidelines and recommendations specific to you.

However, at Ysonut Laboratories we explain that these two types of products (Artisanal Biscuits and Protéifine Bars) contain a higher proportion of carbohydrates compared to Protéifine sachets (≤ 8 g of carbohydrates per serving protein). Therefore it is advised that you only consume one of these products once a day in phases 1, 2 and 3.

■ Can I consume the same product in every intake?

Yes, as long as it is a Protéifine Products in a sachet since these products that can be consumed without limitation (considering the number of intakes indicated by your doctor). These contain ≤ 3 g of carbohydrates per serving. If you refer to the Moderate Protéifine Products, you can only eat one of these once a day in phases 1, 2 and 3 because they contain higher amounts of carbohydrates (≤ 8 g of carbohydrates per intake). These products are biscuits, bars, tagliatelle, torsadines, risottos, parmesan snacks and ready-made foods

■ Equivalencies:

Protein Equivalencies:

1 Protein Portion = 1 sachet = 2 home-made biscuits = 3 Protéifine toasts = 6 breadsticks = 1 bar =
1 sachet of parmesan snacks = 1 tagliatelle = 1 ready-made meal

Other equivalencies: carbohydrates

- Unlimited products ≤ 3 g of carbohydrates per protein intake
 - 1 Sachet
 - 1 Diet'up
 - 3 Protipain toasts
- Only 1 products per day in phases 1, 2 and 3 ≤ 8 g of carbohydrates per protein intake
 - 1 Ready made
 - 1 Bar
 - 1 Tagliatelle portion
 - 6 Oregano breadsticks
 - 2 Home made biscuits
 - 10 Parmesan snacks (one bag)

■ Why do the bars promote flatulence?

The bars contain polyols; these are sugars with a low energy content.

Our body can not digest or absorb them completely, so they ferment in our intestines. If excessive consumption they can cause the onset of flatulence and intestinal disorders. They also contains a type of fibre called fructooligosaccharides, which is not digested by our body, which can also promote gases.

PRODUCT PREPARATION

■ How should the ready-made Protéifine products be prepared?

In the Protéifine range there are some ready-made products, their preparation methods vary. Some require heating other can be eaten straight away.

We advise you to refer to the preparation instructions on the container or box or the catalogue where you can also find tips on various preparation methods.

■ What type of water should be used to prepare the Protéifine products?

We recommend that you use a type of water with low mineral content, ie, bottled mineral water. This will ensure you achieve an optimal consistency and a smooth texture.

■ Can I prepare the Protéifine products at night so they are ready for the next day?

We recommend preparing the Protéifine sachets a maximum of 2-3 hours in advance. We don't advise preparing the products the night before as the proteins can lose their functional properties, and consequently decrease in quality. You may also compromise other parameters such as texture and taste.

Temperature variations may also cause these changes in the properties of proteins, this is called protein denaturation.

3- QUESTION ABOUT MEDICAL AUTHORIZATION

■ QUESTIONS with similar answers:

- Can I buy the products directly?
- Why do I need a medical authorization?
- If I start again, do I need a medical authorization?

The Protéifine Protein Diet is a protein based meal replacement diet, based on Rythmonutrition, a scientifically validated method, which promotes effective, safe and healthy loss of body fat, while maintaining lean mass. In addition to weight loss, it incorporates progressive nutritional re education in order to stabilize weight and achieve a balanced diet.

This diet is always done under medical authorization as it must be tailored to the requirements of the individual and requires a micronutrient supplementation in order to prevent any deficiency related to diet and weight loss.

■ Can someone else buy products in my name?

Yes, as long as there is valid medical authorization.

■ I'm a doctor and I would like to receive training so that I can prescribe these products to my patients. . . . How can I organise this training?

We just need you to provide your name, contact phone number, address and medical specialty. Ysonut Laboratories will then contact the representative responsible for your area who can arrange training for you. The representative will contact you to provide all the information you will need in order to attend and complete the Protéifine Protein Diet training course.

4- QUESTIONS ON HOW TO BUY THE PROTÉIFINE PRODUCTS

■ QUESTIONS with similar answers:

- I would like to place an order for products to be sent to my house, can Ysonut arrange this ?
- My doctor sells the Protéifine products in clinic but I want to buy them from Ysonut. How can I do it?

To have your order sent to your house, you must contact the customer service department. You can only do this with authorisation from your doctor.

There are 3 different ways to place your order:

- Calling 0800 840 0890
- Fax 0844 770 5248
- Email orders-uk@ysonut.com

If you place your order before 12.00 midday your order should be delivered within 24h. If the order is received after 12.00, your order will be delivered within 48h. Deliveries are made Monday to Friday, excluding holidays.

5- QUESTIONS ABOUT THE SUPPLEMENTATION DURING THE PPD

■ Why should I take supplementation during the PPD?

The Protéifine products contain low levels of micronutrients (vitamins, minerals...) but not enough to achieve the Recommended Daily Intake.

Many nutrients are not made by our body so they must therefore be provided through our food. During any weight loss diet, our requirement for certain vitamins and minerals is increased, for this reason, supplementation is essential. It's very important to follow your doctor's recommendations, as it is essential to take supplements during phases 1, 2 and 3 in order to prevent any nutritional deficiencies.

In some circumstances, when someone does not lose optimal amounts of weight in phase 1, it can be due to essential fatty acid deficiencies (Omega 3 omega 6), or deficiencies in vitamins and minerals such as b vitamins, magnesium, zinc and more. Micronutrient deficiency can quickly become apparent, in the short term deficiencies can result in a decline or plateau in weight loss. Long-term they can result in additional symptoms such as hair loss.

It is therefore imperative that you take your supplements regularly, as directed by your doctor

■ Can I take two Microvance products at once or can they "interact"?

There is no problem with taking various Microvance products at the same time, as long as the Recommended Daily Allowances (RDA) is not exceeded.

Do not worry because your doctor will be keeping track of your diet and is responsible for giving all the necessary supplementation, while respecting the Recommended Daily Allowances (RDA) and not exceeding the maximum daily dose (DDM).

■ Can Microvance supplements be taken at any time of the day?

No. It will vary depending on each of the micronutrient supplements.

At Ysonut Laboratories we adapt the dosage schedule depending on the chronobiology to optimize results (relating to absorption and action). Therefore some supplements must be taken at breakfast, and on the contrary, other supplements should be taken with main meals. Your doctor will inform you of the best options for you.

■ Are the Microvance products natural or chemical?

All Microvance ingredients are natural.

This increases the bioavailability and optimizes the action of micronutrients in the body.

For example, Microvance includes antioxidants known as polyphenols, a natural extract that comes from grapes, and beta-carotene, an antioxidant found in carrots and tomatoes.

■ What are RDAs (recommended daily allowance)?

The RDA is the quantity of a nutrient that should be taken daily through the diet to maintain good health and avoid deficiency.

This recommendations depends on gender, age and special circumstances (e.g. pregnancy, lactation...) of the individual.

■ What is DDM (maximum daily dose)?

The maximum daily dose is the maximum amount of a nutrient that can be consumed without having a toxic effect or endangering health.