

*Almased* Vital-week (s)

at VitalHotel Ascona



Lose weight with system.



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Almased is probably the best-known diet product on the German market, with which you easily and naturally reach your desired weight.

In this brochure you will find basic information about the product Almased and the course of your Almased Vital week (s) in our house.

For questions we are at your disposal.

We wish you a successful Almased diet!

Your team from VitalHotel Ascona

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### **What is Almased?**

Almased is favored by experts when it comes to weight loss.

The product impresses with its unique composition of high-quality soy, skimmed milk yoghurt and honey.

The special nutrient mix optimally provides your body with elemental nutrients, essential amino acids, vitamins, minerals and trace elements.

With Almased you can achieve your desired weight simply and naturally and can keep it even after successful weight loss.

Thus, Almased is the ideal companion during and after the diet and can help you get started in a long-term diet change.

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### **Which advantages does Almased offer?**

In contrast to conventional diets, the body is optimally cared for by Almased. The special nutrient combination and high-quality proteins ensure that the muscles are preserved and the metabolism continues to run at full speed. The classic yo-yo effect does not appear with Almased, so you can keep your desired weight long term even after a successful diet.

Almased keeps blood sugar levels low and is therefore suitable for type 2 diabetics.

Athletes too can benefit from the unique composition of the product. Almased optimizes nutrient supply, promotes muscle growth and improves the regeneration of all sports rubbing.

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## **Course of your Almased Vital Week (s)**

### **Start-up phase**

After an intensive introductory talk, you start your Almased Vital Week (s) with the start phase, in which you take an Almased Shake three times a day. In addition, you should pay attention to a sufficient fluid intake of 2-3

l low-calorie drinks and like to exercise to achieve maximum success. In this way, the body is optimally prepared for weight loss. The start-up phase is carried out by individual agreement for 3-7 days.

### **Reduction phase**

The reduction phase leads to a weight loss. You will receive a morning and evening Almased shake. At lunch, you will receive a healthy, calorie reduced and balanced meal. You should also take 2-3 l of low-calorie fluid and exercise. You are welcome to take part of our sports program in our hotel and stay active. This phase is performed until you reach your desired weight.

### **Stabilization phase**

The stabilization phase helps the body maintain the new weight. In this phase you only have to take one Almased shake, preferably in the evening. In the morning and at noon, take a healthy, calorie reduced and balanced meal. Because this phase is usually done at home after your stay, Almased's prescriptions can help you to put together ideal meals.

### **Stage of life**

Because of the benefits that Almased offers, it makes sense to integrate an Almased shake into the usual healthy, calorie reduced and well-balanced meal. We recommend incorporating half of an Almased meal in the morning and in the evening into the diet.

Our Almased Vital Week (s) may be the ideal entry into a long-term diet change. Take the opportunity with us and try it out!

If you have any questions or requests, feel free to contact us at any time.

We wish you much success!  
Your team from VitalHotel Ascona

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