

NicerWeigh

*Rich Chocolate &
Vanilla Delight*



A delicious, high protein, fibre rich drink.

NicerWeigh is a delicious and extremely effective formula that can be used to maintain healthy weight. NicerWeigh has a full body and richness of taste and flavour to satisfy the most discerning palate.

Ingredients (Chocolate)

Whey Protein Concentrate (WPC80), Whey Protein Isolate (WPI90), Ultrasweet TM* (Oligofructose, Xylitol, Glycine, Tapioca Maltodextrin, Stevia Powder, Silica Colloidal), Natural Chocolate, Raw Cacao, Xanthum Gum, Vitamins (L-Carnitine, Vitamin C, Niacin (B3), Vitamin E, Riboflavin (B2), Vitamin B6, Thiamine (B1), Pantothenate (B5), Vitamin A, Folate, Vitamin K, Vitamin D, Biotin, Vitamin B12), L-Glutamine, LactoFerrin, Calcium Carbonate, L-Carnitine Base 100%, Trace Minerals (Magnesium Oxide, Calcium Phosphate, Potassium Chloride, Zinc Sulphate, Manganese Sulphate, Copper Gluconate, Iodine (Potassium Iodide), Selenium Yeast, Molybdenum (Sodium Molybdate), Chromium Picolinate), Potassium Citrate.

- **Rich in high quality protein (~58% protein)**
- **Highly abundant in soluble fibre (~11.5%)**
- **Packed with prebiotics for intestinal health**
- **Loaded with amino acids**
- **No added Casein, Gluten, Soy, GMO Ingredients**
- **Free of Artificial Sweeteners, Colours, Flavours and Preservatives**
- **High in Glutamine 867mg, Magnesium 293mg and L-Carnitine 227mg per 32g serve**
- **Great value**

Serving Suggestion:

Add 1 level scoop (32g) to 300 - 350ml of water, natural whey drink, low fat milk, soy milk, nut milk, rice milk or low fat natural yogurt.

NicerWeigh can be used synergistically to work together with WonderFoods WalkaWeigh to bring about maximum results.

NicerWeigh provides you with a protein with the highest Biological Value, which means it yields more usable grams of Amino Acids than many other Protein supplements. The body is able to assimilate Amino Acids; however, there are eight essential amino acids that it cannot produce. Whey protein is the most popular as it embodies all essential amino acids. It also has short chain peptides which make it available for absorption within fifteen minutes after consumption. Whey Isolate contains very low Fat, Lactose and Cholesterol.

NicerWeigh contains twice the amount of fibre than many leading brands. This means that it has a great potential to add dietary bulk and promote feelings of fullness, which is ideal for individuals who require additional dietary fibre to enhance bowel regularity, and those wanting to maintain a healthy weight, cholesterol, and/or blood sugar levels.

NicerWeigh comes in two delicious flavors **Rich Chocolate** and **Vanilla Delight** in a generous 640 grams per container. **NicerWeigh** contains extra prebiotics (FOS) for intestinal health and a generous serving of Glutamine to support a healthy digestive system.

Protein powders are most commonly used to support Appetite Control and increase Energy levels. Convenient and usually low in fat, protein supplements are rapidly digested and are typically consumed as a meal replacement. Many athletes consume a whey protein shake or drink both before and immediately after exercise or an event to help repair and rebuild lean muscle tissue.

A vital component for general health and a number of bodily functions, Protein is present in muscles, bones and major organs. It makes up more than 50 percent of the body's dry weight. Well hydrated muscles contain approx. 70% water and are denser and heavier than fat, which only contains approx. 17% water.

Losing fat and inches is better than losing weight along with muscle mass.

Adding whey protein to your healthy lifestyle is a great way to jump-start the metabolism phase of your program. Whey protein is a key ingredient in numerous weight management programmes and meal replacement products. Studies have found that individuals who combine diets with leucine rich protein foods, like whey protein, exercise and a balanced diet have a potential to build more lean muscle tissue and as a result they may lose more body fat. As they lose fat their metabolic rate generally can increase and they naturally burn more calories each day. Another way that whey proteins helps manage weight is by making you feel "full" after drinking your whey protein shake.



Benefits of protein:

- The body requires more energy to digest protein than other foods (thermic effect) and as a result you burn more calories after a protein meal.
- Whey protein isolate is pure protein with little to no fat or carbohydrates. It is a perfect complement to any low carbohydrate or low glycemic index diet plan.
- Recent studies by Dr. Donald Layman, a professor at the University of Illinois, have highlighted the role of the essential amino acid leucine in improving body composition. High quality whey protein is rich in leucine to help preserve lean muscle tissue while promoting healthy weight management. Whey protein contains more leucine than milk protein, egg protein and soy protein
- Protein helps to stabilize blood glucose levels by slowing the absorption of glucose into the bloodstream. This in turn reduces hunger by lowering insulin levels and making it easier for the body to burn fat.
- Whey protein contains bioactive components that help stimulate the release of two appetite-suppressing hormones: cholecystokinin (CCK) and glucagon-like peptide-1 (GLP-1). In support of this, a new study found that whey protein had a greater impact on satiety than casein, the other protein in milk. Adding whey protein to a mid-day snack or beverage provides healthy energy and may help control food intake at the next meal.

Nutritional Panel: Per 32g serve

Branched Chain Amino Acids

Isoleucine	1056 mg
Leucine	1740.8 mg
Valine	944 mg

Non Essential Amino acids:

Alanine	774.4 mg
Arganine	412.8 mg
Aspartate	1696 mg
Cysteine	476.2 mg
Glutamate	3328 mg
Glycine	352 mg
Histidine	288 mg
Proline	944 mg
Serine	790.4 mg
Tyrosine	393.6 mg
L-Glutamine	867.2 mg

Essential Amino acids:

Lysine	1568 mg
Methionine	339.2 mg
Phenylalanine	528 mg
Threonine	1155.2 mg
Tryptophan	436.2 mg

Protein Composition:

α- Lactalbumin	1909.4 mg
B-Lactoglobulin	6440.8 mg
Glycomacropeptide	2789.4 mg
Immunoglobulin G	598.7 mg
Bovine Serum Albumin	224.3 mg
Protease Peptone 5	608 mg
Lactoferrin	297 mg

Nutritional Profile:

Energy	~459Kj (110Cal)
Protein	~18.4g
Fat – Total	0.8 - 0.9g
- Saturated	0.3g
Carbohydrates	5.6g - 6.1g
- Sugars	2.2g - 2.6g
Sodium	57mg - 60mg
Fibre	3.34g - 3.68g



Vitamin Composition:

Vitamin A 1716ug, Thiamine (B1)3.14mg, Riboflavin (B2) 4.86mg, Niacin (B3) 28.6mg, Pantothenate (B5) 2.55mg, Vitamin B6 4.57mg, Vitamin B12 5.72ug, Folate 572ug, Biotin 15ug, Vitamin C 114.4mg, Vitamin D 28.6ug, Vitamin E 28.6mg, Vitamin K 120ug, L-Carnitine 710ug.

Mineral Composition:

Calcium 646mg, Chromium 102ug, Copper 1.5mg, Iodine 0.42mg, Magnesium 915.2mg, Manganese 2.5mg, Molybdenum 127.5ug, Potassium 765mg, Selenium 27ug, Zinc 27.4mg.

**Available from Natural Vitality Australia (NVA) on
(07) 3205 4622 or info@nva.com.au
www.wonderfoodsonline.com**