

LIFeshape nutritionally balanced meal replacement shakes



LIFeshape

Take off that vitality-robbing weight, and keep it off!

Get off the diet rollercoaster by achieving - and maintaining - the weight loss you desire with **LIFeshape meal replacement shakes**.

This revolutionary approach to weight loss and control combines scientifically formulated shakes with a flexible, delicious and nutritious meal plan.

LIFeshape nutritionally balanced meal replacement shakes

- Provides essential vitamins, minerals, proteins and carbohydrates for maximum energy – without the calories
- Fortified with soy protein, **LIFeshape comes in 2 delicious, lactose-free flavours** and are ideal for vegetarian diets

The LIFeshape Story

On any given day up to 60% of the population are on a diet in a quest to lose weight. Yet studies show that up to 95% of these people are chronic dieters who will regain most of the weight they lose, and then try another diet with the same result. This rollercoaster style of dieting makes permanent weight loss virtually impossible, results in poor nutrition and often leads to future health problems. **You can get off the diet rollercoaster today with the scientifically formulated LIFeshape meal replacement shakes, exclusively from Lifestyles.**



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