

The most effective way of achieving the optimum physical health is to adjust your lifestyle according to the following ten key principles.

Combining as many of these principles as possible will enable you to achieve your health goals, putting you in control of your body's destiny!

Principles

Ultralife's product features include:

- No added sugar
- No artificial colourings
- No artificial flavourings
- No artificial flavour enhancers
- No added preservatives
- Dairy free
- Lactose free
- Egg free
- Wheat free
- Gluten free
- GMO-free
- Vegetarian & vegan compliant
- Suitable for diabetics
- Suitable for children
- No aspartame or saccharin
- Sucrose free
- Low Glycaemic Index
- Halal certified

Ideal Meal

- Protein (20–50g per meal) from sources low in unhealthy fats – e.g. lean meat, fish, eggs, skimmed milk, tofu, Quorn and soya milk
- Carbohydrate (up to 50g per meal) avoiding high GI foods and comprising of primarily low GI foods and high fibre sources, such as fibrous vegetables, high fibre salad, or whole grain foods
- Low in unhealthy fats (saturated and trans-fats)
- Moderate healthy fats (polyunsaturated and monounsaturated) providing omega-3, 6 and 9 fatty acids, in at least one meal per day
- Low salt / sodium content. Select foods with less than or equal to 0.4g of sodium per 100g.
- Consume 1 serving of Ultra+ Multi-Vites or Ultra+ Max with at least one meal (or snack) per day
- OPTION: Consume an Ultra+ Shake as your ideal meal for 1–2 meals per day.

Ideal Snack

- Protein (10–25g), low GI carbohydrate (up to 25g) and low in unhealthy fats - e.g. a protein snack bar; one small pot of low fat and sugar free yoghurt or cottage cheese; 30g of unsalted nuts; sunflower or pumpkin seeds; sugar free jelly; or an Ultra+ Shake.
- Or low GI carbohydrate (up to 25g) - e.g. one piece of fresh fruit or two oat cakes.

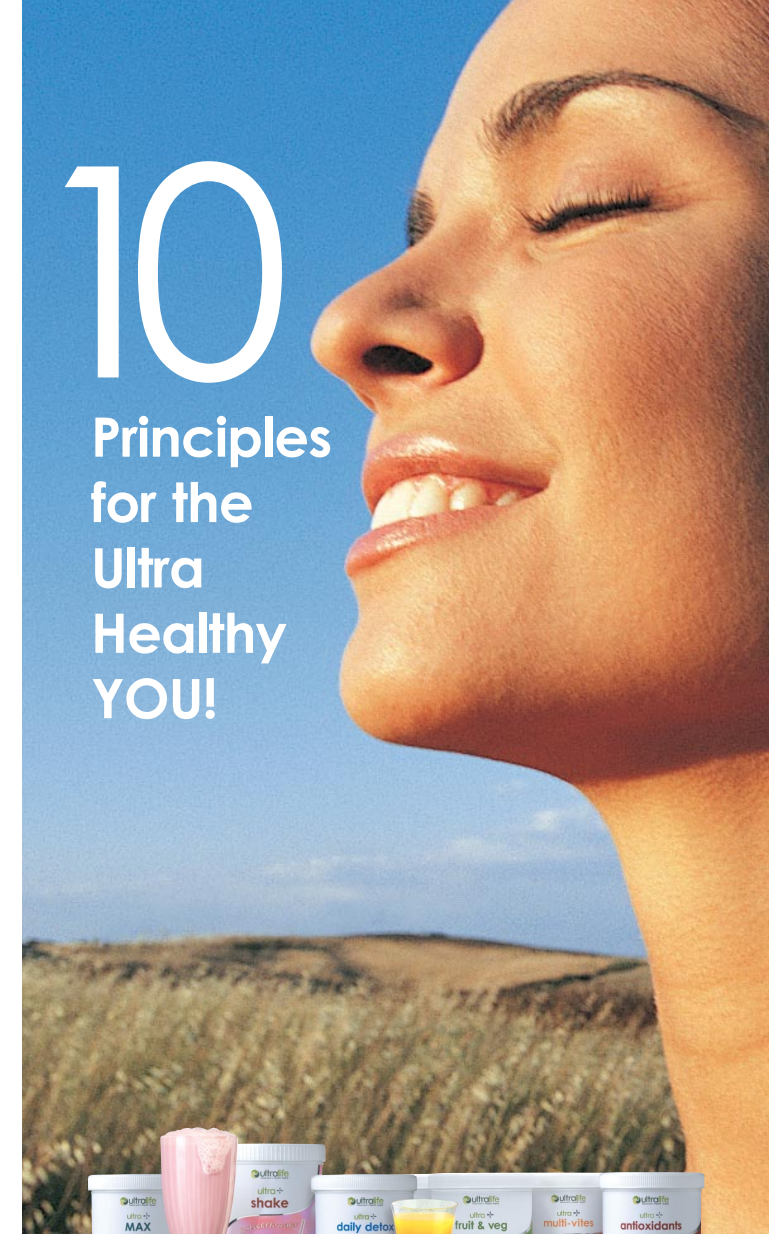
Tips

- Use Ultra+ Daily Detox for cleansing and detoxifying, normalised bowel function and energy.
- Drink no more than 200ml of fruit juice per day.
- Drink alcohol in moderation.
- Use fructose (fruit sugar) in place of regular sugar. It is low GI and one third sweeter so you need less of it
- Eat fruit and vegetables that are organic.



10

Principles for the Ultra Healthy YOU!



The 10 Principles are:

1 Avoid 'fast burn' high glycaemic index (GI) carbohydrate foods; replace these with primarily 'slow burn' low GI foods and limit medium GI foods. As a guide consume no more than 100–125g of total carbohydrate per day and no more than 50g of carbohydrate at any one meal.

2 Consume at least 18g of fibre per day. Fibre is essential for the proper functioning of your digestive and intestinal systems. Insufficient fibre consumption can lead to a variety of health conditions.

3 Consume sufficient protein. Protein is needed for the manufacture of hormones, antibodies, enzymes, and tissues. It is essential for growth and development. Protein consumption supports lean body tissue ('muscle'), calorie usage and fat loss. As a guide consume 80–150g of protein per day. Protein sources should be low in unhealthy fats (saturated and trans fats). The best sources of protein include lean meat, fish, eggs, skimmed milk, tofu, Quorn and soya milk.

4 Minimise consumption of unhealthy fats (saturated and trans fats), but consume sufficient healthy fats (polyunsaturated and monounsaturated), which provide essential and beneficial omega-3, 6 and 9 fatty acids. Check labels for the various fat contents and look out for labelling referring to omega-3, 6 and 9 fatty acids.



5 Consume at least 3 regular meals per day (see Ideal Meal). Do not skip a meal and consume a healthy snack if you become hungry between meals. Ideally select a snack that contains protein and low GI carbohydrate (see Ideal Snack). Ultra+ Shake is perfect for a quick convenient meal or snack.

6 Consume sufficient micronutrients, which are essential for life and includes vitamins, minerals, phytonutrients, antioxidants and enzymes. Try to eat 5–9 servings of fresh, organic fruit and vegetables per day and/or supplement your diet with high quality ultralife products, such as Ultra+ Multi-Vites or Ultra+ Max.

7 Drink at least 2 litres of filtered, bottled or spring water per day. Flavoured drinks, including sugar-free soft drinks and ultralife products all count towards the 2-litre target. Caffeinated drinks and alcohol do not because they are diuretics and cause dehydration.

8 Since it is increasingly difficult to obtain everything we need from our diet, use ultralife products in combination with a balanced and varied diet to assist in meeting these 10 principles for the support of optimum health.

9 Restrict salt / sodium consumption to no more than 6g / 4g per day.

10 Exercise regularly (at least three times a week). Exercise does not necessarily mean having to workout at your local gym, but can simply be a 20–45 minute brisk walk. A small to moderate amount of exercise on a regular basis (e.g. brisk walk daily) is better than a large amount of exercise a couple of times per week.



Glycaemic Index – The Facts

What is the Glycaemic Index?

Glycaemic Index (GI) is the measure of how fast the carbohydrate content of a particular food is broken down by the body, and hence how fast it supplies the body with energy and how readily it is converted to body fat.

What is the Glycaemic Index (GI) of common foods?

Foods with low GI (less than 55) are broken down by the body slowly, providing a slow and sustained release of energy and therefore convert less readily into body fat. Examples of low GI foods are: fructose (fruit sugar), All-Bran, muesli (sugar-free), porridge oats, oat bran, barley, rye, buckwheat, pasta, wholewheat pasta, soybeans, peas, lentils, beans, avocado, asparagus, aubergine, broccoli, Brussels sprouts, cabbage, cauliflower, celery, lettuce, cucumber, courgettes, leeks, onion, mushrooms, olives, peppers, spinach, nuts, seeds, sauces (sugar-free), vinegar, low GI Maltodextrin, fruit (tomatoes, apples, berries (all types), cherries, grapefruit, oranges, clementines, mandarins, satsumas, plums, grapes, pears, peaches, nectarines, rhubarb, kiwi fruit), sugar-free soft drinks and unsweetened fruit juice* (orange, apple, cranberry, grapefruit) *Drink no more than 200ml per day.

Foods with medium GI (between 55 and 70) provide a medium level of energy. Examples of medium GI foods are: lactose (milk sugar), honey, granary bread, wholemeal bread, corn bread, rye bread, sourdough bread, tortilla wraps, Shredded Wheat, Weetabix, basmati rice, wild rice, corn, couscous, new potatoes, sweet potatoes, artichokes, beetroot, carrots (raw), fruit (bananas, cantaloupe melon, honeydew melon, mangoes, apricots, pineapple, papaya, raisins, sultanas, most dried fruit) and unsweetened fruit juice* (pineapple and mixed tropical).

Foods with high GI (more than 70) are quickly broken down by the body, providing a fast release of energy, which converts readily into body fat and may trigger an insulin response. Examples of high GI foods are: sucrose (a.k.a. table sugar, 'sugar'), glucose (dextrose), many breakfast cereals, muesli (with sugar), cereal bars, white breads, pancakes, waffles, cakes, muffins, doughnuts, croutons, biscuits, crackers, crispbreads, rice cakes, rice (brown, instant, short grain, white), baked potatoes, mashed potatoes, French fries, chips, parsnips, broad beans, pumpkin, swede, carrots (cooked), sauces (with sugar), ice cream, marmalades, jams, a few fruits (dates, prunes and watermelon), unsweetened fruit juice (prune and watermelon), instant hot drinks (with sugar), all fruit and soft drinks (with sugar) and alcohol (limit to moderate consumption).

* **The Ultralife Guarantee.** If you are not completely satisfied, simply return the empty/partially used jars to Ultralife within 30 days, using a recorded delivery service, and the complete cost of the product will be refunded. This guarantee is applicable to ANY individual product that you purchase in the UK.