

LOSING WEIGHT CAN BE SAFE AND EASY



EFFECTIVE AND COMPLETELY
NATURAL WITH AKTIV®

www.getAKTIV.com

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USE THE POWER OF NATURE TO LOSE WEIGHT AND FEEL GOOD





AKTIV IS BASED ON ORGANIC ACTIVATED BARLEY AND CONTAINS ALL THE NUTRIENTS THE BODY REQUIRES.

A unique patented process utilises the barley's energy producing carbohydrates, fibres, fortifying proteins, vitamins, healthy minerals and nutrients.

The unique feature of this process is that there is minimal affect on the vital natural composition of the barley. The presence of intact *beta-glucans and nutrients are preserved.

**Beta-glucans are soluble fibres which create a feeling of satisfaction, balance blood sugar and lower cholesterol levels.*

Aktiv is a pure natural product consisting of only five ingredients: barley meal, whey protein, rape seed oil, fructose and a little natural vanilla flavouring.

Aktiv is effective for sustainable weight control and as an energy source for an active life.

A close-up photograph of a young woman with blonde hair and blue eyes, smiling warmly. She is holding a clear glass filled with white milk. The background is solid black. At the top center, there is a white circle above the main headline.

THE ADVANTAGES OF AKTIV ARE MANY

**“For me it’s good to
know that Aktiv is a
pure natural product”**



LESS SUGAR CRAVING

Aktiv helps you resist the temptation to eat those extra unnecessary calories. The water-soluble fibres, beta-glucans, swell into a viscous gel. This gives a slower uptake of nutrients and slows down the increase in blood sugar. This leads to reduced sugar craving and subdued feelings of hunger. Barley has a low GI which makes the blood sugar level rise very slowly. This effect is the reason that products with a low GI are recommended for weight reduction.

EFFECTIVE AND SAFE WEIGHT CONTROL

Aktiv is a pure and natural product consisting mainly of Aktivated Barley. Barley is a very nutritious variety of grain. Our patented process promotes the uptake of all the barley's nutrients. For lasting weight reduction you need to reduce your daily calorie intake without disturbing the fine balance between the various nutrients. Aktiv has been developed to give a good balance between

calorie and nutrient intake. It gives you energy and nutrients for an active life at the same time as it helps you reach and retain your ideal weight.

The combination of a high beta-glucan content, slow burning carbohydrates and a large number of vitamins, minerals and nutrients provides energy and nourishment for an active life. At the same time you are helped to permanently control your weight and calorie intake.

A HEALTHY STOMACH

Aktiv is a whole grain product with a high content of both soluble and insoluble fibres. The fibres improve intestinal function, contributing to better wellbeing. Fibre also increases the feeling of satisfaction, and hence you are likely to eat less.

REDUCED RISK OF HEART DISEASE

A nutritious diet, rich in soluble barley fibres (beta-glucans) can contribute to a reduction of cholesterol levels in the blood and hence the risk of cardio-vascular disease. Aktiv is rich in soluble barley fibres.

HOW DO YOU USE AKTIV?

Aktiv is easily mixed with milk, juice or soy milk (mix 2 tablespoons in approx. 200-250ml drink) or sprinkle Aktiv directly on to your yogurt or porridge.

Try AKTIV with your favourite fruit, or as a nutritious ingredient in a smoothie!

For best results, stir or shake vigorously and drink immediately.

HOW TO MIX



TWO TABLESPOONS
OF AKTIV® EVERYDAY



ADD 250ML MILK,
JUICE OR SOY MILK



STIR SLOWLY



HOW OFTEN AND FOR HOW LONG SHOULD I USE AKTIV?

If you only want to replace lunch with Aktiv in order to slowly reduce your weight while retaining enough energy for the afternoon's work, a daily portion of 2 tablespoons should suffice.

If you want quicker results you can take up to three portions a day, which would then replace other meals.

Aktiv contains all that the body requires to feel good for a whole day: Vitamins, minerals, nutritious proteins, slow burning carbohydrates, healthy fats and fibres to stave off pangs of hunger.

Aktiv is intended to be a natural part of a balanced diet. If Aktiv is your only diet for a period longer than three weeks, then medical advice should be sought.



SWEDISH QUALITY

The barley used in Aktiv is organically grown in Swedish fields.

The products are of the highest quality and are produced in Sweden by Nutritech Int AB, a company with broad knowledge of functional food and nutrition.

MADE EXCLUSIVELY WITH

AB[®]

**ORGANIC
AKTIVATED
BARLEY**
PATENTED PROCESS

AKTIV IS ALSO AVAIL- ABLE AS TASTY BARS IN FIVE DIFFERENT FLAVOURS - AKTIV EVERYDAY

Aktiv Everyday bars contain the same high content of beta-glucans as Aktiv Meal Replacement Drink. They also have the same health-promoting qualities. Perfect when a quick injection of energy is required.



PRODUCED IN SWEDEN BY:

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