



Product advice FITNESS / WEIGHT MANAGEMENT

A balanced diet and regular physical exercise are important preconditions of a healthy life style and an efficient weight management. With FIT & WELL nutrition supplements from SPONSER the success of your weight control can be optimally supported.

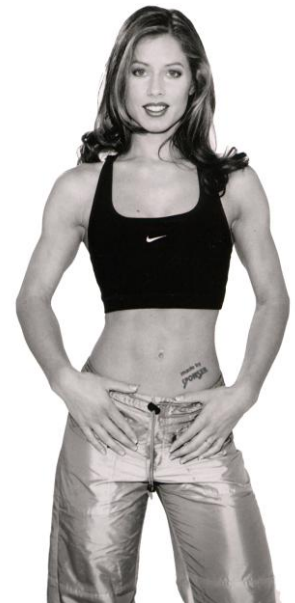
SPONSER FIT & WELL products offer modern solutions considering the principles of low carb-high protein as well as low fat, and combines effective fat burning substances of highest quality. Go with a moderate low carb-high protein diet, and reach and hold the weight you aim to. With the following recommendations it is much easier than you may think.

Calorie reduced diet – but with enough protein!

Earlier recommended calorie reduction by simply cutting out fat constituted rather a so-called purification than a useful weight loss regimen. To lose weight by reducing energy intake means not only losing fat but also important lean muscle mass. Muscles burn substantially more calories than body fat tissue. The consequence: the more loss of lean body mass by dieting, the more you have to further reduce calorie intake!

If the protein needs are not covered, lean body mass cannot be protected from breakdown and not regained once lost. That's why protein is so important. It prevents muscle breakdown during calorie restriction and is applied in medically prescribed diets for the following reasons:

- Protein satiates clearly more than carbs and fat. (Weigle et al, 2005)
- About 20-30% of the calories from protein are needed for its digestion, burnt as heat (thermogenesis) and therefore are not available for storage. In contrast, less caloric energy is lost from carbs (5-10%) and fat (0-4%), and consequently stocked in the body's fat depots.
- Lean muscle mass is protected, causing a higher basal energy turnover. (Laymen et al, 2002)
- Weight regain after caloric restriction is less pronounced, meaning less YoYo-effect (Lejeune et al, 2005)
- A better blood lipid profile induced through higher protein intake improves cardiovascular health. (Volek et al, 2005)
- The connective tissue in the skin is strenghtend and remains taut.



Low carb-high protein – the way to a lean and sporty outline

Who wants to lose weight successfully and in a sustainable manner should avoid fast carbs and stick mainly to slow, long-chain or complex carbs from whole meal products, fruits and vegetables. These sources have a low glycemic index (low GI), cause only a low insulin burst which maintains the body's fat metabolism, and provides sustainable energy. Add high-quality, low-fat protein foods like lean meat, skim milk products and SPONSER FIT & WELL protein shakes (Low Carb Proteinshake, Protein Soja Plus).

- **Low Carb Proteinshake** – Based on milk, egg albumine and whey protein. The combination allows a very high biological value and fits perfect to protect from loss of lean body mass. With added L-carnitine to accelerate fat metabolism.
[Enjoy together with salad, fruits, and a slice of bread as a complete dinner.](#)
- **Protein Soja Plus** – Ovo-vegetarian protein supplement based on soy, egg albumin, pea, rice and potatoe. Enriched with prebiotic fibres. Free from gluten, lactose and milk.
[Preparation with fruit juice/water or to add to other foods.](#)



Fat & Facts

Only use premium fats and oil like rapeseed, linseed, and olive oil. Eat several servings of nuts and fish per week. Instead of margarine try careful amounts of butter, a premium source of high-value CLA (conjugated linoleic acid) and mono-unsaturated fatty acids.

- Lean meat of any kind, with no visible fat, contains < 4% of fat! More than 50% of these intramuscular lipids, however, consist of healthy mono-unsaturated fatty acids.
- Butter instead of margarine provides CLA (conjugated linoleic acid).
- Healthy fats are not of animal or plant origin, but poly- or mono-unsaturated! Abstain from high amounts of saturated fats, which are widely used in industrially produced snack foods (chips, bakery, sausages, fatty meat).



- Today there is an imbalance of omega-6- and omega-3 fatty acids: that's why more fish, rapeseed, linseed and olive oil, but less sunflower and peanut oil is recommended.

Reduce your fat pads – fat burning support

With aging our metabolism begins to work slower, muscle mass decreases, our activity levels diminish. That causes a reduction of our total calorie turnover. Who is not reducing his or her energy intake by now will inevitably gain weight. Therefore, slightly changing your diet to a regimen with more protein, complex carbs, and healthy fats is indicated. Additionally, combine some endurance and weight training – 2-3 times a week may be already enough if your nutrition is appropriate.

To maximize fat burning it is wise not just to do both, but to combine purposefully training and nutrition. Here is our choice of FIT & WELL fat burning support products.

- **Low Carb Burner** – Combination of a classic electrolyte sports drink and an ultra-low calorie drink (just 14 kcal/500 ml). Contains ingredients like L-carnitine and catechins from green tea and green coffee extract to accelerate fat metabolism and **thermogenesis**. Green tea substances are also highly active antioxidants and protect from oxidative stress (e.g. training, sun, pollutants, etc.). The fibres and isomaltulose guarantee a low glycemic index (low GI), allowing optimum fat burning in contrast to traditional sports drinks with high GI carbohydrates. Whereat the peptides assist recovery and preserve lean muscle mass.



Ideal for any sports of 1-2 h duration with the goal to lose weight. Also suitable as a daily beverage during diet regimens.

Thermogenesis means energy combustion with heat formation, caused by digestion (diet-induced thermogenesis), muscle work, psychological stimuli, hormones and medicals. The generated heat is transmitted to the environment and the lost dietary energy is not anymore available for storage in the body's fat depots. The digestive work needed for protein produces an elevated thermogenesis through calorie combustion compared to carbs and fat. With various substances like e.g. catechins, hot spices, or CLA dietary thermogenesis can be enhanced and/or enzymes of the carbohydrate and fat metabolism can be suppressed. Overall, that leads to enhanced fat burning and consequent loss.

Improved muscle-to-fat ratio, build-up and maintenance of muscle mass

When combining dietary measures with physical exercise in order to lose weight one often forgets, that training does not only mean fat loss, but also muscle build-up or at least maintenance. Seen that muscles are about 1/3 heavier than fat pads, overall weight loss may seem negligible or absent. Appropriate weight management – also from a health perspective – should not focus on absolute weight loss in terms of kg, but also a good ratio of muscle to fat mass.

Even with heavier muscles your body looks slimmer, leaner and fitter. Furthermore, basal metabolic rate is increased by a higher muscle mass leading to further increased fat burning and less risk of yoyo effect.

- **CLA** – Improves muscle-to-fat ratio by reducing body fat up to 10% and at the same time preserving muscle mass. Clinically studied and proven in sportsmen, overweight and obese people.

2 x 2 capsules daily to support your weight management. Use for at least 12 weeks.

It is believed that CLA reduces fat storage, the number and size of fat cells and support fat burning through different mechanisms. A reduced body weight can be better maintained, the yoyo effect is attenuated. In a meta-analysis of 18 studies of CLA and body composition in humans the effect on fat loss was confirmed.

CLA is only found in animal-derived food. However, modern feeding strategies as well as less meat and dairy products, along with predominantly plant fats in our daily diet, cause a reduced CLA content in our nutrition and consequent intake. Meanwhile the diminished CLA content in food is looked at as a potential factor of the ever growing obesity epidemic.



L-carnitine transports fat to its combustion

L-carnitine is a vitamin-like substance produced by the body in small amounts. Naturally, it is only found in animal-derived foods like CLA. Increased needs (sports, dietary reduction, stress, disease) or a diet low in meat may limit sufficient supply of L-carnitine and suggest supplemental intake. Even in baby food L-carnitine is added because it is so essential for humans. Nevertheless, the often exaggerated claims about fat burning activity of L-carnitine do not provide confidence. L-carnitine indeed is absolutely necessary for the transport of fatty acids into the cell's burning machinery. But it has to be pointed out, that physical exercise in order to activate fat metabolism is needed to optimize fat burning. Interestingly, intake of L-carnitine enhances fat burning after exercise. This fact points to the role of L-carnitine as a fat burning enhancer in combination with exercise and a subsequent activated fat metabolism. It is not a fat burner itself!



- **Carnitin 1000 Drink** – Enriched with the minerals iron, calcium, and magnesium typically marginal in women. With 1000 mg L-carnitine in 300 ml to enhance fat metabolism.
Ideal as low-calorie drink with meals or during light exercise.
- **L-Carnitin 1000** – Contains 1000 mg of L-carnitine. Supports recovery and fat metabolism. Enriched with magnesium, zinc and B-vitamins.
1 ampulle daily, best approx. 1 h before exercise.



Too much water in the connective tissue – not just a women's problem!

Although cellulite (orange-peel skin) is mainly known as a female problem, also in the subcutaneous tissue of men too much water is found. Because of differences in connective tissue structure in men and women, this is rather expressed as a bloated optical impression similarly unaesthetic. An efficient counter-measure is a sufficient supply with protein, especially collagen, and a high intake of basic foods like fruits and vegetables. Optionally supported with basic mineral supplements, and in conjunction with body toning exercises, ideally a combination of easy endurance and resistance exercises in order to form and tauten critical body parts. Please consider to be advised by a personal trainer in your gym.

- **Basic Minerals** – For regulation of acid-base balance. The alkaline minerals and trace elements (bicarbonate, lactate, carbonate and phosphoric hydrogenate) reduce acids, improve cell metabolism, assist detoxification and increase oxygen supply to cells.
2-3 x 1 tea spoon daily in a glass of water.
- **Glucosamin Chondroitin** – With low molecular, hyaluronic acid containing collagen hydrolysate, glucosamine and chondroitine the building material of connective tissue and skin, but also of cartilage, filaments, hair and nails.
4 tablets daily to nourish and tauten the connective tissue.



Directed weight loss with help of supplements – flexible control!

How to use properly protein and other dietary supplements in order to lose weight? The most important thing is to undertake no radical measures! Keep your freedom, but hold flexible control. This is important if you do not want to lose motivation instead of weight on a sustainable level.

Do not take strict resolutions! Begin with the following or similar measures:

1. If you seldom eat salad, determine yourself to take a salad 3 times a week, instead of the carbohydrates in your plate. Take a similar resolution for vegetables.
2. Substitute 2-4 meals per week with a **Low Carb Proteinshake** or **Soja Protein Plus** and complement it with a portion of salad, vegetables or fruits.
3. If you often eat snacks between meals, plan to substitute some – not all – with a **Low Carb Proteinshake**.
4. Drink at least once a day with a main meal **Low Carb Burner** or **Carnitin 1000** instead of the usual beverage.

Such smooth, adaptable measures give you the flexibility to give in to invitations, longings, or “slip-ups” or to counteract. Such small steps are also easier to maintain than crash diets. It only demands minor changes in behaviour, no hunger feelings are necessary. Slowly you succeed to change your diet and to find your personal fitting dietary profile.

If you want to accelerate weight loss, you can increase the dietary modifications and/or support it with additional supplements like CLA, L-carnitine and **Activator** to enhance fat burning.

Recommendation: Independent of your dietary measures, take some protein within 30 min after each training, if necessary with some carbohydrate. Otherwise your body will have to break down muscle and tissue.



Intensive low-carb/high-protein diet

Faster results may be optimally achieved by temporary dietary adjustments with supplements. Here's our recommendation:

- ✓ Substitute 1-2 meals daily with **Low Carb Proteinshake** or **Soja Protein Plus** during 1-3 weeks. Always combine with vegetables, fruits or salad according your taste.
- ✓ Drink daily 2 portions **Low Carb Burner** or **Carnitin 1000 Drink**.
- ✓ Take daily 1 ampulle **L-Carnitin 1000**.
- ✓ Take daily 2 x 2 capsules **CLA**, preferably with your meals

- **Activator** – Caffeine containing ampulle (160 mg) from guarana, mate and green tea. With taurine, inositol and B-vitamins. Enhancing thermogenesis and fat metabolism, supports mental focus. *Ideal approx. 1 h before training or when mentally tired.*



Daily example:

- **Breakfast:**
1 Low Carb Proteinshake + freely chosen fruits
2 capsules CLA, 1 ampulle L-Carnitin 1000
- **Lunch:**
Canteen or restaurant meal
- **Dinner:**
lean meat, vegetables
1 Carnitin 1000 Drink/Low Carb Burner
2 capsules CLA

Training advice:

- 1-2 h prior to:** 1 ampulle L-Carnitin 1000
1 Low Carb Proteinshake
or 1 Soja Protein Plus
- during:** 1 Low Carb Burner Drink
- after:** 1 Soja Protein Plus,
prepared with water + fruit juice

We are convinced with such dietary measures in combination with our products you will succeed in your weight management goals and wish you success.

Fast burning training advice:

Sober exercise in the morning (jogging, step, spinning), at least 2-3 x per week for about 30-60 min. Adapt slowly, optionally with a small snack prior to exercise in order to prevent a bonk.

- approx. 1 h prior to: 1 ampulle L-Carnitin 1000 + 1 ampulle Activator
- prior or during: 1st portion Low Carb Burner Drink
- after: 1 Soja Protein Plus with water
or 1 Low Carb Proteinshake
- during the day: 2nd portion Low Carb Burner (instead of usual beverage)

