

The start of the day, a meal for myself

Active DS Pro Plus

ActiveDS Pro Plus

The start of a special healthy life.
Tastier and healthier!





Product Name: ActiveDS Pro Plus

Product Type: Dietary formula for weight control

Contents:

750g (25g x 30 times).

Contents Per Serving: 25g / 90kcal contains scoop for measuring (1 tablespoon: about 16-17g)

Main Ingredients:

Garcinia Cambogia Extract Powder, Green Coffee Bean Extract Powder, Green Tea Extract Powder, L-Carnitine, Whey Calcium, Vitamin B12, Pantothenic Acid, Vitamin D and Biotin

Directions:

Dissolve 25g (one-time dose) in 200ml of soy milk or plain milk before drinking

Take formula with water when using for weight loss or weight control.

Every moment you need Active DS Pro Plus



Before and after
high-intensity
strength training



Before and after
light running /
cardio exercise



Protein Boost for
Your Diet
(Contains 12g of protein per
serving)



Nutritious meal
replacement for
busy mornings

Active DS Pro Plus Product Features

1

Contains 5 types of plant + animal protein

2

High fiber & light calories

3

Carefully selected nutritional auxiliary ingredients including colostrum, probiotics, enzymes, etc.

4

Even smoother and tastier strawberry flavor!

5

Boost the chewing pleasure with freeze-dried strawberry dices!

Product Features

POINT 01

Meticulous and smart **blend of animal and plant proteins**



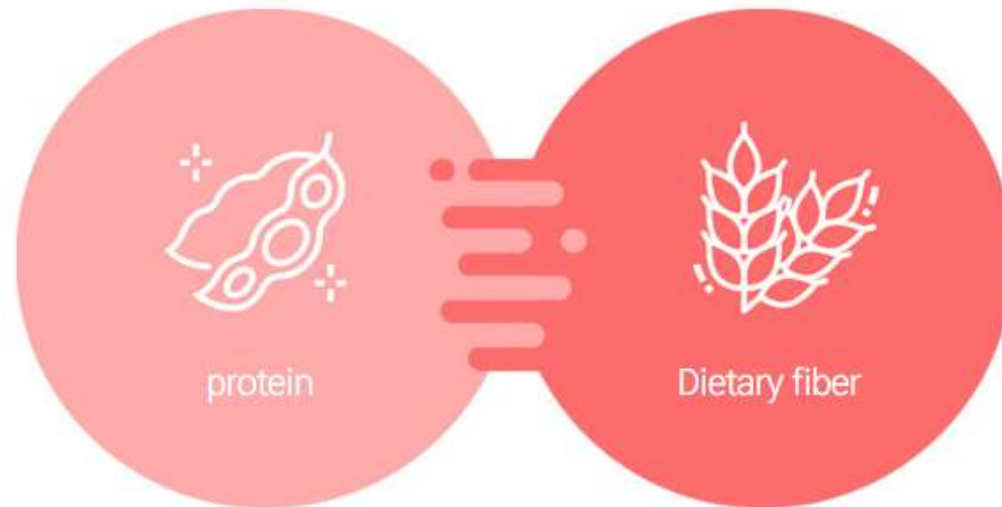
- Rich in essential amino acids
- High digestion and absorption rate and absorption rate in the body

- Low fat content
- Low cholesterol levels
- Rich in dietary fiber, vitamins, etc.

High in dietary fiber

High in dietary fiber!

Dietary fiber is a type of carbohydrate that is not broken down by digestive enzymes in the intestines and performs various functions within the body.



✓ It contains dietary fiber.

Stay healthy, keep calories light!

Recommended calorie intake:
one meal a day



Approximately 700 kcal

Average recommended daily calorie intake for
one meal for adult men and women aged 19–49

Active DS Pro Plus



35g / 125 kcal

25% of the daily recommended intake

⋮

It is low in calories, so
you can replace a meal without feeling guilty!

Contains a total of 14 carefully selected auxiliary ingredients



beestings



17 types of lactic acid bacteria



Dietary fiber



enzyme



9 essential amino acids



Centella asiatica



Red beet



Chicory



Cranberry



pomegranate



Mate



L-carnitine



27 types of fruits and vegetables



Vitamins & Minerals

Even smoother and tastier strawberry flavor



A delicious protein shake that you can enjoy just by adding
water

The joy of chewing on freeze-dried strawberry dices

Packed with sweet and sour freeze-dried strawberries, boosting the texture!



Fresh strawberry flavor

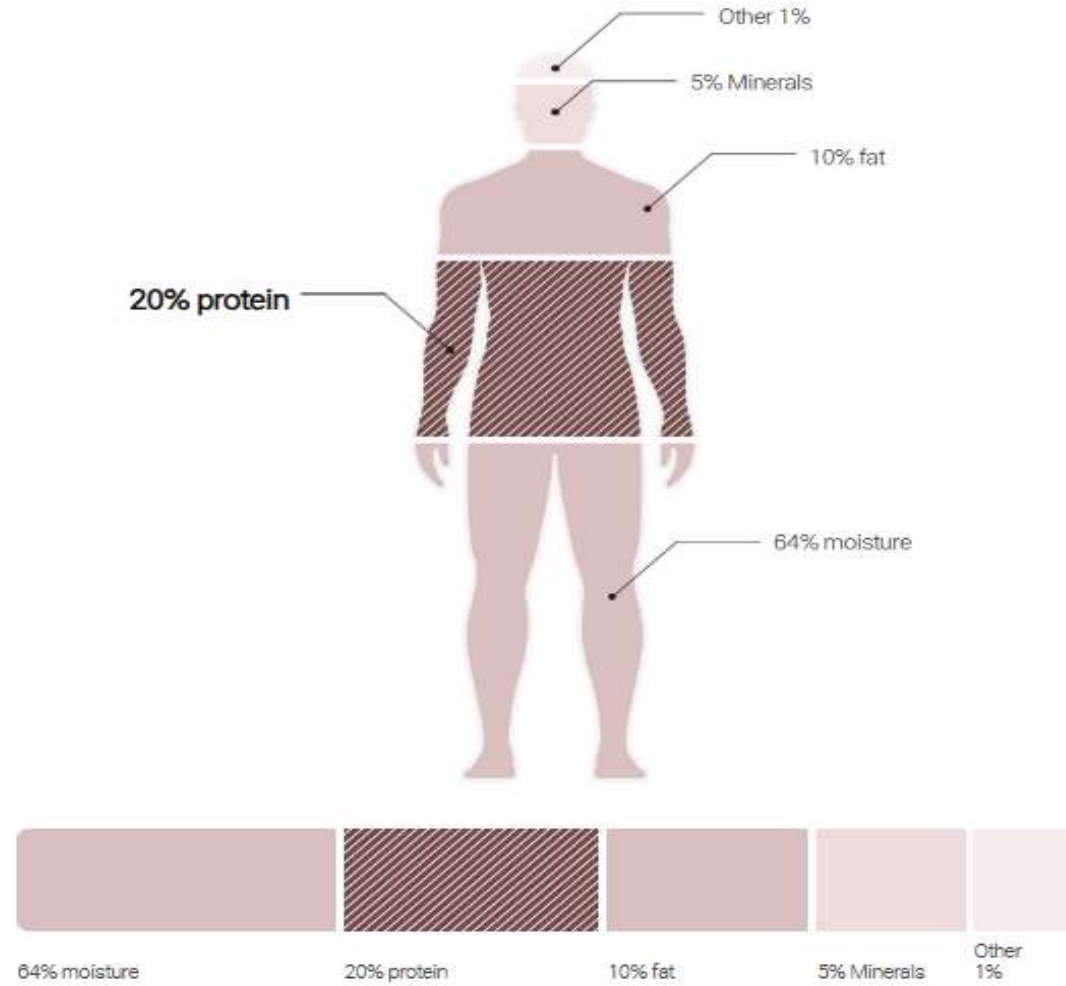
+



freeze-dried diced strawberries

Why should we eat **protein** ?

'Protein', the second most abundant component in our body after water

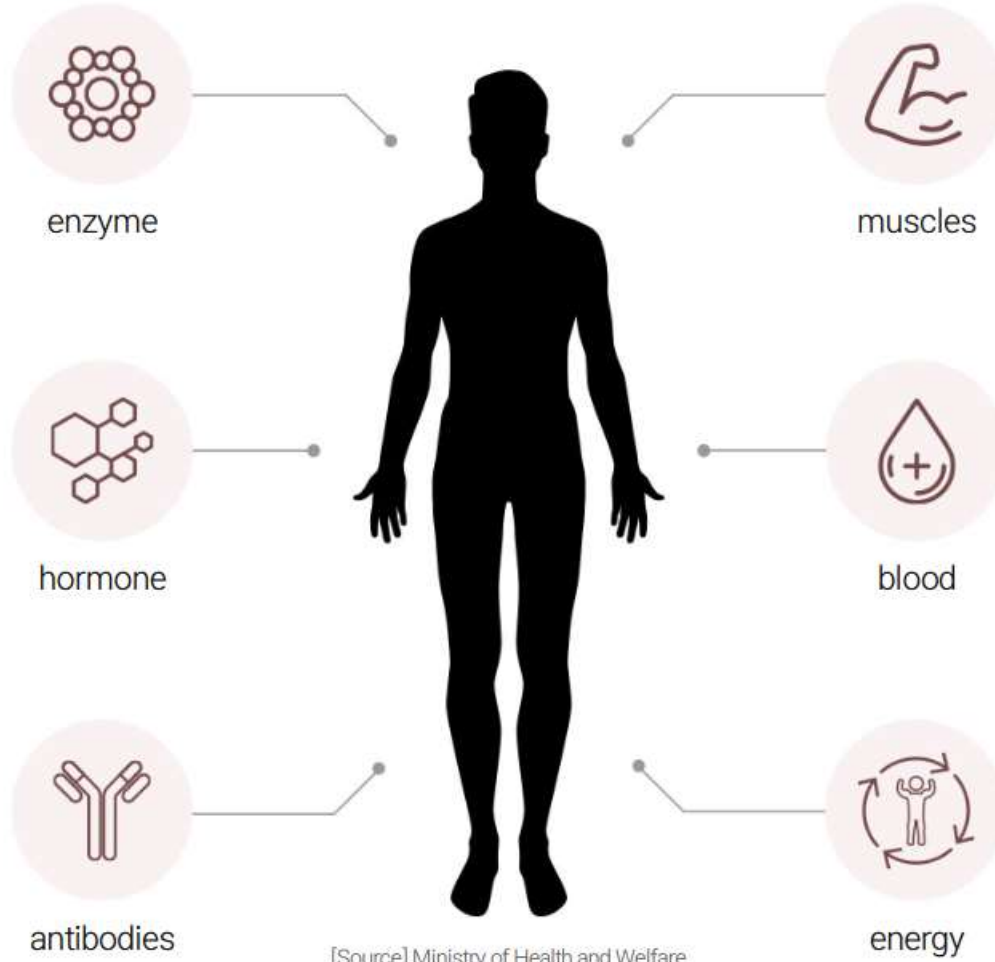


'Protein' Becomes More Important as You Age
As you get older, the amount of protein in the body gradually decreases.



[Source] Rolland etc: 2008; Boirie, 2009

'Proteins' that play many roles in our bodies



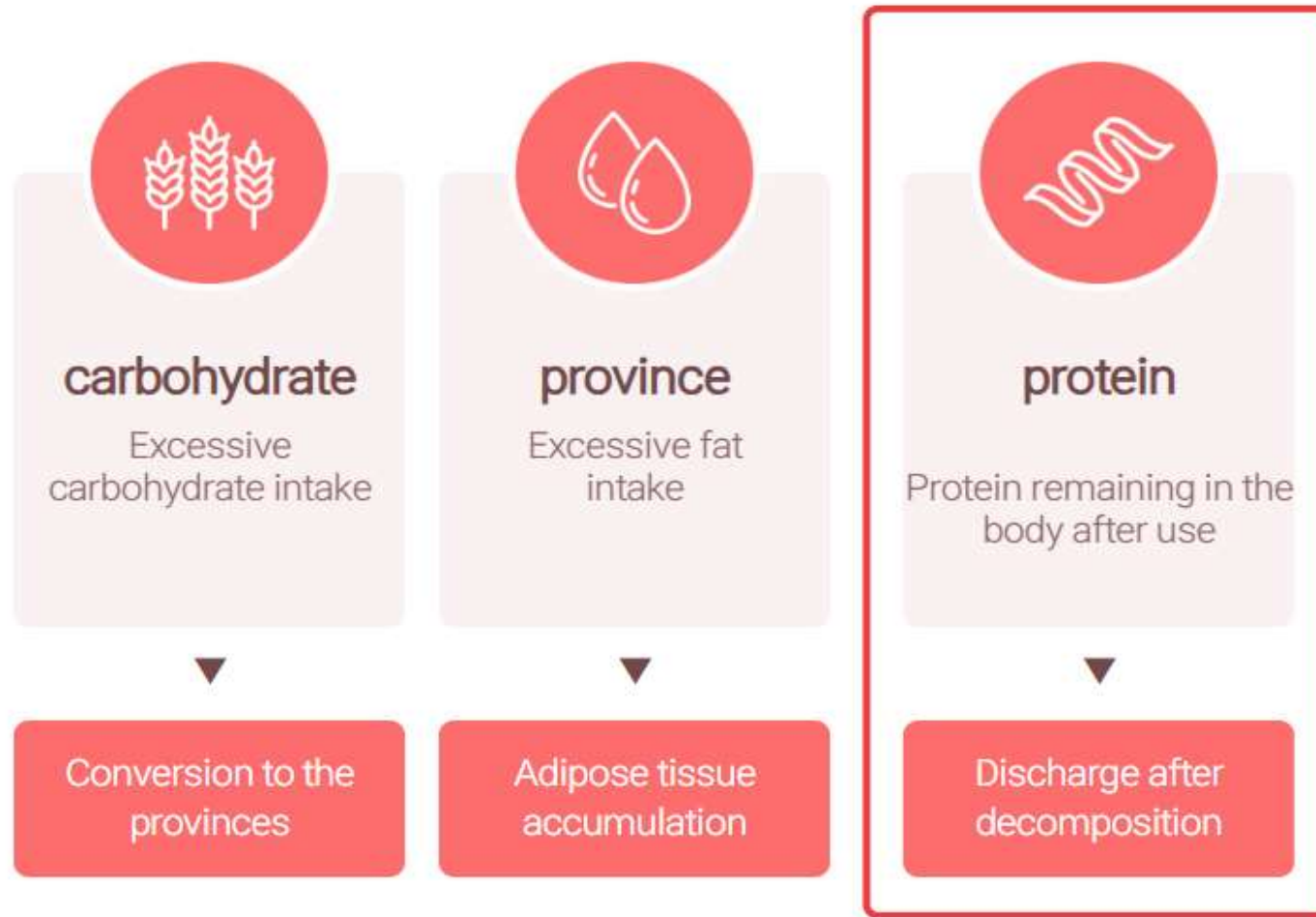
[Source] Ministry of Health and Welfare

How much and how should I consume protein ?

1g of protein intake per 1kg of body weight is necessary

weight	50kg	55kg	60kg	65kg	70kg	75kg	80kg
Recommended daily protein intake	50g	55g	60g	65g	70g	75g	80g

Consistent protein intake every day



Protein does not accumulate in the body.

Since it is broken down and excreted rather than building up, it is important to consume an appropriate amount consistently every day