



METHOD

DIMAGRA[®]

WE CARE FOR YOUR SHAPE

PROMOPHARMA SCIENTIFIC COMMITTEE

Promo**Pharma**[®]

METHOD

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Slimming method with a triple action



Lose weight

Reduces the fat mass easily, quickly and safely.

Reshape

Gives you a brand new silhouette, a new shape.

Detoxify

Helps your body eliminate accumulated toxins.

Benefits

Unlike low-calories diets, Dimagra® promotes a rapid and significant reduction of the circumference, especially around waist and hips and in the buttocks and thigh areas.

- Absence of hunger
- Quick result
- Loss of fat mass
- Muscle mass maintenance
- Easy to use
- Highest nutritional quality
- Pleasant taste

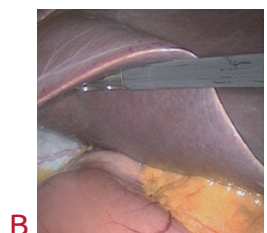
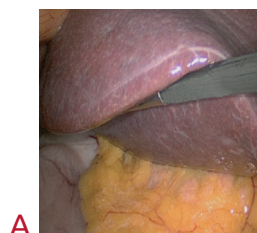
The silhouette drastically changes from one day to the next, cellulite disappears and the skin is improved in tone and brightness!

Studies and Research

Multicentre observational studies performed in the clinical field showed the effectiveness of the dietary treatment in obese patients, even as a therapy during the preoperative period of bariatric surgery. It has proved effective with regard to: (15, 16, 17, 18, 19, 20, 21)

- Rapid weight loss (8 - 10% of the starting weight)
- Reduction of hepatic steatosis
- Reduction in hepatic left lobe volume
- Reduction of periesophageal fat
- Reduction of visceral fat, in particular omental and mesenteric fat.
- Patient compliance attainment
- Reduction in neck circumference and OSAS number

Pictures show the difference between a fatty liver of an untreated patient (A) and a liver of a treated patient with Balanced Protein Diet (B).



Dimagra® method

Dimagra® WEIGHT LOSS - 21 DAYS



Daily protein quantity commensurate to the age group



(subjects under 1.70 m tall)
about 80 g of protein
with a high biological value



(subjects over 1.70 m tall)
about 100 g of protein
with a high biological value



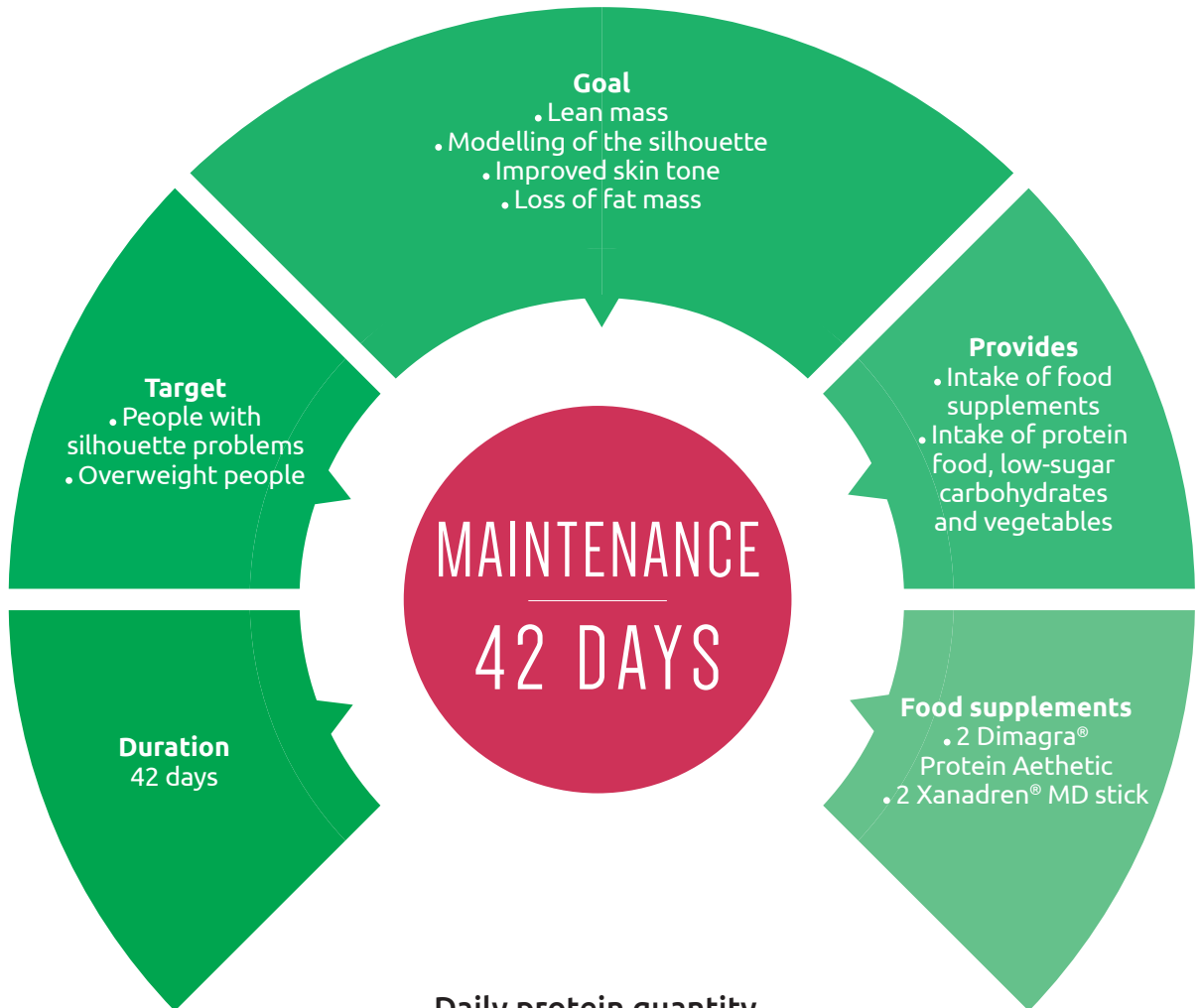
3 Dimagra® Protein Aesthetic

1 Dimagra® Xalifom®

1 Xanadren® stick

Dimagra® method

Dimagra® MAINTENANCE - 42 DAYS



Daily protein quantity commensurate to the age group



(subjects under 1.70 m tall)
about 80 g of protein
with a high biological value



(subjects over 1.70 m tall)
about 100 g of protein
with a high biological value

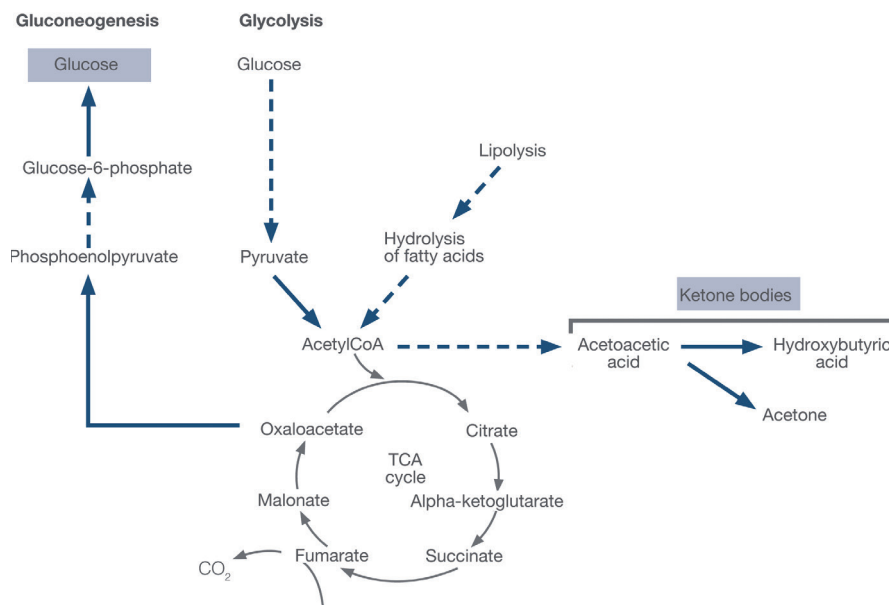


2 Dimagra® Protein

2 Xanadren® stick

Intensive step - 21 days

The daily ration of Dimagra® (Intensive Steps) consists of an intake of a specific amount of proteins, an almost complete elimination of carbohydrates (about 21 g daily) and a reduced intake of lipids. With this kind of diet the body rapidly depletes the available glucose, reducing glycaemia: the immediate consequence is a decreased secretion of insulin. It then uses the liver glycogen that is converted into glucose. When these reserves are exhausted (approximately after 12-24 hours) the steady intake of high biological value proteins leads to the activation of the **Liver Gluconeogenesis**: glucose production from non - carbohydrate precursors (e.g. amino acids and lipolysis). Thus ketogenesis is activated: the organism uses ketone bodies, produced by the increased metabolism of fatty acids, in place of glucose.



Therefore, when we reduce the intake of carbohydrates and lipids and eat a specific amount of proteins, our body reacts by converting fats into energy that it needs to function properly.

As a result, muscles are protected while fats “melt” quickly!

Maintenance step - 42 days

The daily ration of Dimagra® (maintenance step) consists of the intake of a specific amount of protein, the reintroduction of low-GI carbohydrates and a reduced intake of lipids. The metabolism is rebalanced also through the increased daily ration of calories. The protein supplement for breakfast has an anti-hunger and anti-asthenic effect as it significantly stimulates – more than any other protein – the synthesis of the hormones that increase the sense of satiety, while depressing the synthesis of ghrelin that stimulates the sense of hunger. Also important is the action of the tryptophan, precursor to serotonin and to chromium modulator of glucose metabolism.

Safety

Dimagra® is safe thanks to:

- 1 Exposure to a short term ketogenic diet
- 2 Daily protein intake calculated for different groups requirements
- 3 Presence of a portion of sugar in the solutions proposed
- 4 Use of buffer systems
- 5 Appropriate hydration
- 6 Specific exclusion criteria
- 7 Optimum NRV for vitamins and minerals
- 8 Plant extracts with important draining and detoxifying activities

We do not recommend the use of **intensive step** in cases of:

- Kidney or liver disease
- Type I diabetes (insulin dependent)
- Neoplasia in progress
- Pregnancy and breastfeeding
- Children under age of 14 and adults over 70
- Serious psychiatric disorders
- Severe heart disease

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PROTEIN AESTHETIC

Dimagra® Protein contains isolate whey protein, which contributes to growth and maintenance of the muscle mass.

Advantages:

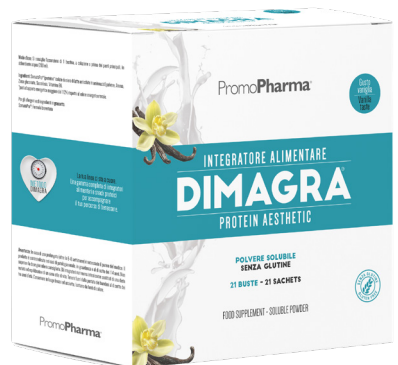
- High biological value proteins
- Enriched with amino acids
- Protection of lean mass and maintenance of muscle tone
- Improvement of the quality of skin appendages



Dimagra® Protein Aesthetic
Contains 21 sachets 15g



Dimagra® Protein Aesthetic
Contains 21 sachets 15g



Dimagra® Protein Aesthetic
Contains 21 sachets 15g

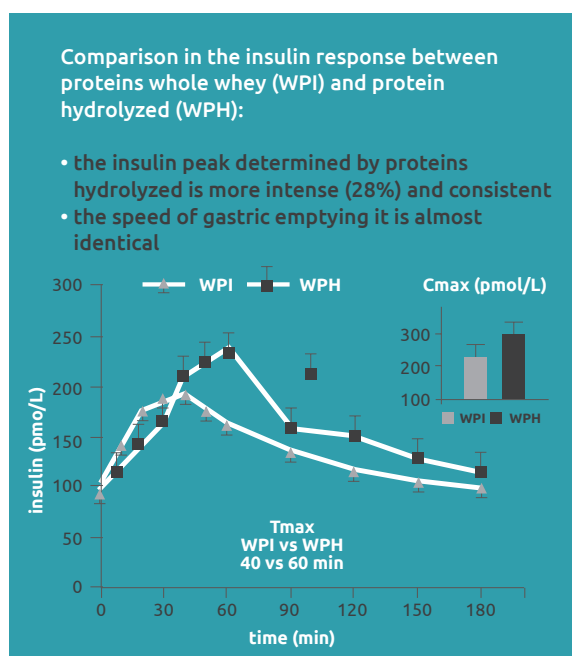




Dimagra® Protein contains the exclusive SomatoPro® patent based on whey protein titrated at 90% and free amino acids, which allows a low percentage of free nitrogen catabolites and high digestibility.

Combination of amino acids of non-animal origin

- **Arginine, Ornithine AKG, Citrulline, Taurine + Vitamin B6 and Zinc** to stimulate the secretion of GH (protein synthesis and lipolysis)
- **Cystine** that stimulates the synthesis of glutathione, the most powerful endogenous antioxidant
- **Hydroxyproline** which improves the metabolism of the subcutaneous connective tissue
- **Tryptophan** a precursor of serotonin



Protein Biological value	
Whey protein	104
Albumen protein	100
Milk protein	> 90
Casein protein	< 80
Soy protein	< 75
Wheat protein	< 55

Whey Protein is the best protein available. It has the highest index of biological value (VB) and the protein efficiency ratio (PER). Whey proteins are superior to egg, soy, casein from milk and meat proteins. From a liter of milk 40g of protein are extracted only 8g of these proteins are serum protein, while 32g are caseinates.

NUTRITION FACTS		
Ingredients	Per 100 g	Recommended daily dose (15 g)
SomatoPro® (whey protein enriched in amino acids)	98 g	14,7 g
Zinc	50 mg	7,5 mg (75% NRV*)
Vitamin B6	6,6 mg	1 mg (70% NRV*)
Values		
Energy	1533 kj 360 kcal	229 kj 54 kcal
Fats <i>of which saturated</i>	0 g 0 g	0 g 0 g
Carbohydrates <i>of which sugars</i>	0,2 g 0,2 g	0,03 g 0,03 g
Protein (NX 6,25)	81,3 g	12,2 g
Free amino acids	16,6 g	2,5 g
Salt	0,124 g	0,02 g

*NRV: Nutrient reference values

Ingredients: SomatoPro® (milk whey protein* isolate enriched with amino-acids) powder, Flavour, Zinc gluconate, Sucralose, Vitamin B6.

*equal to energy intake increased by 12% compared to total energy value

For allergens, see ingredients in **bold**.
SomatoPro®: Patented formula.

Dimagra® Protein Aesthetic
Contains 21 sachets of 15 g
Soluble powder



XANADREN[®]

MD

MEDICAL DEVICE

Xanadren[®] stick is designed to rebalance fluids in tissues. It acts thanks to OsmoComplex[®], a complex made with natural components, which promotes the recall of water and is able to drain excess fluids from tissues through a physical-osmotic process.

The synergy of action of OsmoComplex[®] components, therefore, has a fluids rebalancing effect.

Advantages:

- Draining and purifying double action
- Titrated and standardized extracts for maximum bioavailability



Xanadren[®] MD
21 stick pack of 15 ml

Vegetable molecular complex of polyalcohols (from Ash), flavonoids (from Birch and Hawkweed), and Minerals (from Horsetail and Nettle)

DRAINING ACTION AND DIURETIC ACTION



Birch: Draining action, antiseptic and anti-inflammatory. It is used to reduce phenomena of water retention (7).

Hawkweed: Used in popular medicine for its antiseptic action in the urinary tract (7,8)

XANADREN® MD medical device is designed to restore the right balance of fluids in tissues.

XANADREN® MD acts through **OsmoComplex®**, a complex formulated with components of plant origin, which promotes the recall of water and is able to drain excess fluid from tissues through a physical-osmotic process. The synergy of action of **OsmoComplex®** components, therefore, has a rebalancing effect of fluids in tissues.



Ash And Nettle: Recall water promoting a diuretic action through osmosis.

Components: **OsmoComplex®**, Vegetable Molecular Complex of Polyalcohols (from Ash), Flavonoids (from Birch and Hawkweed) and Minerals (from Horsetail and Nettle). It also contains: Pineapple Juice, Water, Ascorbic acid, Citric acid, Potassium sorbate, Flavor.



Horsetail and Nettle: Remineralizing action.

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XALIFOM® ALKALIN

Dimagra® Xalifom® is a Food supplement of minerals and vitamins that contains magnesium, which contributes to the reduction of tiredness and fatigue and, combined with calcium and potassium, promotes normal muscle function.

Advantages:

- Alkalinizing salts that improve the reserves of buffer substances
- Minerals and trace elements
- Vitamins with predominant antioxidant activity (A - C - E)



Dimagra® Xalifom®
Contains 42 sachets of 8g



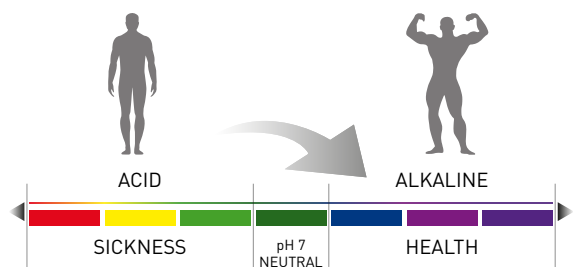
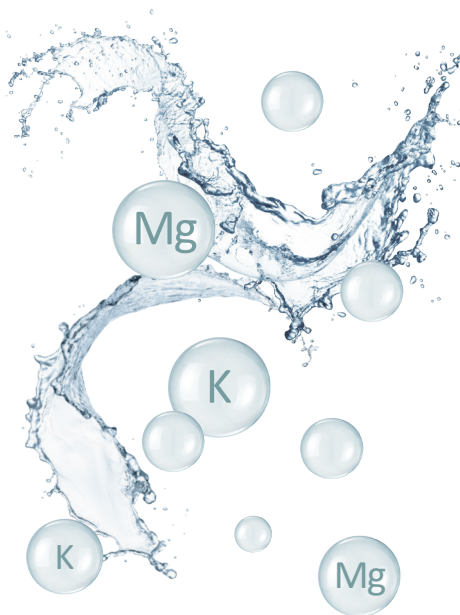


It is estimated that 4 people out of 5 suffer from metabolic acidosis.

Chronic metabolic acidosis is induced by:

- **incorrect food choices:** an incorrect diet is the first factor that predisposes to acidosis
- **chronic stress** (stress-induced cortisol and excess adrenaline)
- **immune hypersensitivity reactions**
- **dehydration**
- **poor movement and oxygenation**
- **aging**
- **excessive sports training (over training)**

When acids increase, they must be neutralized. The alkalizing minerals such as potassium, calcium and magnesium and the buffer systems provide this function.



Average values

Contains	Per sachet	Per daily dose (2 sachets)
FOS	1800 mg	3600 mg
Potassium	495 mg (25% NRV*)	990 mg (50% NRV*)
Calcium	400 mg (50% NRV*)	800 mg (100% NRV*)
Magnesium	150 mg (40% NRV*)	300 mg (80% NRV*)
Vitamin C	90 mg (112.5% NRV*)	180 mg (225% NRV*)
Vitamin E	15 mg (125% NRV*)	30 mg (250 % NRV*)
Manganese	0.50 mg (25% NRV*)	1.0 mg (50% NRV*)
Vitamin A	400 mcg (50% NRV*)	800 mcg (100% NRV*)
Selenium	27.5 mcg (50% NRV*)	55.0 mcg (100% NRV*)
Vitamin D3	2.5 mcg (50% NRV*)	5.0 mcg (100% NRV*)

*NRV (Nutrient reference values)

Ingredients: FOS (fructooligosaccharides), Maltodextrins, Calcium carbonate, Sodium bicarbonate, Potassium bicarbonate, Potassium citrate, Magnesium carbonate, Tartaric acid, Citric acid, Flavour, Vitamin C, Silica, Vitamin E acetate, Selenomethionine, Manganese gluconate, Vitamin D3, Vitamin A, sweetener: steviol glycosides.

Dimagra® Xalifom®
Contains 336 g
42 sachets of 8 g



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BREAKFAST

Take 1 sachet of **DIMAGRA® PROTEIN AESTHETIC** diluted in room temperature water (200 ml) or in low fat and low sugar yogurt (e.g.: Actimel 0.1%)

Dilute a stick pack of **XANADREN®** in 2 liters of water, to drink during the day

MID MORNING

One hour before lunch, take 1 sachet of **XALIFOM®** diluted in a glass of water

LUNCH

	subjects shorter than 1.70 m	subjects taller than 1.70 m
Topside, Silverside, Walnut, Veal, Chicken breast, Turkey breast, Thin pork fillet, Sea bream, Sirloin steak, Rump steak, fillet steak, Haddock fillets	200 gr	250 gr
Cod, Wild Salmon, Prawns, Mackerel, Seabass, Tuna Turbot, Sole, Sardines, Anchovies, Pike, Turbot	200 gr	300 gr
Squid and octopus	250 gr	350 gr
Drained natural tuna, Smoked Salmon, Seitan, Tempeh, Tofu (maximum 5 g of carbohydrates per 100 g)	170 gr	220 gr
<p>Vegetables: 200 gr (daily for subjects shorter than 1.70 m) - 250 gr (daily for subjects taller than 1.70 m)</p> <p>Lettuce, Rocket, Chicory, Endive, Fennel, Mushrooms (white bottom or Porcini), Beansprouts, Green peppers, Radish, Red and green Radicchio, Celery, Spinach, Courgette, Cucumber, Spring greens, Kale, Broccoli, Cauliflower, Cabbage, Aubergine, Artichokes</p>		
USE 1 TEASPOON OF EXTRA-VIRGIN OLIVE OIL TO DRESS YOUR MEALS		

ONE HOUR BEFORE DINNER

Take 1 sachet of **XALIFOM®** diluted in a glass of water

DINNER

Take 2 sachets of **DIMAGRA® PROTEIN AESTHETIC** diluted in room temperature water (200 ml) or in low fat and low sugar yogurt (e.g.: Actimel 0.1%)

Vegetables: 200 gr (daily for subjects shorter than 1.70 m) - **250 gr** (daily for subjects taller than 1.70 m)

Lettuce, Rocket, Chicory, Endive, Fennel, Mushrooms (white bottom or Porcini), Beansprouts, Green peppers, Radish, Red and green Radicchio, Celery, Spinach, Courgette, Cucumber, Spring greens, Kale, Broccoli, Cauliflower, Cabbage, Aubergine, Artichokes

USE 1 TEASPOON OF EXTRA-VIRGIN OLIVE OIL TO DRESS YOUR MEALS

DRINK 2 LITERS OF WATER A DAY BEYOND THE WATER USED TO DILUTE THE DRINKING

METHOD

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BREAKFAST

Take 1 sachet of **DIMAGRA® PROTEIN AESTHETIC** diluted in room temperature water (200 ml) or in low fat and low sugar yogurt (e.g.: Actimel 0.1%)

Dilute a stick pack of **XANADREN®** in 2 liters of water, to drink during the day

LUNCH

	subjects shorter than 1.70 m	subjects taller than 1.70 m
Carbohydrates (pasta, rice, oat, millet, etc.), or Dried legumes (beans, lentils, chickpeas, soya)	80 gr	110 gr
Vegetables: 200 gr (daily for subjects shorter than 1.70 m) - 250 gr (daily for subjects taller than 1.70 m)		
Lettuce, Rocket, Chicory, Endive, Fennel, Mushrooms (white botton or Porcini), Beansprouts, Green peppers, Radish, Red and green Radicchio, Celery, Spinach, Courgette, Cucumber, Spring greens, Kale, Broccoli, Cauliflower, Cabbage, Aubergine, Artichokes		
USE 2 TEASPOON OF EXTRA-VIRGIN OLIVE OIL TO DRESS YOUR MEALS		

DINNER

	subjects shorter than 1.70 m	subjects taller than 1.70 m
Lean meat (such as beef, veal, chicken breast, turkey breast)	200 gr	250 gr
Fish (anchovies, lobster, salmon, prawns, pike, sole, sea bass, tuna, squid)	250 gr	300 gr
Hen eggs	2	3
Parmesan cheese	80 gr	100 gr
Seitan and Tempeh (use only low-carbohydrate products, up to a maximum of 5 g per 100 g of the product)	120 gr	150 gr
Tofu (use only low-carbohydrate products, up to a maximum of 1 g per 100 g of the product)	240 gr	300 gr
Vegetables: 200 gr (daily for subjects shorter than 1.70 m) - 250 gr (daily for subjects taller than 1.70 m)		
Lettuce, Rocket, Chicory, Endive, Fennel, Mushrooms (white botton or Porcini), Beansprouts, Green peppers, Radish, Red and green Radicchio, Celery, Spinach, Courgette, Cucumber, Spring greens, Kale, Broccoli, Cauliflower, Cabbage, Aubergine, Artichokes		
USE 2 TEASPOON OF EXTRA-VIRGIN OLIVE OIL TO DRESS YOUR MEALS		

DRINK 2 LITERS OF WATER A DAY BEYOND THE WATER USED TO DILUTE THE DRINKING

Recommended Preparation of Dimagra® Protein

Chocolate
flavour

Red fruit
flavour

Vanilla
flavour

Dimagra® Protein Aesthetic should be diluted in about 200 ml of water at room temperature or in yogurt low in fat and sugar.

To change the taste, 1/2 teaspoon of bitter cocoa or soluble coffee powder or 1/2 cup of coffee can be added to the solution.

To improve solubilization it is recommended to use a shaker.



Dimagra® Protein Aesthetic



Water
at room temperature

or



Liquid or creamy yogurt at zero
fat and sugar content



Bitter cocoa



Instant coffee / coffee

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PromoPharma® spa

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