



MÖDERE®

# SHAPE

SHAPE features an innovative, first-in-the-world combination of two leading technologies, CLA and Collagen/HA Matrix™ Technology. CLA provides valuable support to low carbohydrate and ketogenic diets. Collagen/HA Matrix™ Technology nourishes the body, joints and skin.

## THE WELLNESS PROBLEM

Stepping on the scales has been proven to not be the most effective way to determine if someone is at their ideal weight.

We need to look closely at our body composition and what is the right SHAPE for each individual.

For us to be at our best, we should consider the impact of muscle to fat ratio.

Two people can be the same height and weight, but have a different body composition. One may have a higher percentage of muscle to fat and the other could have a higher fat to muscle ratio.

## THE MODERE SOLUTION

SHAPE is a delicious tasting, coconut lime flavoured dietary supplement which combines conjugated linoleic acid with Type II Collagen and Hyaluronic Acid (HA) to nourish body composition.

Conjugated Linoleic Acid (CLA) is a natural extract of safflower oil that's typically used in low carbohydrate and ketogenic diets.

Collagen/HA Matrix™ Technology is a patented and award-winning matrix of Type II Collagen, Chondroitin Sulfate (CS) and Hyaluronic Acid (HA) to replenish your natural dietary levels.

This never before seen combination nourishes and supports weight management systems with natural extracts in a creamy rich flavour base that's highly absorbable. SHAPE is suitable for people watching their carbohydrate intake or seeking to induce ketosis by including more dietary fats.



# WHAT'S **YOUR** BEST SHAPE?

## WELLBEING BENEFITS OF SHAPE

- Liquid = easier absorption
- Unlike tableted formulations, no fillers or stabilisers
- SHAPE contains a unique blend of ingredients
- SHAPE is ONLY available from Modere
- Suitable for ketogenic and low carbohydrate diets
- No artificial colours or flavours
- Gluten Free
- Dairy Free
- 99.9% Sugar Free.

## LIFESTYLE TIPS

- For some people, a ketogenic or low carbohydrate diet can be beneficial. Speak to your qualified health professional to see if this would be suitable for you
- SHAPE works best alongside regular exercise. Aim for 30 minutes a day of moderate exercise
- Eliminate the intake of refined sugar and refined carbohydrates, processed foods, alcohol and caffeine
- Drink adequate amounts of water to keep your body's hydration levels topped up.

## NUTRITIONAL INFORMATION

<b>Daily Serving Size:</b>	1 tablespoon (15 mL)
<b>Servings Per Container:</b>	30
<b>Average Quantity Per Serving</b>	(15 mL)
<b>Safflower Oil</b>	4.5 g
<b>CLA (Conjugated Linoleic Acid)</b>	3.4 g
- Chicken Sternal Cartilage Extract*	500 mg
- of which Collagen Type II	300 mg
- of which Chondroitin Sulfate	100 mg
- of which Hyaluronic Acid	50 mg

## COMPANION PRODUCTS

You may receive additional benefits from combining this product with: Burn, Carb Blocker, Fiber, Green Qi, Para Cleanse, D3 Plus and Liquid BioCell® PURE.

## FACTS

### ACTIVE INGREDIENTS

Purified water, safflower oil (30%, contains Conjugated Linoleic Acid 78%), glycerine, hydrolyzed Collagen Type II (from chicken, 3.5%: contains hydrolyzed Collagen 60%, Chondroitin Sulfate 20%, Hyaluronic Acid 10%), flavours, malic acid, xanthan gum, antioxidant (tocopherol-rich extract), preservative (potassium sorbate), sunflower oil, sweetener (steviol glycosides).

### DIRECTIONS FOR USE

Shake well. Take 1 tablespoon (15 mL) directly by mouth daily, preferably in the morning.

### PRECAUTIONS

Always read the label. Use only as directed, If you have a health condition or are taking medication, consult your health care practitioner prior to use.

### FREE FROM

Contains no artificial colours or flavours, is non-GMO, dairy free, 99.9% sugar free and gluten free.