

SLIMPICK®



CHIA SEEDS, FLAX SEEDS, PLANT EXTRACTS, AND CHROMIUM, WHICH CONTRIBUTES TO NORMAL METABOLISM
METABOLISM, RED ORANGE EXTRACT (HIDRUDIC), ALEAR, CLA, AND VITAMIN B5, WHICH CONTRIBUTES TO THE
MAINTENANCE OF NORMAL ENERGY METABOLISM

Day  Night 

FOOD SUPPLEMENT
60 DAY SACHETS / 30 NIGHT SACHETS

30
DAY
SUPPLEMENT



**30-DAY
SYSTEM**



The dietary supplement
NUTRICODE SLIMPICK DAY & NIGHT
is a comprehensive formula containing
carefully selected plant extracts, minerals,
and vitamins, intended for adults following
a low-calorie diet for weight loss.



WEBSITE: distribution.fmworld.com | **EMAIL:** contact@distribution.fmworld.com

HOW TO TAKE THE **SLIMPICK** FOOD SUPPLEMENT?

Day sachet: 1 sachet before lunch + 1 sachet before dinner (10–30 minutes before the meal), or before 2 biggest meals eaten per day. Pour the sachet powder into a glass and then add water. Stir vigorously until fully dissolved. The minimum amount of water is 200 ml.

Night sachet: 1 sachet before bedtime. Dissolve the contents of the night sachet in water. A large quantity of water is not required - only enough to consume the powder.

SUGGESTED MEAL STRUCTURE

Breakfast:

Bread (60 g) / cereals (30 g) / crispbreads
Butter (5 g = 1 dessert spoon) / cheese
(1 slice or 2 thin slices (30 g), fresh cheese
60 g) / jam (1 dessert spoon)

Coffee / tea

OR

Natural yoghurt (120 g) with fruit (1
portion – see equivalence list) / cereals /
seeds

OR

Eggs / omelette + fruit

Lunch:

* 4–6 tablespoons of carbohydrates (rice/
pasta, ½ medium potato or legumes)

* Vegetables (around half the plate)

* Meat or fish

Dinner:

* Vegetables with meat or fish

OR

* Soup (without potato) + egg or cheese

Snacks (if needed between main meals)

Fruit / cheese / cucumber / carrot /
tomato / nuts / egg / yoghurt

It is recommended not to exceed (per day):

- ▶ 1 piece of fruit
- ▶ 1 dairy product (cheese or yoghurt)
- ▶ 1 dessert spoon of fruit jam (without added sugar)
- ▶ 1 dessert spoon of traditional butter
- ▶ Bread or cereals (up to 60 g per day)
- ▶ Egg yolks up to 2 per day
- ▶ Carbohydrates only at lunch, choosing one option:

4 tablespoons of rice or pasta

½ medium potato

6 tablespoons of chickpeas, beans, peas,
lentils or broad beans

Extra Recommendations:

- ▶ Avoid sweets, alcoholic beverages, added sugar and milk
- ▶ Eat only when you feel hungry
- ▶ Drink at least 1.5 L of water per day
- ▶ Take a 30-minute walk at least twice a week

**Track your results
and monitor your progress.**

**Do not forget: sleep is essential
for successful results,
as is stress management.
Try to sleep 8 hours per day.**

*The information presented in this protocol does not replace consultation with a healthcare professional.