

四季·优美

# Siji Meal Replacement Product Manual

Each faith about figure, appearance, health and delicacy is worthy of respect. Siji Meal Replacement stays with you, bringing you with lightness and enjoyment.



12 kinds of different high-quality raw materials to meet the 4 categories of physical needs. 3 years of painstaking R & D for the dual enjoyment in nutrition and taste, bringing you with a more fantastic food experience.

Siji Meal Replacement, a product of ingenuity and quality.

Adhering to a scientific concept of health, an advanced production technology, and a strict food production standard, we guarantee the high biological activity of the raw materials and high security of the finished products; Fat-free and high in fiber, it creates no burden on the stomach, yet bringing balanced nutrition to resist hunger.

Siji Meal Replacement, a perfect unity to achieve "satiety", "delicacy", "convenience" and "nutrition", promotes the body's dietary balance based on scientific and rigorous quantitative data. It is increasingly popular with consumers, setting off a brand-new trend of "action" in weight management.



The data tells you how big the meal replacement market is.

After years of full education that overseas meal replacement brands have brought to the Chinese market, Edible meal replacement, gradually rising as a kind of diet in life, is attracting attention from a greater number of people pursuing health.

The market penetration rate of meal replacement products is up to 90% in Europe and the United States, and 70% in Taiwan, but only 29.7% in the Chinese mainland market. Among China's 1.3 billion population, more than 300 million adults are living with obesity.

But there are more people pursuing balanced diet. The market demand for meal replacement products is expected to be more than RMB 50 billion. Meal replacement economy has become a virgin land for gold diggers. A new business blue sea is being laid out.



Safe to eat

We are picky in selecting materials

All raw materials contained in the Siji Meal Replacement are subject to dual inspection of both the supplier and the producer. Siji Meal Replacement cooperates with the special planting base to get the key plant raw materials supplied directly. Therefore, the quality of the material can be guaranteed from the source.

We are advanced in production technology

Supercritical low temperature extraction technology and low temperature air cell breaking technology make almost no loss of raw material nutrition; non-high temperature thermal contact sterilization technology, multi-processing milling process and the directional shear technology to control peptide structure make nutrients easier to be absorbed; automatic production lines and medical-grade clean workshop ensure that every product is safe and trust-worthy.

We are stringent in testing



## Siji Meal Replacement cuts calories without losing nutrition



### Stachyose: a nutrient source for the beneficial bacteria in intestines

As a representative high-tech leading product as a result of the development of modern glycobiology and microecological medicine, Stachyose can directly enter the intestines, proliferate beneficial bacteria by 40-103 times, and restore or rebuild the micro-ecological balance in intestines. It is known as "a new generation of super-strong bifidus factor" and "an outstanding representative of a new generation of functional oligosaccharides". Given its high safety, it has been widely used in baby food, astronaut food and so on.



### Noni: anti-oxidant magician

It is the fruit of *Morinda citrifolia* Linn. It was first discovered by the locals of Indonesian island who praised Noni as "the queen of plants, the gift of God". It has been used for health care for more than 2,000 years. According to researches, Noni extract is a natural antioxidant that has antioxidant activity which can protect cardiomyocytes.



### Chia seeds: the almighty in the dietary fiber industry

Dietary fiber content in it is up to 30% - 40%, far more than the content in apple, celery, etc. It is also a high quality source for B vitamins and minerals, with antioxidant activity higher than single VC and VE. It was approved as the raw material for new food by European Food Safety Authority and China National Health and Family Planning Commission respectively in 2009 and 2014.



### Pueraria powder: "Asian ginseng" with excellent efficacy

Containing a variety of amino acids and trace elements needed by the human body, it is with a certain anti-cancer effect. With the function to expand the coronary artery and cerebral arteries, puerarin can reduce blood pressure, blood lipids and blood sugar. Regular intake of pueraria powder can help regulate the body function, enhance physical fitness, improve antiviral ability of the body, rejuvenate and prolong life; Pueraria is flavones contains a lot of phytoestrogens, which can activate the ovarian vitality and make the skin smooth and delicate. Pueraria is widely used in Asia and it is even recognized as "royal special food" in Japan.



### Barley leaf powder: a star to keep natural slim

Barley leaf powder is rich in dietary fiber, vitamins and trace elements, containing hundreds of kinds of active enzymes. It plays an important role in human cells, and is included in the *China Manual for Health Food Raw Materials*. Barley leaf powder has a good effect in conditioning body, and can be easily absorbed in the body. It is a green biotin that the nature presents us to keep healthy.



### Xylooligosaccharide: the super guardian to defend intestinal health

Also known as XOS. With a unique advantage over the commonly-used soy oligosaccharides, oligo fructose, isomaltooligosaccharides, etc., it can selectively promote the proliferative activity of intestinal Bifidobacterium, and make probiotics the dominant species of intestinal bacteria so as to exclude the harmful bacteria. Its bifidus factor function is 10-20 times stronger than other polymer carbohydrates. With an energy value close to zero, xylooligosaccharide does not affect blood glucose concentration, increase insulin level in blood glucose, or form fat deposits. Therefore, it can work in low-energy foods and apply to people sensitive to the intake of sugar. Xylooligosaccharide is extremely safe, making it common in infant formula tables.

\* Siji Meal Replacement jelly never adds sibutramine, fenfenramine and other prohibited ingredients.

\* The above description only serves as the ingredient knowledge, and does not indicate the product efficacy.

## Q & A about eating Siji Meal Replacement

**Q: A bag of jelly is only 120 grams. Can it give me a sense of satiety?**

**A:** Of course! Its ingredients, chia seeds and konjac powder, are stars to make you feel full. They can expand to more than 30 times of the original volume after absorbing water. A stomach filled with a bag of Siji Meal Replacement can produce a sense of satiety which lasts up to 4-6 hours.

**Q: How should the Siji Meal Replacement be stored? Can I put it in the refrigerator?**

**A:** Siji Meal Replacement can be stored at room temperature and dry places when unsealed. You can put it in the refrigerator, but not in the frozen sector. Its traits will change with loss of tender taste after being frozen. If Siji Meal Replacement is unsealed, it is suggested to finish it all at one time.

**Q: Can I exercise in the course of taking Siji Meal Replacement?**

**A:** Yes, but you'd better avoid intense exercise, such as running a marathon, because intense exercise is of high physical requirements and usually needs high-calorie food to support. Under the premise of physical fitness, all kinds of daily exercise can be carried out during the course of taking Siji Meal Replacement, such as yoga or jogging.

**Q: Can Siji Meal Replacement completely replace meals?**

**A:** It is not advocated to replace meals completely with Siji Meal Replacement. The nutrients needed by human body should be comprehensive. There is no single kind of food in the world can be taken as a "universal food" to replace the daily diet. It is recommended by the Siji Meal Replacement experts to replace some meals of the day. In this way, we can ensure the intake of comprehensive nutrients and control the total amount of intake. To adjust the balance of diet in a progressive way is more in line with the concept of health.

**Q: Can diabetics eat Siji Meal Replacement?**

**A:** When it comes to "sweet", many people will associate it with "sugar", making it daunting for the sugar group. However, the sweet taste of Siji Meal Replacement is achieved through "aspartame", a sweetener with high sweet taste and low calories that has been scientifically proven to be safe and harmless and widely used in sugar-free foods. In addition, the "oligofructose", "stachyose" and "xylo-oligosaccharides" ingredients in Siji Meal Replacement, although related to the word "sugar", are not directly absorbed by human body. Rather, they are utilized by the beneficial bacteria in intestines and will not lead to increased blood sugar. Therefore, it is safe for people with high blood sugar to eat.

**Q: My intestinal function is not very good. Can I take Siji Meal Replacement?**

**A:** Nowadays, many people have trouble with their intestinal function. Actually, they can take Siji Meal Replacement, and there are surprises for them! The xylo-oligosaccharides and stachyose contained in Siji Meal Replacement, known as the energy pool for beneficial bacteria, can be selectively utilized by bifidobacteria, the beneficial bacteria in the intestine, and help form the dominant bacterial community of bifidobacteria in the intestines. The proliferation of bifidobacteria can not only inhibit harmful bacteria, but also promote intestinal peristalsis, prevent and treat constipation, resist pathogen infection, suppress the formation of spoilage substances in intestines, and gradually realize the regulation for intestines and stomach.

