FEMALE NUTRITION WITH ATTITUDE

WHAT IS BALANCE PHYSIQUE" ABOUT?

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- Take a leaf from the world's great sports gear brands add that to our Balance expertise in Nutrition and we've got Strong, fit & aspirational feminine branding, with attitude!
- Active women are often intimidated by the sports nutrition category and want a clear brand for them that's entry level, an easy
 choice and for smart toning
- As you'd expect from the Balance team, we've rolled up our sleeves and got stuck in! The women at Balance have been instrumental
- with experience in a huge number of activities (from Body Sculpting to Lightweight Rowing to Group Fitness Instructing).
- Balance has an enviable bank of knowledge and real insight into what women will demand from this system
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- And add in the scientific expertise that you're used to from Balance to get products for the Ultimate in Body Performance

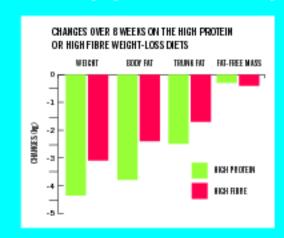
THE POWDERS

- EFFECTIVE, WELL POSITIONED FORMULATION FOR THE TARGET IN THREE GREAT FLAVOURS: Chocolate Fix, Vanilla Chill & Latte Kick
- HIGH PROTEIN, LOW CARB, LOW FAT
- CONTAINS 100% WHEY PROTEIN
 - . PHYSIQUE" Protein Powder Blend WPC/WPI
 - Utilising 100% Instantised NZ Fonterra Whey
 - · Bioavailable protein
 - · Tastes better, mixes better
- COMPREHENSIVE VITAMIN & MINERAL MIX (22 Intotal)
 - folic acid (over 100% RDI for 2 serves)
 - calcium (100% RDI for 2 serves)
 - iron (100% RDI for 2 serves)
 - Vitamin B spectrum
 - · antioxidant vitamins & minerals
- A SOURCE OF DIETARY FIBRE
 - · Fructooligosaccharide (FOS), a natural pre-biotic fibre
 - · Manage satiety and appetite
- SPECIAL WEIGHT MANAGEMENT INGREDIENTS
 - L-Carnitine, the cellular shuttle that transports fat to where it is burned for energy
 - HydroxyCitric Acid (HCA), a natural plant extract to help manage appetite
 - Green tea extract, for natural thermogenesis

Are high protein diets or low fat- high fibre diets better?

A recent study by the Department of Human Nutrition University of Otago, found that Baffaghrandein; weight reducing diet was associated with several more favourable outcomes when compared with a high carb, high fibre diet in overweight & obese women. Women on both diets both lost body weight & reduced body fat but those who were on the high protein diet lost more body weight & total body fat.

The chart below shows the average changes between the two types of diet_{gure,co.nz} gofigure,co.nz



*Shady conducted by Lisa Te Norreage, PhD student Results of this study were presented at the NOSSD 2665 conference "High Protein Diets — Better Than Conventional Love Fat, High Rime Diets" n.—93.

For more information please visit www.balancephysique.com Always read the label and use only as directed.

Who is PHYSIQUE? THE HEALTHY EXERCISER:

Active weight maintenance



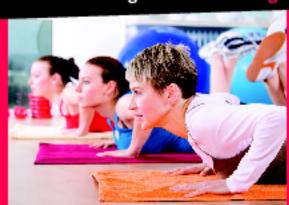


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She will be looking for reassurance she won't bulk up



Nutrition for active women gofigure.co. for shaping the smart way — believes in eating well — NOT dieting





High propensity for purchase shown in research*



VANILLA FLAVOUR