

Shape

by newXise



WALK ON THE #FRESH_XISE OF LIFE.

FINALLY FEEL
GOOD!
It's so easy.

Shape
by newXise

Get ready for Shape.

Everything you need to know can be found in this guide.

1. Why Shape?
2. Bye Bye Overweight
3. No-Jo-Jo with Shape
4. The Shape Concept
5. What's in Shape?
6. The Shape 3-meals concept.
7. Track and record your success with Shape.
8. Is there more to it, such as exercise?
9. Additional newXise products, e.g. the Bitez
10. What about...?

The trick to losing weight is knowledge, timing and a holistic concept.

**Every person is unique.
Therefore you can adapt Shape to your personal needs.**

1

WHY SHAPE?

▶
Shape is a lifestyle changer
for everyone.



We at Shape believe that dieting is simply pointless. Diets start on any day and stop on the day the scales say „enough“. And then what happens? Back to pizza?

Shape is not a diet, although with Shape you lose excess fat very quickly, and, above all, you can lose unwanted body fat in a healthy way and reach your desired body weight. Shape then helps you to maintain your body weight and thus improve your health and quality of life in the long term.

BECAUSE WE ARE DIFFERENT

To lose weight successfully, your body needs to detoxify - we call this "Shape Clean". This is part of the Shape concept and included in the package. Shape works so well because it contains high-quality, bio-effective clean products, as well as high-end nutrition shakes and recipes. In addition, you get a lot of professional support. Shape accompanies you 24/7 on your way and is supported by a hybrid app.

Forget everything you've learned so far about losing weight. Look forward to a new line and your new slim lifestyle now.

ARE YOU READY FOR SOMETHING NEW?

#MYXISE

SO SIMPLE

Knowing how - then losing weight is actually not that difficult. And this "knowing how" is in Shape, so that everything runs with ease and joy.

SO GOOD

The Shape products have been perfectly coordinated based on years of expert experience. They consist of the best ingredients that are fair trade sourced.

#nature_power

SO ME

You can tailor Shape exactly to your personal needs, since every person is different. That's why you can choose your preferred Shape concept based on to the Shape Lifestyle Quiz you take once you register.

Just read on and you can probably forget most of what you've learned about weight management. For us at Shape, common diets just don't make any sense.



2

BYE BYE OVERWEIGHT!

▶
Being overweight can have
serious consequences for
your health.



Too much body fat, especially in the abdominal area, the so called visceral body fat, promotes life-threatening diseases and weakens the organism.

This fat that just won't go away! Most of us have been carrying the extra pounds around for years. And tell me, who does really feel comfortable with it? Apart from that, it has serious effects on your health.

The reasons for being overweight? Bad eating habits, daily stress, bad habits, lack of knowledge and time. And these are just a few of the reasons.

That way excess body weight usually remains on the hips really persistently. Being overweight caused by wrong food and adopted harmful eating patterns alike can even lead to a change

in metabolism and hormone balance. This is why it is also called "bad belly fat".

New studies even show that this "bad belly fat", the visceral fat around the organs, acts like a separate organ and can bring the entire hormonal system out of balance.

This is truly a vicious cycle, which often results in further weight gain and hormonal changes (e.g. the notorious male breast).

At this point regular diets rarely lead to the desired success. For many people, a normal weight and silhouette seem to be out of reach.



Especially when losing weight, your body needs a perfect balance of a healthy, effective metabolism, a specially adapted, healthy nutrition and valuable food supplements to support you at a cellular level.

If you're going to do it, then do it right! With Shape, you lose weight quickly, keep it off for a long time and thus gain a lighter lifestyle.

GOOD NEWS.

YES, there's good news.

Long-term studies have shown that those who lose weight quickly, especially in the beginning, are best at keeping this weight off! So it can be fast, you don't have to lose weight slowly.

Source: [The Lancet](#)

SHIT IN. SHIT OUT. YOU ARE WHAT YOU EAT.

The reasons for being overweight are many and varied, sometimes quite inconspicuous, but they lurk everywhere:



- Sugar in almost all foods, ready-to-eat meals, sauces
- Additives in foods (many of the E numbers)
- Chemical residues in food such as growth hormones, drug residues etc. in meat
- Medication residues in drinking water
- Chemicals in personal care products, in detergents, cheap plastic bottles, etc.
- Hormonally active chemicals in plastics, plasticizers (the BPA's), dyes, etc.
- Environmental toxins, wood preservatives, pesticides, preservatives
- An already increased body fat percentage, estrogens in the fatty tissue - a real vicious cycle
- Stress, smoking, alcohol
- Hormonal residues after e.g. contraceptives, treatments, pill
- Lack of micronutrients, especially those from good fruit and vegetables
- Modern nutrition under time pressure often causes a lack of important nutrients, such as vitamins, phyto nutrients, minerals and enzymes
- Not least an inherited predisposition

#quicksolution how about this?

3

NO-JO-JO WITH SHAPE

▶
Being overweight has consequences that will certainly not make your life any better.



There's always this one big question:

Can't I lose weight if I just eat less?

OUR ANSWER: A LITTLE BIT OF "YES" BUT A LOT OF "NO"!

Let's talk some deeper info: If you want to lose weight you have to reduce calories, that's true.

But if that's the only thing you do, saving calories, then there are real deficiencies. Namely, a lack of healthy nutrients for your muscles and cells. What's missing are vitamins, proteins, minerals, trace elements and much more.

That's why we at Shape say that 9 out of 10 diets starve you out.

They starve you on a cellular level instead of providing you with the right nutrients. This will have consequences. Ravenous hunger attacks or the notorious yo-yo effect are only two of them.

Shape offers you more right here. Shape feeds your cells with exactly these micronutrients all day long, literally 24/7.

Here comes a surprise! Let's take a look at the benefits of your fat cells for you.



Possible consequences of reduced nutrient

Did you know that fat cells have a protective function for us? And it is even vital for our survival.

Fat cells do not only store fat for bad times, that is well known. They also store a lot of toxins and poisons, which we ingest through the environment, food and our breathing, but unfortunately cannot excrete. This storing saves us from long-term poisoning.

Now let's assume that you lose weight without getting rid of the toxins, right? Then you lose kilos and your fat cells will get smaller. So far it's okay, right?

But here comes the "big fat BUT"! Your fat cells will lose their ability to store fat - they can't protect us like they did before. Consequently the stored toxins are being released into your body system and are deposited in other places, e.g. in nerve and connective tissue. This can lead to very unpleasant so-called re-poisonings. But anyhow, you still want to lose weight, correct?

So? **#shitin_shitout**

This is what the solution could look like!

Your body needs to get rid of these toxins during weight loss. At Shape, we call this getting #clean.

And, most importantly, your cells need to get the right nutrients against the deficiency symptoms. For example, your immune system needs to be strengthened, because detoxification and weight loss can be exhausting.

The Shape clean products are absolutely perfect for this. But we will get to that in a moment.



#shitoutplease

Let's look at the fat burning process now.

One thing is obvious and proven: you need reduce calories to lose body fat.

Unfortunately another thing is obvious as well; if you cut calories, you also cut nutrients.

And those who are literally starving themselves to shed the pounds, they not only consume too few calories, but also too few micro- and macro-nutrients. These are, as mentioned before, the wellknown vitamins, amino acids & more.

With these popular deficiency and low-kcal diets your metabolism oftentimes slows down, which is your so-called personal metabolic rate. This is not only bad for your energy levels, but it is also a serious road block to your real, long-term success in healthy weight management.

Furthermore, it can also lead to a weakening of the immune system and exhaustion, and it can affect the circulatory system, sleep patterns, cause extreme fatigue, unhealthy skin, bad mood and much more..

.....

And here it comes!

If you then eat the usual amounts of food after such a low-kcal and deficiency diet, your fat cells will quickly store new fat - again for protection and usually much more than before.

What does that mean then? #jo-jo-jo-jo ...

SO ONCE AGAIN, PLEASE - GET RID OF THE TOXINS!

So back to our question if the „eat-nothing“, the simple low-kcal thing is just as good: Well, maybe you lose weight, but it is definitely not healthy. And then there is probably the #Yo-Yo effect for dessert.

#smartcalories

Now what about the good nutrients, we call them the „smart calories“?

Shape's supplements give you just the right stuff, to make up for any deficiency. With Shape, you get exactly the vitamins, phytonutrients, and way more in such abundant amounts that you can very well cut some calories with complete peace of mind. And, of course, without hunger or nutrient shortage. This makes it easier and you become slimmer on top of that.

And this very important now!

This abundance of vitamins and other nutrients, your #cellfood, prevents ravenous appetite and strengthens the immune system. Et Voilá!

We say: Eat more good nutrients and less crap, then you will lose your pounds permanently and without any deficiency or hunger.

#havemorelosemore

#newxiseyourlife



4

THE SHAPE BY NEWXISE CONCEPT

▶
Therapeutically sound, well
thought out and individual.



Shape
by newXise

Exclusive support on all levels.

The process of Shape is easy. Two phases - one concept.

Shape de_Xise comes first. Shape de_Xise means to lose weight while your body is getting poisoned. This is the clew, the very special thing on the way to your personal desired weight.

#no-jo-jo

Shape re_Xise then comes afterwards! Your "2nd brain", your intestine, can recalibrate itself, keep your metabolism on the go for a long time and you can eat more calories with full enjoyment.

Taken together, Shape de_Xise plus Shape re_Xise tells the #JO-JO_goodbye

Both phases are accompanied by our team of experts as well as your hybrid-app and website.

You have certainly chosen exactly the Shape Box that suits your needs. Of course, you can order one or the other shake at any time and according to your personal preferences, that goes without saying.

In your personal online area you will find various resources, such as PDF downloads, that will accompany you in both phases.

You can access the exclusive Shape social media community and expert webinars in your personal online area, we call it the Shape Dashboard.

The Shape Hybrid app supports you 24/7



PHASE 1

28 days reduction

de_Xise

The first 28 days: toxins out, fat gone. Stick to the intake plan for the Shape de_Xise phase and try out the different 5 element recipes.

From vegan to BBQ everything is included. You can find them in your personal online area.

Take a look at the little exercise videos and try to include some into your daily routine.

Yes! You reached your target weight? Only then, and not before, you need the Shape re_Xise Box.

No? You have not quite reached it? Then you just do Shape de_Xise once more - until you're there.

#byebyetoxins



PHASE 2

28 days build-up

re_Xise

Recalibration directly after Shape de_Xise - The other 28 days: metabolism up, yo-yo down.

Stick to the intake plan for the Shape re_Xise phase and try the new special Shape re_Xise 5 element recipes.

For example, the pure value shake is completely free of sweetness, but full of valuable prebiotics and powerful plant proteins. So the pure value supports your 2nd brain - your intestine.

Eat more calories, have fun with your diet and enjoy a new body feeling.

#hellonewshape



5

WHAT IS IN NEWXISE SHAPE?

▶
Everything is therapeutically
sound, well thought out and you
decide how it should go.



Quality is a decision! That's why there is no compromise at Shape.

Shape by newXise works with the best possible products. Everything "Made in Germany."

One thing is clear: natural food is best for us! And nothing else is in Shape.

Especially the Shape clean products with their natural talents are perfectly balanced.

The intake plan developed by experts for the Shape clean products helps you to boost your weight loss success.

BURN YOUR FAT

with the Shape Sinetrol® & African Mango burner - even with patent

REBUILD YOUR GUT

with the nutrient-rich, probiotic nutrition Shape Shake

MORE THAN VITAMINS

natural vitamins with vitamin D + folic acid that boost your immune system

NUTRITION MEALS

vital substance-rich meals for a slim lifestyle

NATURAL TALENTS

like baobab, hemp, quinoa, moringa, ginseng

ZERO CRAP

no sugar, no soy, no preservatives, no animal products, no wheat



The clean msm greens

This clean product is a unique combination of MSM, coriander, bear's garlic and the fantastic algae Chlorella with various dietary fibers e.g. from wheat and oat grass. Including Sango coral for an alkaline effect.

Independent of our Shape clean products, wild garlic and coriander have long been discussed in naturopathy as super-strong detoxifying substances. Chlorella is a real little wonder of detox power and works great together in the Shape clean concept. In the same way, the fibres, celluloses, from e.g. oat and barley grass are valued scientifically because they can bind and dispose of toxic chemicals, herbicides, fungi and pesticides.

You can read all further details about the individual substances and how they detoxify toxins on the newXise Shape website under "Products".



The clean alka basics & bath

Disturbances in the acid-base household can be caused by over-acidifying foods such as too much sugar, empty carbohydrates, too much meat, coffee, dairy products or even smoking and stress. These often discussed over-acidifications are partly responsible for the creeping and dangerous inflammatory process, the "silent inflammations".

These "silent inflammations" are not only a real hinderance to losing weight, but also the "mother" of all modern diseases.

The clean alka basic capsules are rich in alkaline minerals such as magnesium, potassium and zinc salts and they deliver the fabulous algae chlorella and spirulina to go with it all.

The alka bath contains special minerals to relax, cleanse and deacidify your skin, which is your largest organ. All these minerals and algae have been well researched for their detoxifying effects.





The clean burner

In the process of losing weight, you really want a maximum effective fat burning. The specially developed burner with Sinetrol® and African Mango extracts accelerates your fat loss in a sustainable and natural way - even at times of day when no physical activity is on the agenda. The concentrated extracts of various citrus fruits, African mango and green tea get your fat burning on the go. That is scientifically proven.*

*Quellenangabe: ncbi.nlm.nih.gov/pubmed/23554029

In addition, the burner increases your own natural feeling of satiety. The unique combination with the biologically active plant substances such as Ashwaganda and Rhodiola keep your cells young. You can also use the clean burner from time to time in the future - whenever you need it.

The clean essence aminos

The amino acids contained in the clean essence aminos maintain and strengthen your muscles. They are the smallest building blocks of your muscle cells. Aminos are essential, which means that your body cannot produce them - you have to eat them.

In addition, these amino acids are involved as precursors in forming enzymes and hormones that you need for your digestion, muscle building and mental well-being.



The unique newXise daily 365

We all heard of vitamins of course. They are among the most important nutrients. But just as important are the countless and highly effective phyto nutrients. And we do not want to forget the minerals and trace elements either. Your body absolutely needs to be supplied with these nutrients on a cellular basis, especially in a phase of successful rapid weight loss.

A lack of this cell nutrition can severely affect your immune system. But this deficiency can also trigger ravenous attacks of hunger.

In addition, a lack of antioxidants, which are abundant in daily 365, triggers the unhealthy "oxidative stress". This is the imbalance between antioxidants and free radicals. Free radicals cause stress by chewing on your healthy DNA all the time. This just makes you ill in the long run.

The newXise daily 365 is a true long-term solution for you and your entire family, too. The daily 365 capsules contain the important vitamin D, vitamin C and folic acid, which contribute to a healthy immune system.



6

THE SHAPE 3 MEAL CONCEPT

▶
Recipes and food
supplements perfectly
coordinated.



Three healthy meals. A five-hour break in between.

For the Shape concept we recommend three healthy meals with a five-hour break in between. This is the best way for you to burn fat.

Why just three meals? And above all, why the five-hour break? This is really important and fortunately easy to explain.

By eating especially sugar of all kinds, including short-chain carbohydrates, your blood sugar, the so-called insulin level in the blood rises immediately.

You have certainly experienced this yourself when you have had a painful feeling of hunger and spontaneously satisfy it with a piece of dextrose sugar or chocolate for example. The sugar has raised the insulin level instantly but only for a short time.

But now you must know one thing: A high blood sugar level (red curve) prevents you from burning fat and, on top of everything else, promotes fat storage. Of course, this does not make any sense at all when losing weight.

So when is fat burned? Correct, when the blood sugar level is down (green curve).

What does that mean for you? Your blood sugar must drop again as quickly as possible after eating. Only then your fat burning metabolism will accelerate to full throttle. If you have eaten a meal of particularly good nutrients, e.g. the Nutrition Shakes, the insulin will sink quickly and you will be able to get by with just a few calories.

Therefore, the green curve, the blood sugar level, should preferably stay down for 5 hours. That's also the way to burn fat.

That's why we at Shape simply say: Take your shakes, take your breaks!



For this purpose we have some practical and healthy solutions for you, which we will discuss in a moment.

To make losing weight even more fun for you, we have developed a lot of delicious and quick recipes for all three meals in cooperation with the 5-elements nutrition and detox expert Daniela Herzberg. From vegetarian to BBQ, everything is included. They are laid out in your personal online area.

Depending on your personal taste and the Shape de_Xise or Shape re_Xise phase you replace one or more meals with a Nutrition Shake - this way you get the best nutrients with few but smart calories and achieve faster success.

The Shape Nutrition Shakes were developed according to the latest scientific findings. They are based on purely vegetable protein sources in a smart combination without soy or milk protein and offer a healthy alternative. With the shakes, you can easily replace a meal every now and then even after Shape - this is how you maintain your weight in the long term.

You can calculate your protein requirements with the online Shape calculator in your dashboard under the tile "clean plan".

Please note that the Shape calculator calculates the shake requirement for a shake. If you use 2 shakes a day, then every single shake must have this amount of Nutrition Shake.



#takeyourshakes_takeyourbreaks

The Shape Level 5 Saturation

The Level 5 consists of the powder of konjac root with a small shot of coconut oil and green tea extract with a kick of caffeine. This combination of energizers helps wonderfully to create the 5 hours break with a good feeling of satiation.

You can prepare the Level 5 with a small glass of vegetable milk or simply shake directly into one of the shakes. Just try out how it works best for you.



The shakes can preferably be made with vegetable milk, e.g. unsweetened oat milk, almond milk or coconut water. Plain water is worth a try, too.

After you have finished both Shape phases, we strongly recommend that you follow a balanced diet with plenty of liquids.

We have taken a lot of time in developing the Shape Nutrition Shakes. Together with our experts, we have succeeded in combining special taste and the highest quality of nutrients. They are purely plant based and contain only the best, tested and guaranteed non-toxic ingredients.

DON'T WORRY. EAT HAPPY.

Let us introduce the Superfood Shakes. They are full of healthy proteins, other plant substances, fibers and long-chain carbohydrates - they are good for you and fill you up.

#smartcarbs we call them.

This is what you get in Shape Shakes:

- 5 high-quality vegetable proteins without soya or milk protein.
- Superfoods like baobab, quinoa, chia and more
- Smart Carbs, the very high-quality, long-chain carbohydrates
- Natural sweetness - natural without industrial sugar, high fructose tricks or any added fructose
- Fruit and vegetable concentrates, antioxidants and regulating prebiotics
- 4 different flavors, including a no-sweet shake with which you can also prepare soups you like



SHAKE IT, BABY!

Shape wild berry

The wild berry shake is very special - intense, unusual and delicious. A cuvée of wild, dark berries with a pleasant sweetness for the connoisseur of special freshness.

Shape chili choco

Our shake for the chocolate fans with a delicious taste and vegetable dark cocoa as well as a hint of chili.

#BECREATIVE

Shape fresh vanilla

Powerful and pleasantly rich and sweet vanilla taste of the finest with extracts of valuable fruits! Those who love Bourbon Vanilla will be delighted by this natural and gentle vanilla taste.

Shape pure value

It provides high-quality building blocks for your nutrition, for intestinal development, completely free of any sweeteners or even sugar.

You can prepare the pure value shake sweet, e.g. with oat milk, or salty, e.g. with vegetable stock or as miso soup.

Please make it as sweet as you like: More liquid - less sweet. Less liquid - more sweet.



7

TRACK YOUR SUCCESS WITH SHAPE

▶
Recipes and food
supplements perfectly
coordinated.





The measurements - not the scales - decide. That is what it is all about!

In your online area you will find a table to track your measurements. Because the right measure for your success is not the scale, but your (belly) girth. It best shows how much of the visceral, bad inner belly fat has already melted.



The successes:

We are proud of the results that many people have already achieved with Shape.

The feedback from our customers is consistent:

- Improved silhouette
- Better ratio between muscles and body fat
- More vitality and energy - also during sports
- Improved regeneration, more restful sleep and often better self-confidence
- Better skin appearance, higher purity and an improved skin feeling
- More pleasant, easier digestion

We call that the [#forever23feeling](#)

Please note that weight loss does not happen at the same speed or evenly for everyone.

Sometimes the pounds tumble immediately and at high speed, only to continue tumbling quickly after a short period of stopping.

We have also observed that for quite a number of days nothing happens at all, only to lose weight very quickly afterwards.

Be excited and celebrate every pound and inch you lost with great satisfaction.

In our pilot project and the data study, we were able to show that Shape brings real, particularly sustainable, weight loss success for many participants in an amazingly short period of time - and without the yo-yo effect.

#forever23



▶
If you take a step every day,
you have taken 365 steps in
one year.

8

WHAT ELSE IS HELPFUL





FINALLY FEEL
GOOD!
It's so easy.

SIX PACKS ARE MADE IN THE KITCHEN AND NOT IN THE GYM.

You will find out that you will experience a lot of changes through Shape. You will not only lose weight and belly inches, but also feel more energy and new motivation. Use this momentum for you to develop a routine of little exercising and a healthier diet as a lifestyle for you.

Experience shows that even little physical activity, such as walking or climbing stairs instead of using the elevators, walking to shop groceries if possible, supports fat burning additionally over some hours. Even a 20-minute evening walk stimulates your muscles to maintain the fat burning for hours after exercise.

Several 20-minute phases per day are certainly ideal. If this is not feasible in your everyday life, then why not take the stairs instead of the elevator? After all, it's not without reason that you should go out to eat and not drive. A controlled and frequent muscle or cardio workout during the week is of course an ideal way to sustainably stimulate muscle activity and fat burning.

Take a look at the Shape Move suggestions for movement and integrate them into your everyday life as often as possible. Targeted relaxation with breathing or mindfulness exercises are a good help in achieving your goals. The Shape Hybrid app will give you additional support. Speaking of goals, imagine how you will look when you reach your desired weight as vividly as possible several times a day.

A completely new
attitude to life.

**IT SAYS „GO“
SHOPPING
AND NOT
„DRIVE“
SHOPPING.
EVER WONDER
WHY?**

9

MORE NEWXISE!

▶ Additional newXise products,
e.g. the delicious Bitez



Shape
by newXise

newXise is so much more.



You have certainly seen the delicious Bitez by newXise in the shop. They are really tasty and healthy snacks with a special kick. The Energy Bitez give you the extra kick you might expect from a good espresso, but without the coffee disadvantages like a burning, acidic stomach. It delivers an energy boost on a delicious sweet date basis.

The Beauty Bitez are of course a class of their own. Feel free to check them out in the shop.

However, the Bitez in the Shape de_Xise phase are not the recommendable idea yet, because they do bring a little date sugar with them, which makes the insulin jump if you enjoy too many of them at a time. We already discussed this above, correct?

In the Shape re_Xise phase we can only warmly recommend them. The Bitez by newXise are really yummy.



10

WHAT ABOUT...?

▶ Please pay attention to the following notes!



Please pay attention to the following notes!

Shape by newXise is not suitable for pregnant women, children or young people under 18.



Please note the following:

Every body is different. Therefore, take responsibility for yourself and pay attention to the signals your body sends you.

If you are very overweight, please make sure that you do not overload your body, joints and muscles during Shape with too much exercising and sports for example. Body and muscle adaption develops during recreation and not during gym time. In case of doubt, discuss your Shape change with your doctor or therapist. Also consult your doctor or therapist if you take any medication.

Shakes, such as the Shape Nutrition Shakes, only fulfill their purpose for weight reduction within the framework of a calorie-conscious diet, which also includes other healthy foods.

Make sure you drink enough liquids, water from unsweetened drinks and get enough exercise.

