



Ideal Shape
- *Information Guide*

Ground Coffee *Ideal Shape*

Ideal Shape Ground Coffee is a blend of Arabica and Robusta with medium intensity, enriched with active ingredients that support weight management and overall wellbeing.



Ingredients and Their Benefits

- **Young Green Barley** — Rich in fibre, supports digestive health, promotes a feeling of fullness, and benefits gut microbiota.
- **L-Carnitine** — Assists in energy production by utilizing stored fat.
- **Ceylon Cinnamon Bark Extract** — Helps regulate metabolism and blood sugar levels.
- **Zinc** — Contributes to fat metabolism and helps maintain healthy skin, hair, and nails.
- **Chromium** — Supports glucose metabolism and helps regulate cholesterol levels by reducing LDL and increasing HDL.
- **Vitamin B6** — Supports the nervous system and helps reduce fatigue and tiredness.

Active Ingredients & Full Composition

Full List of Ingredients: Roasted ground coffee (Arabica & Robusta) [93%], powdered young green barley grass (*Hordeum vulgare*), L-carnitine (from N-acetyl-L-carnitine hydrochloride), Ceylon cinnamon bark extract (*Cinnamomum zeylanicum*), zinc (from zinc gluconate), vitamin B6 (from pyridoxal-5-phosphate), chromium (from chromium picolinate), anti-caking agent — silicon dioxide.

Health Benefits

Metabolism and Weight Management

Ingredients such as young green barley, L-carnitine, cinnamon extract, zinc, and chromium support metabolic processes, enhance fat burning, and aid weight loss.

Nervous System Support

The caffeine content in coffee improves concentration, memory, and overall cognitive performance.

Skin & Regeneration

Zinc supports the regeneration of skin, hair, and nails while providing anti-inflammatory benefits.

Digestion & Detoxification

Fibre from young green barley supports digestion and helps the body eliminate toxins.

Who Can Benefit from This Coffee?

- Individuals looking to lose weight and seeking additional support in their weight management journey.
- Those wanting to enhance metabolism and overall wellbeing.
- People looking for natural ways to support skin, hair, and nail health.
- Those seeking improved concentration and cognitive function.

Contraindications

- Not suitable for individuals with allergies to any of the ingredients.
- Not recommended for pregnant or breastfeeding women.
- People with heart conditions or high blood pressure should consult a doctor before consumption.
- Individuals prone to kidney stones or diagnosed with kidney stone disease should avoid use.
- Those with stomach conditions such as ulcers or acid reflux should consume with caution.

What Makes It Unique?

A blend of traditional coffee with natural ingredients that support health and weight management. The carefully selected active ingredients, including young green barley, L-carnitine, cinnamon, zinc, and chromium, offer a well-balanced combination. The harmony of Arabica and Robusta ensures a satisfying and enjoyable taste experience.

Frequently Asked Questions (FAQ)

1. Does this coffee contain caffeine?

Yes, it contains caffeine, which provides an energy boost and supports concentration.

2. How often can I drink this coffee?

It is recommended to consume one cup per day, preferably in the morning or before midday, to avoid sleep disturbances.

3. Is Ideal Shape Coffee suitable for vegans?

Yes, the product does not contain any animal-derived ingredients.

4. Can Ideal Shape Coffee replace a meal?

No, it is a weight management support drink but should not replace a balanced meal.

5. Is Ideal Shape Coffee safe for individuals with high blood pressure?

People with high blood pressure should consult a doctor before consumption due to its caffeine content.

