



**REBUILD • PERFORM • ENERGY**

Shape your body - Look the best - Powerful nutrition for your body



## Introduction:

B:HIP Europe is a Danish company with one mission:  
A healthier and richer life for all.

With that goal in mind, we have developed unique  
wellness products, designed for your everyday life.

We work with some of the most experienced people  
in the industry and our team of advisors have worked  
very hard to find the right combination of nutrition,  
taste and easy-to-prepare products so that you can  
incorporate them into your routine and lifestyle in a  
seamless way, without compromising on the results.

If you are into fitness, wellness and sports or looking  
to replace some of those unhealthy fast food meals,  
that a busy lifestyle sometimes demands, you have  
come to the right place.





To learn more about B:HIP Europe and the team  
behind the products, please visit our website:

**[www.bhipeurope.eu](http://www.bhipeurope.eu)**

# You will never be the same!

We congratulate you on taking the first step into a healthier, richer life. With our range of amazing products you will feel better, look better and have more energy to live the life you want.

Here we present our unique product range of Food Supplements:

	<b>FUSION QUICK MEAL</b> <b>A healthy meal</b> The famous taste of vanilla, chocolate and the fruity combination of strawberry/rhubarb. It has everything you need .....	<b>04-05</b>
	<b>The BAR</b> <b>A delicious and healthy snack</b> High protein, low sugar! Always a sure hit .....	<b>06-07</b>
	<b>INDIGO</b> <b>A healthy energy drink</b> No added sugar. Loads of fruits and herbs .....	<b>08-09</b>
	<b>BOOST</b> <b>A boost of energy</b> The name says everything. Be prepared for a boost of energy .....	<b>10-11</b>



Are you a  
**winner?**

Stay healthy with **FUSION!**

**FUSION**

QUICK MEAL

REBUILD PERFORM ENERGY\*

# FUSION

QUICK MEAL

REBUILD PERFORM ENERGY\*

## Balanced Nutrition Great Taste

**FUSION** - a **luxurious complex meal** with high-quality ingredients. **FUSION** is a **source of protein**, which helps to **restore** and **build muscle tissue**. Achieve well-being and provide your body with a precise combination of high quality ingredients.

It can be used in conjunction with a weight-reduction diet as an easy-to-prepare shake on a busy day, with only **115 kcal per serving**, and **helps to reduce the feeling of fatigue**.

**FUSION** is ideal for a life on the move: Dosed in practical portion pouches, **easy to store and consume**.

The product is available in three flavours:

**Vanilla** and **Chocolate** and **Strawberry/Rhubarb**.

**FUSION** contains among others:

**Vitamins C** and **B3**, **B6** and **B12**.

- Vitamin B3, B6 and B12 contribute to a normal energy-yielding metabolism.
- Vitamin B3 and B12 contribute to a reduction of tiredness and fatigue.
- Vitamin C contributes to a reduction of tiredness and fatigue.
- Vitamin C contributes to a normal energy-yielding metabolism.
- Vitamin C contributes to a protection of the cells from oxidative stress.

Ingredients in **FUSION QUICK MEAL**



PEA  
PROTEIN



WHEY  
COMPLEX  
BLEND



INULIN  
(CHICORY)



BB12  
PROBIOTICS



### REBUILD PERFORM ENERGY\*

- **FUSION** contains among others: Vitamins C and B3, B6 and B12.
- The words Rebuild, Perform, Energy refer to the EFSA Health Claims that these ingredients have.

### NUTRITION HIGHLIGHTS

- Fat: 2,7 g
- Protein: 45,3 g (FUSION Vanilla, Strawberry/Rhubarb) and 48,5 g (FUSION Chocolate)
- Fibre: 31,1 g
- Sugar: 0 g
- Lactose: 0 g
- Stevia

Per 100 g

A close-up photograph of a woman with a joyful expression, smiling broadly. She is wearing a vibrant red, short-sleeved top. A white protein bar is balanced on her forehead, held in place by her hands which are raised above her head. The background is softly blurred, suggesting an indoor setting with natural light.

A delicious **healthy**  
**snack**, with creamy  
**caramel** and  
crispy **chocolate**

THE  
**BAR**

CHOCOLATE  
PROTEIN BAR

# THE BAR

CHOCOLATE  
PROTEIN BAR

## High protein Low sugar

**The Bar** is for you if you fancy a little snack but want to keep it healthy. This delicious snack is a healthier choice when you need a fast, **protein rich meal** that is handy to take along when you are on the go or in your training bag.

**The Bar** has a **high protein** content, which helps to **restore** and **build muscle tissue**.

**The Bar** contains delicious creamed caramel, sprinkled with crisp chocolate pieces with a brownie flavour, all coated in light, low-sugar chocolate.

**The Bar gives you:**

- A feeling of fullness
- A rapid source of energy
- A healthier snack

Snacks are important during the day, to top up your body's "fuel" and to give you the energy you need for all the day's activities. They make it easier to **maintain a healthy lifestyle**, because your blood sugar is stabilised, so the craving for sweet things is reduced. Snacks also help to regulate your appetite and to avoid overeating at main meals.

Ingredients in **The Bar**:



COCONUT  
OIL



CONDENSED  
MILK



VANILLA  
EXTRACT



COCOA  
POWDER



### USE

Enjoy one or two bars a day between main meals to maintain a good energy level.

Use this product as a healthier option and as part of a varied diet and a healthy, active lifestyle.

### NUTRITION HIGHLIGHTS

- Low sugar
- Fiber: 1,2 g
- Protein: 30 g
- Cocoa extract

Per 100 g





Do you want  
more energy?

Get it in a natural way with **INDIGO!**

**INDIGO**  
CLEAN HERBAL POWER\*



# INDIGO

CLEAN HERBAL POWER\*

## Naturally Energizing

**INDIGO** energizes your body, with **Vitamin B's** and the naturally derived caffeine content of **Guarana** and **Green tea**.

Additionally supplying the body with nutrients from **Beetroot**, **Spirulina** and **Blueberries**, which have a high content of beneficial substances. Simple and easy to use! Sweetened with **Stevia** as a natural sweetener.

**INDIGO** is designed to empower the body due to the content of **Vitamin B3, B6, B12** and **Vitamin C**, which contribute to:

- The reduction of tiredness and fatigue
- Normal function of the immune system and nervous system;
- Normal psychological function
- Normal collagen formation for the normal function of blood vessels
- Normal energy-yielding, homocysteine and protein and glycogen metabolism
- Normal red blood cell formation and protection of cells from oxidative stress

Ingredients in **INDIGO**:



ACEROLA



ACAI BERRY



BLUEBERRY



BEETROOT



GINSENG



SPIRULINA



### CLEAN HERBAL POWER\*

- Clean: No sugar added.
- Herbal: relates to the fact that there are a number of fruit powders and herbal ingredients in **INDIGO**.
- Power: relates to the approved EFSA health claims for vitamins B3, B6 and B12.

### NUTRITION HIGHLIGHTS

- Ginseng Extract
- Polyphenol-C™ blend from ENI
- Rose Root Extract
- Green Tea Extract
- Blackberry
- Raspberry



Empower your  
body

**BOOST**  
CLEAN HERBAL POWER\*

# BOOST

CLEAN HERBAL POWER\*

## A boost of ENERGY

**BOOST** is a dietary supplement in tablet form.

**BOOST** is **designed to reduce tiredness and fatigue** while giving you a comfortable feeling within your body. **BOOST** also contributes to a normal energy-yielding metabolism and the normal functioning of the immune system.

The vitamin content in **BOOST** **helps to protect against oxidative damage to body's cells**. **BOOST** is most efficient when taken between meals.

**BOOST** is **designed to empower the body** due to the content of **Vitamin B3, B6, B12** and **Vitamin C**, which contribute to:

- The reduction of tiredness and fatigue
- Normal function of the immune system and nervous system;
- Normal psychological function
- Normal collagen formation for the normal function of blood vessels
- Normal energy-yielding, homocysteine and protein and glycogen metabolism
- Normal red blood cell formation and protection of cells from oxidative stress.

Ingredients in **BOOST**:



**GINSENG  
EXTRACT**



**GREEN TEA  
EXTRACT**



**SPINACH  
EXTRACT**



**PAPAYA  
EXTRACT**



**OAT BETA  
GLUCAN**



**GREEN COFFEE  
BEAN EXTRACT**



### CLEAN HERBAL POWER\*

- Clean: No sugar added.
- Herbal: relates to the fact that there are a number of fruit powders and herbal ingredients in **BOOST**.
- Power: relates to the approved EFSA health claims for Vitamins B3, B6 and B12.

### NUTRITION HIGHLIGHTS

- Oat Betaglucan
- Green Coffee Bean Extract
- Bilberry Extract from ENI
- Polyphenol-C™ Blend from ENI
- Theobroma cacao



# Achieve the best results **NOW!**

Your Distributor serves as your personal **B:HIP supervisor** and will guide you all the way:

- To help you set achievable and personal goals;
- To optimize product use;
- To give advice, motivate and inspire you to achieve your goals.

Regardless of whether your goal is to **lose weight, increase your energy level, optimize your nutrition or just eat healthier** - B:HIP products can help you.

Contact us **TODAY!**

**b:hip**  
EUROPE

Your Personal B:HIP Distributor is: