



... is a tasty mixture of oak keg-ripened Waldburg Balsam Apple and natural yeast cultures.

Combined with a healthy diet and exercise, it supports the body in the regeneration of strained muscle cells (for example after athletic activities) and serves to naturally regulate body fat.

## WALDBURG *Balsam* Apple ripened in oak barrels

Prizewinner 2008 and recipient of the highest award (3 stars) at the Superior Taste Award in Brussels.



A significant factor of our success lies in the fact that our products are only produced by selected manufacturers. Only the best growers can meet our high quality standards for natural produce.

This philosophy contributes to the multiple recognition and distinction of VOM FASS products.



We hope to help you improve your wellbeing with FassZimotion!

If you are interested in learning more about VOM FASS and our high quality, award-winning products, we cordially invite you to visit one of our many VOM FASS shops or our website:

[www.vomfass.com](http://www.vomfass.com)  
[www.fassclick.de](http://www.fassclick.de)

If you share our enthusiasm for quality and enjoyment and are interested in becoming a franchise partner, please direct your inquiries or send your application documents to [partner@vomfass.de](mailto:partner@vomfass.de).

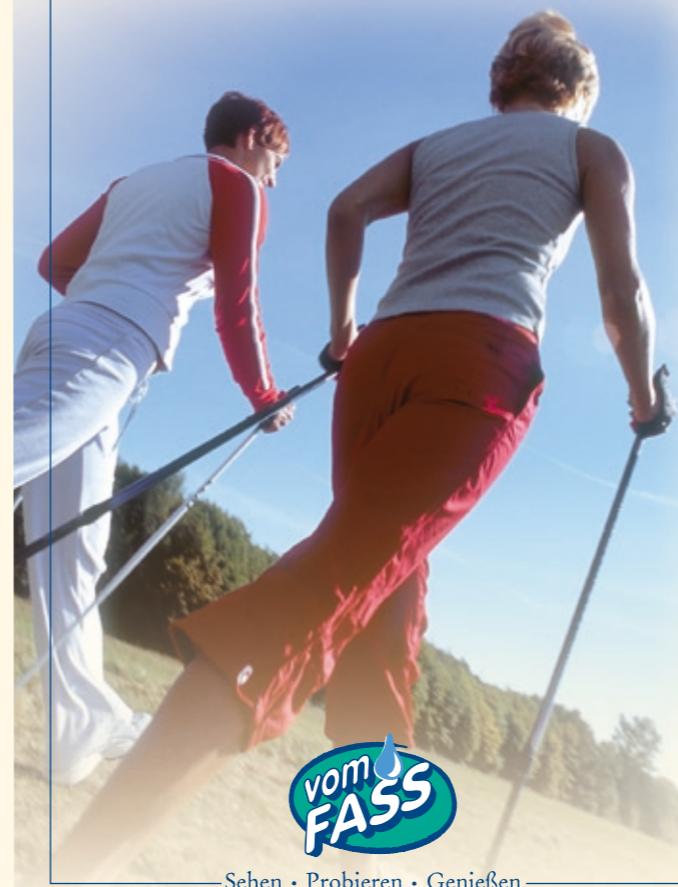


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## FassZimotion – light and fit, for your physical wellbeing

„FassZimotion“ is a balsam mixture that can have a positive effect on your metabolism.



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„A healthy lifestyle includes exercise and a balanced diet“



Our concern towards awareness and enjoyment in nutrition and exercise have led us to initiate the “FassZimotion” project, which successfully combines both.



## How is it possible to simultaneously regulate body fat and regenerate muscles?

**The fact is:** Muscles suppress fat. The body requires muscle tissue in order to burn body fats. In other words: nothing much happens without sports and exercise!

Of course there is a difference between the nutritional requirements of a professional athlete and a recreational athlete, who possibly does sports to regulate body weight.

The following, though, holds true for both: a balanced diet is necessary – balanced in regard to both the total energy input as well as the combination of nutrients. Balanced means, for a person who wants to lose weight, that the goal is to achieve a negative energy balance, i.e. burn more energy (calories) than are ingested. In comparison, an athletic person needs a well-proportioned energy balance. The energy comes from either carbohydrates or fats. The key here is to select the right carbohydrates and fats. Nourishing the body with the beneficial effect of indispensable fatty acids, so-called essential fatty acids like linoleic and linolenic acid (also known as Omega 3 and Omega 6), can be perfectly integrated in the daily diet: Flax oil can be added to quark at breakfast; rapeseed, walnut or grape seed oil can be used in salad dressing at lunch or dinner time.

### Our Tip »

It's easy to include Omega 3 and 6 fatty acids in your diet, for example, by frying fish in olive oil.

## How does exercise affect the body?

The human organism needs to be provided with energy in order to facilitate the regeneration process after doing sports, so that the strained muscle fibers can be restored. If this regeneration happens over night, when we usually do not nourish ourselves, the body takes the required energy from the body's own energy resources: the body fats. This means that fat is drawn from the fat cells and provided to the body cells as an energy supplier for the restoration of the muscles. It is important here to be aware of one's own goal or what one is supplying to the body as a "source of energy" after doing sports. If the goal is to lose weight, the previously mentioned negative energy balance is desired, so that the energy that has been consumed is not rebuilt again elsewhere. On the other hand, the dedicated athlete replenishes his reservoir of energy. It is equally important to both that the muscles be regenerated.

The human organism is an intelligent system – it performs this process independently. This regeneration is based on the human growth hormones. In order to autonomously produce these, the body needs, among other things, two amino acids, namely arginine and lysine. These can be found in FassZimotion, the new VOM FASS "FassZimotion" balsam mix from barrel-ripened apple balsam and pure yeast cultures, which also contains proteins, potassium, magnesium, iron, phosphorous and iodine.

### Our Tip »

We therefore recommend for both goals – weight reduction and muscle regeneration – a drink of VOM FASS "FassZimotion", preferably mixed together with milk and/or natural yoghurt and some oat flakes, after doing athletic activities. This promotes muscle-building, supports their regeneration and facilitates the natural reduction of body fats after doing sports.

