



ShipShape Weight Control

Directions for Use & Serving Advice

(Ark 4 – Super Ark Food & Ark 5 – Inferno)



Arkworld ShipShape Shake (Ark 4 – Super Ark Food) is best used in conjunction with the ShipShape Fat Antagonizer Capsule (Ark 5 – Inferno) as part of the ShipShape weight control product range.

The ShipShape Shake with its Vanilla Cream flavour is delicious on its own, but for more variety we have added a few more serving suggestions that you may like to try, or if you wish to be a little creative and have some fun with it, you could think up some of your own. [\(See Serving Suggestions Article\)](#)

Weight Loss: The suggested serving size according to the ShipShape Shake label is 52 grams (2 scoops) per serving for a total of 20 servings per container, to last 10 days replacing two meals per day as suggested for weight loss. However, due to the varied appetites and body size of people, this serving size may change, after all, we all eat differently and often at different times. It is worth noting that most people do not eat 24 grams of protein and the amount of balanced nutrition in a normal meal as there are in just one ShipShape Shake. Also, the size of the ShipShape Shake is enormous at twice the size of most meal replacements on the market, so the value is incredible! In trials most people were using one to two scoops of ShipShape shake mix in 250 ml of water and taking two of those a day to replace two meals. In most cases the shake will last about a minimum of two to three weeks in water.

Variety Shakes: However, for variety you may wish to add other things to your shake such as fruit, juice, and yogurt or even milk which contain calories so you will not be able to use as much powder as suggested. Don't forget, the ShipShape Shake is the most nutritionally balanced advanced meal replacement ever created; a complete meal in a glass with 24 grams of protein per serving so it won't take a lot to make you feel full and content. Taken in milk or natural yogurt for example, just using one scoop of the ShipShape Shake per meal and the product will last about 3 weeks maybe longer depending on appetite levels.

As a Healthy Meal: If you are using the ShipShape Shake for as a healthy meal just once a day, then obviously that will extend the time it will last. In milk or yogurt, the shake will probably last approximately 5 to 6 weeks.

Ark 5 – Inferno: Taking Ark 5 – Inferno or The Fat Antagonizer capsule alongside the ShipShape Shake will also help you dramatically as this product is not only the most remarkable fat burner ever produced but also, the main ingredient Lyzme5 is an incredible appetite suppressant. For best results with this, it would be advisable to take at least one of your daily two capsules an hour before your evening meal. For even quicker fat reduction, weight loss and for larger appetites, you may want to take more than the daily recommended amount of two capsules. For example: 2 capsules in the morning before your first ShipShape Shake and then two capsules an hour before your evening meal.

Weight Gain: If you are using the ShipShape weight control products as part of a weight gain diet, then you would need to take 3 ShipShape Shakes 3 times a day after meals. For example: You would need to eat a normal 3 meals a day of your own choosing, followed by a ShipShape Shake after each meal for a total of 3 Shakes per day. It would also be advisable and very important to still take the Fat Antagonizer capsule (Ark 5 – Inferno) every day to help maintain fat reduction whilst gaining weight. Be sure to only take the Fat Antagonizer capsules after you have eaten as you do not want to suppress your appetite. You want to gain weight but good quality weight without fat which you will achieve with the complete balanced nutritional content and high quality protein found in the Ark 4 ShipShape Shake and the Fat Antagonizer capsule Ark 5 – Inferno.

As a Sports Training Aid: Both ShipShape products are also arguably the best on the market as an aid to sports training, bodybuilding and anyone that works out and wishes to use the highest quality protein and fat burning products available. Formulated and tested by former bodybuilder Jeff Golini, the ShipShape weight control product range is more than just another weight loss diet. The ShipShape Shake gives you a massive 24 grams of the most bio available protein on the market in just 2 scoops, so as a training aid where high levels of protein are often desired, try using 4 scoops per shake three times a day in between meals. If you are wishing to bulk up you can have a lot of fun with the Shake, adding fruits, eggs, milk etc in a blender: the choice is yours. To keep fat levels down or to help to achieve that ripped look and desired 6 pack, the Fat Antagonizer capsule Ark 5 would be an invaluable addition to your diet. You could take the recommended dose or for even faster results, 2 capsules three times a day in between meals; again the choice is yours.



* ShipShape Diet Plan Formulas *



Weight Loss – 2 2 1

2 x Super Ark Food Shakes per day, 2 x Inferno Capsules per day, and 1 x meal of your own choosing

Health & Weight Maintenance – 1 2 2

1 x Super Ark Food Shake per day, 2 x Inferno Capsules per day, and 2 x meals of your own choosing

Weight Gain – 3 2 3

3 x Super Ark Food Shakes per day, 2 x Inferno Capsules per day, and 3 x meals of your own choosing