

Your FASTING BOX for home use

Our FASTING BOX contains everything you need to fast in the comfort of your own home. It can help restore harmony to your body and mind, boost your energy levels and regain strength for your everyday life. The FASTING BOX includes elements from our tried-and-tested fasting programme but is specially designed for use at home.

Evenings



1 capsule **Fasting Minerals Transition Soup** + 1 tsp oil

As an extra



2 tsp **Herbal Essence, Tea, Honey** (if you need it) + 2 x 1 tsp **Soup Essence** for every 200 ml water

Evenings



1 capsule **Fasting Minerals Fasting Soup** + 30 g **Chickpea Puree** + 2.5 tsp oil

As an extra



3 tsp **Herbal Essence, Tea, Honey** (if you need it) + 2 x 1 tsp **Soup Essence** for every 200 ml water

Evenings



1 capsule **Fasting Minerals Restart Soup** + 1.5 tsp oil

As an extra



2 tsp **Herbal Essence, Tea, Honey** (if you need it) + 2 x 1 tsp **Soup Essence** for every 200 ml water

Five-day package for fasting at home for just 199 €

Order your FASTING BOX within the next three months and get a discount on your online order.

24 parts at a glance

All products and ingredients have been carefully selected for you – regional, certified organic and sustainably manufactured.



< Want to know more about the FASTING BOX?
www.buchinger-wilhelmi-shop.com/en

04/2025

Enhance your fasting experience with our FASTING BOX



BUCH/NGER W/LHELM



BUCH/NGER W/LHELM
FASTING BOX
The Original

DAY 1 | TRANSITION
 approx. 668 kcal / day

Mornings



1 capsule **Fasting Minerals, Tea** 150 g **Joghurt** (1.5 % fat) + 1 tsp oil + 1 x **cashews**

Noon



1 capsule **Fasting Minerals Transition Soup** + 1 tsp oil

DAY 2-4 | FASTING
 approx. 668 kcal / day

Mornings



1 capsule **Fasting Minerals, Tea**

Noon



1 capsule **Fasting Minerals Fasting Soup** + 30 g **Chickpea Puree** + 2.5 tsp oil

DAY 5 | RESTART
 approx. 668 kcal / day

Mornings



1 capsule **Fasting Minerals, Tea**

Noon



1 capsule **Fasting Minerals Apple Puree** + 2 tsp oil + 1 **cashews**

FIVE-DAY FASTING BOX – Our experience for your health

Five-day fasting programme for use at home

The daily calorie intake is higher than when fasting in the clinic to enable our customers to manage the many demands of daily life more easily

As the box only supplies 600 calories a day, your metabolism should enter ketosis, one of the desired effects of fasting

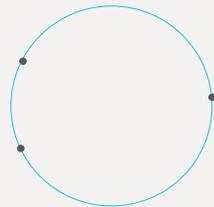
Developed by fasting experts at Buchinger Wilhemi drawing on more than 100 years of experience

Our FASTING BOX products are certified organic

EVERYTHING YOU NEED FOR FASTING AT HOME

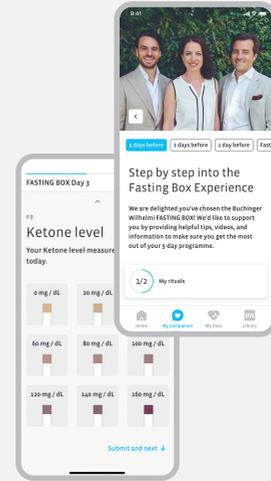
Pleasurable

Easily integrated in day-to-day life



Minimum effort required

FASTING BOX support programme



Learn more about the fasting APP

FASTING BOX support

Send an e-mail to our support team who will take care of your concerns confidentially and in detail.

User Guide

Your day-to-day companion on 83 pages serves as an instruction manual to help you through the five-day programme, including preparation and follow-up.

Workouts, studies and recipes

We will accompany you day by day with our app that has been developed especially for this purpose.

5-3 DAYS BEFORE Preparation DAY 1 Transition DAY 2-4 DAY 5 Restart DAY 6-9 Switchback DAY 10-31

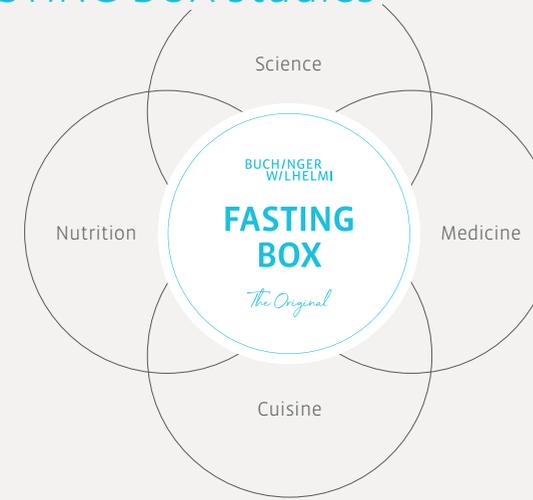
USER GUIDE (PRINTED BOOK)

- Tips for preparation, day-to-day support and references to videos for days 1-6, recipes for days 6-9
- FASTING BOX protocol (documenting your measurements)
- Advice, FAQs etc.

APP (DIGITAL)

- Preparation five days before starting, daily support from day 1-9
- Regeneration programme for 21 days
- Possibility of submitting your daily measurements and getting help to do so
- Data dashboard
- Recipes and tutorials

Buchinger Wilhemi FASTING BOX studies



Our study revealed that the metabolic effects of the Buchinger Wilhemi FASTING BOX are comparable with the effects of fasting for five days.

64 PARTICIPANTS	RANDOMISED CONTROL STUDY
<p>♀ 42 women</p> <p>♂ 22 men</p>	<p>256 blood tests</p> <p>1,269 test tubes with blood in our biobank</p> <p>768 measurements of ketone bodies</p>

Fewer inflammation markers

Reduced body weight

Lower blood pressure

Reduced cholesterol (normalised metabolism)

Increased well-being and energy boost

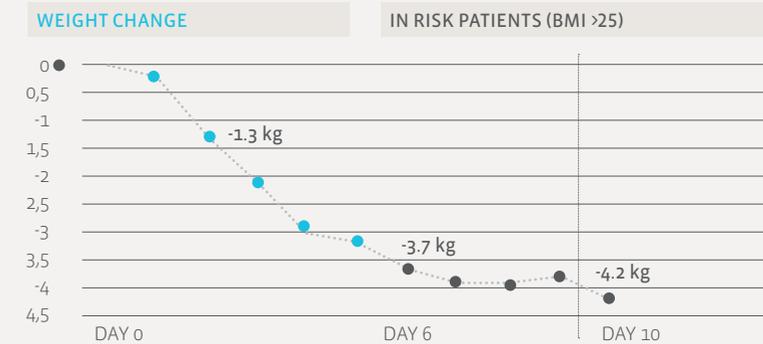
No muscle weakness

We have known for more than a century how to guide people to make fasting a beautiful, positive and happy experience that can even be life changing.

Dr. Françoise Wilhemi de Toledo

Five days with our FASTING BOX – Weight change during fasting in participants with a BMI >25

Grundler et al. 2024, MedRxiv 2024.11.01.24316348



Legal notice

The FASTING BOX has been developed by Buchinger Wilhemi for people aged 18 and older who do not have an underlying illness. It is not suitable for women who are pregnant or breastfeeding, for people who are underweight, have an eating disorder or an addiction, for children or adolescents. If you have an underlying illness (e.g., metabolic disorder, high blood pressure, diabetes, cancer, heart,

liver or kidney disease) or regularly take medication, you should only fast under medical supervision. If unusual symptoms or other health problems occur during your fast, you should consult a doctor. Buchinger Wilhemi assumes no liability for harm to health or any other loss or damage arising from failure to observe these notices or from using the FASTING BOX inappropriately.