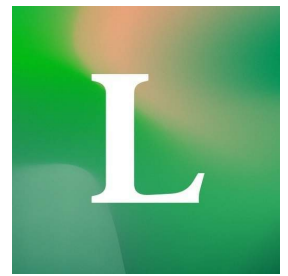


Lifesum: Régime & Guide Santé



****About Lifesum****

With the Lifesum app, users can create a personal diet plan. The app provides numerous plans and tips that have been adapted to the respective goal of the user. In addition, the app has a calorie counter, with which all calories and macro nutrients can be tracked.

Lifesum is your virtual diet assistant that helps you to reach your goal. Whether you want to lose weight, gain weight or build muscle, Lifesum will provide you with the right plans and nutrition tips with which you will reach your goal as quickly as possible. Your personal diet plan is always optimally adapted to you and your lifestyle. With the help of the integrated calorie counter, you can keep a good overview of all the calories and macro nutrients that you consume during the day. In order to capture the nutritional value of a food even faster, the app itself can scan product barcodes.

****Lifesum - Features:****

- Your personal diet plan: Whether you want to lose weight, gain weight or build muscle: Lifesum allows you to reach your goal as quickly as possible. Before using the app for the first time, all you have to do is enter your height, weight, and goal. Within seconds, the app will create a personal diet plan suits you, your goal and your lifestyle.
- Count your calories: Lifesum has an integrated calorie counter. Based on your size and weight, the app will suggest you a certain daily calorie consumption. If you stick to this calorie consumption, you will reach your goal as fast as possible. In order that the app records the calories you have consumed throughout the day, you can either enter each food manually or you can use the integrated barcode scanner. To do this, simply aim your smartphone's camera at the product's barcode and the app will scan the item and automatically add the food's nutritional information.
- Macro Tracker: But not only the calories, but also other nutrients are very important for your goal and your health. The achievement of your goal depends mainly on the correct distribution of the individual macro-nutrients. The app not only ensures that you stay within your daily calorie consumption, but also that you eat enough fats, carbohydrates or proteins.
- Large collection of recipes: In order to make it even easier for you to lose or gain weight, there are many delicious recipe ideas in the app.

Conclusion: Lifesum allows you to lose or gain weight healthily. The app provides you with personal diet plans customized to your body, goal and lifestyle.