

Fit Functional Foods

GMO free - Palm oil free
Source of protein
High in fiber
University-tested

No added sugars
Glycemic Index 38*

*it supports the diet of diabetics

**Created for
those who care
for their shape**



Technology, science and uniqueness

Ri.MA Benessere laboratories boast the best bakery technology available. Our formula includes more than 13 elements, our products are processed in a clean room environment (absence of bacteria) so as to achieve the best level of preservation. Our innovative technology - the MAP modified atmosphere packaging - is one of the best available technologies. It enables us to combine the properties of a fresh product with the highest preservation standards, in the absence of unhealthy chemical agents.

University clinical trials and studies

Preliminary study on the evaluation of the interstitial glucose trend by Silvia Migliorini, Giancarlo Turchetti, Roberta Bichi, Leda Lodi, Giuliano Fontani, Enrico de Martino, Anna Maria Aloisi. Università degli studi di Siena - Forum Risk management in Sanità, Arezzo, November 24/27, 2015
- Dr. Stefania Pistoia, Università di Pisa, Lavoro Clinico ed esiti su Pizza RI.MA
- Si Nutriwells srl, University spin-off, Test clinici bromella, rilevazione indice glicemico.

Press review

D. LA REPUBBLICA - Supplement to La Repubblica n.955, September 12, 2015

STARBENE- Magazine, Mondadori, September 7, 2015

L'ESPRESSO DOSSIER TOSCANA - Intrecci Gustosi, July 9, 2015

D. REPUBBLICA.IT D.CUCINA - July 14, 2015

CORRIERE DI MAREMMA.IT - Due fratelli inventano la pizza dietetica, April 22, 2015

CORRIERE DI MAREMMA - La Pizza Dietetica è realtà, Produzione pronta a partire, April 14, 2015

IL TIRRENO - La Pizza dimagrante messa a punto dai personal trainer, October 12, 2014

la Repubblica CORRIERE DI MAREMMA

L'Espresso D IL TIRRENO

VANTY FAIR Starbene Farmacia News.it



Range Ri.MA
Created for those who care for their shape



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Fit Functional Foods

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Informative material for commercial purposes

www.rimabenessere.com

Range Ri.Ma

Ideal for your shape

Medical Studies demonstrate that a diet based on low-GI carbohydrates, good fats and the correct amount of fibers and proteins is the base for preventing the most diffused pathology: Obesity. Based on these factors and on our passion for good food, in 2007 we asked ourselves if it is possible to create a Light version of the most loved food in the world: the Pizza. After 7 years working alongside with Biologists and Chemists from the Department of Physiology of the University of Siena and experienced Italian Masters Bakers, we managed to assemble healthy ingredients which, together, would give birth to the perfect dough for a Light Pizza base. Adding small quantities of other ingredients to this secret recipe, we managed to launch the rest of the products of the range Ri.Ma Benessere. Right now, Ri.Ma is considered the most innovative Brand in Italy and we are now looking for Partners in Europe that want to be part of our Success.

Pizzarimafit

NUTRITIONAL FACTS

ENERGY	KJ / Kcal	649 / 154	1298 / 308
FAT	g	1,5	3
OF WHICH SATURATES	g	0,3	0,6
CARBOHYDRATE	g	18	36
OF WHICH SUGARS	g	0,3	0,6
FIBER	g	7	14
PROTEIN	g	13	26
SALT	g	0,6	1,2

per 100 g * per 200 g



154 Kcal *

The healthy Pizza that can be part of everyday diet

Pizzarimafit has the same carbohydrates content and quality of a low GI fruit and it is rich in proteins and fibers. Fats are almost none and there is no traces of sugars, toxic additives, OGM nor refined wheat flour. Thanks to its nutritional values and its 154kcal per 100g of product (against an average of 300kcal per 100g of an ordinary Pizza), it can be included in any diet for weight loss.

The ingredients on which our product is based are latest generation prebiotic fibers, both soluble and insoluble. This is an extremely versatile product, indicated for any types of diets: low carb, 40:30:30, high protein or simply low calories ones.

It is therefore a product that aids weight loss and helps the individual that looks for an healthy meal without sacrificing the taste or the woman that has no time to cook but wants to serve a tasty and healthy meal ready in minutes.

Cooking suggestions

Open the packaging, garnish to taste and place for 7' in a pre-warmed oven at 220° or 5' in a pan.



Code 8057017910022

Panfocacciafit

NUTRITIONAL FACTS

ENERGY	KJ / Kcal	649 / 154	389 / 92
FAT	g	1,5	0,9
OF WHICH SATURATES	g	0,3	0,2
CARBOHYDRATE	g	18	11
OF WHICH SUGARS	g	0	0
FIBER	g	6,8	4
PROTEIN	g	13	8
SALT	g	0,6	0,36

per 100 g * per 60 g



154 Kcal *

A traditional focaccia bread, but tasty

Pizzarimafit and Panfocacciafit: formula is the same; only difference is a change in the ingredients mix and their cooking that make the latter similar to the Italian traditional focaccia bread.

Cooking suggestions

Open the packaging, garnish to taste and place for 7' in a pre-warmed oven at 220° or 5' in a pan.



Code 8057017910077

Schiacciatinafit

NUTRITIONAL FACTS

ENERGY	KJ / Kcal	649 / 154	584 / 139
FAT	g	1,5	1,3
OF WHICH SATURATES	g	0,3	0,2
CARBOHYDRATE	g	18	16
OF WHICH SUGARS	g	0,3	0,2
FIBER	g	7	6
PROTEIN	g	13	12
SALT	g	0,6	0,5

per 100 g * per 90 g



154 Kcal *

A tasty and light snack

SchiacciatinaFit: fluffier and thicker than the first two references, can be divided and garnished easily in the middle. Thanks to its texture, can be used as side of a main course as well or to do the famous Italian "scarpetta" (dipping the bread into the sauce).

Cooking suggestions

Open the packaging, garnish to taste and place for 7' in a pre-warmed oven at 220° or 5' in a pan.



Code 8057017910002

Panchocefit

NUTRITIONAL FACTS

ENERGY	KJ / Kcal	909 / 216	818 / 195
FAT	g	3,8	3,4
OF WHICH SATURATES	g	1,5	1,4
CARBOHYDRATE	g	26	24
OF WHICH SUGARS	g	7,6	6,9
FIBER	g	9,9	8,9
PROTEIN	g	14	13
SALT	g	0,23	0,21

per 100 g per 90 g



Our chocolate chip sweet snack

Our first sweet product, based on our original recipe with erythritol and a touch of chocolate chip. Few minutes of cooking and the chocolate chips melt to make it irresistible, perfect to satisfy your sweet tooth, without renouncing to your shape.

Cooking suggestions

Open the packaging and place for 7' in a pre-warmed oven at 220° or 5' in a pan.



Code 8057017910015

Piarimafit

NUTRITIONAL FACTS

ENERGY	KJ / Kcal	986 / 234	887 / 211
FAT	g	1,2	1,1
OF WHICH SATURATES	g	0,4	0,4
CARBOHYDRATE	g	30	27
OF WHICH SUGARS	g	6,1	5,5
FIBER	g	15	13
PROTEIN	g	19	17
SALT	g	2	1,8

per 100 g per 90 g



When and how you want it

Ri.Ma's latest launch: Piarima Fit. Inspired by the traditional Italian Piadina (wrap), we studied and developed a highly performing and tasty product. Ideal for a quick snack, a to-go or even a proper meal, Piarimafit is ideal for those who want to lose weight or stay fit. Cooking it for few minutes, it satisfies the tastes of everyone, from professionals to children.

Cooking suggestions

Open the packaging and place for 7' in a pre-warmed oven at 220° or 5' in a pan.



Code 8057017910039