

The Power of One Daily Swap

You don't need to overhaul your diet to make progress. Simply swap your heaviest meal with Cinch® Matcha Shake for 30 days. Powered by Leucine®, protein and fibre, it helps keep you satisfied while making it easier to manage your calorie intake. One consistent swap could be the start of a healthier, lighter, more confident you.

Powered by
Leucine®

16
Vitamins
& Minerals

Prebiotics

16g
Mixed Soy
Protein

6g
High Fibre

Omega-3s



3 Science-Backed Reasons Cinch® Matcha Shake Makes a Smart Meal Swap



Stay Fuller for Longer

With **16g protein** and **6g fibre**, Cinch® Matcha Shake helps you feel satisfied for longer. Fewer hunger pangs mean fewer cravings and mindless eating throughout the day.



Lose Fat, Not Muscle

When you're cutting calories, preserving lean muscle matters. That's why Cinch® Matcha Shake is added with **leucine**, an amino acid that helps support **lean muscle** while your body burns fat.



Make Calorie Count

At just **168kcal** per serving, swapping one heavier meal for Cinch® Matcha Shake can help reduce your daily calorie intake in a simple, sustainable way. No starving, just one smart swap.