

shop DukanDiet™



Dukan Diet products are made with the healthiest ingredients available and are cutting-edge in the diet industry. Our products have **no added sugar, are low in sodium and are preservative and additive free.**

OAT BRAN BASED PRODUCTS

Our Oat Bran Products are made with oat bran produced using **Dr. Dukan's proprietary Milling and Sifting Index M2bisB6™**. This index allows for a perfect size and purity of bran particles, which increases oat bran's absorptive qualities that help you feel full. Oat bran is eaten every day in the Dukan Diet and with all of our delicious options – several flavors of Bars, Cookies and Muffin Mixes and Oat Bran itself – you can have oat bran in a different form every day of the week and then some!



SNACKS & FOOD ENHANCERS

Dukan Diet snacks are healthy and made to take with you on-the-go. They come in resealable bags. From antioxidant powerhouse Goji Berries - to portable protein Turkey Jerky – our snacks are so delicious you won't even realize how good they are for you! And, our food enhancers, such as superfood cocoa powder and natural stevia; lend sugar-free goodness and taste to many desserts.



SUPPLEMENTS - DIET SUPPORT

Our Supplements provide support to help you succeed on the Dukan Diet. We have a daily multivitamin with the best bio-available ingredients, a natural diuretic to help with water retention, a cellulite reducer, a detox tea and a fat burner.



DUKAN CUISINE

Dukan Cuisine makes eating at home easy! Make a low carb pasta-like dish with our two kinds of low calorie noodles and low sodium tomato sauce and a side salad with our salad dressing.

