

Toffee Shake 34g

Meal Replacement for Weight Control

Nutritional Information:

	Per 100g	Per 34g Sachet
Energy kJ	1650	561
kcal	394.1	134
Protein (g)	33.2	11.3
Carbohydrate (g)	39.7	13.5
of which Sugars (g)	3.53	1.2
Fat (g)	9.26	3.15
Fibre (g)	8.24	2.8
Sodium (g)	0.44	0.15

Ingredients:

Skim milk powder, calcium caseinate, fructose, soya bean oil powder, inulin, potassium chloride, vegetable fat powder, dextrose, toffee flavour, sodium chloride, thickener (carboxymethyl cellulose, xanthan gum), defatted cocoa powder, calcium carbonate, potassium phosphate, magnesium oxide, ascorbic acid, vitamin A acetate, vitamin K powder, zinc gluconate, ferrous fumarate, sweetener (sucralose), tricalcium phosphate, dl-alpha tocopheryl acetate, alpha tocopheryl acetate, niacinamide, manganese gluconate, copper gluconate, calcium D-pantothenate, D-biotin, cyanocobalamin, pyridoxine hydrochloride, folic acid, cholecalciferol, riboflavin, thiamine hydrochloride, potassium iodide, chromium picolinate, sodium selenite, sodium molybdate.

Allergens: Contains milk and soy. Manufactured on equipment that processes: gluten, celery, sulfites and eggs.

Instructions for use: Empty content of one packet into a shaker. Add 250ml-350ml of cold water and shake until mixed or mix in blender/whisk

Vitamins & Minerals in Toffee Shake

	Per 34g:	Per 100g	% EU RDA
Vitamin A (µg)	259	732.3	32.3
Vitamin D (µg)	2.55	7.5	50
Vitamin E (mg)	3.62	10.6	30
Vitamin C (mg)	27.3	80.3	34
Thiamin (mg)	0.35	1.02	32
Riboflavin (mg)	0.47	1.38	33
Niacin (mg)	5.47	16.1	34
Vitamin B6 (mg)	0.46	1.35	33
Folic Acid (µg)	60	176.5	30
Vitamin B12 (µg)	0.86	2.53	34
Biotin (µg)	15	44.1	30
Pantothenic Acid (mg)	2.24	6.57	37
Calcium (mg)	240	705.8	30
Phosphorus (mg)	247	726.5	35
Potassium (mg)	535	1573.5	26.5
Iron (mg)	5.0	14.7	36
Zinc (mg)	2.83	8.32	28.3
Copper (mg)	0.33	0.97	33
Iodine (µg)	50	147.06	33
Selenium (µg)	16.4	48.2	30
Magnesium (mg)	84.2	247.6	22.5
Manganese (mg)	0.60	1.76	30

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day; this is including the water used to mix in with your packs. It can be harmful to consume too much water or other fluids in a short space of time. If you have any medical conditions or you are taking medication, please contact your doctor prior to starting a VLCD.

Raspberry Shake 34g

Meal Replacement for Weight Control

Nutritional Information:

	Per 100g	Per 34g Sachet
Energy kJ	1497	509
kcal	35.8	121
Protein (g)	33.2	11.3
Carbohydrate (g)	32	10.9
of which Sugars (g)	24	8.2
Fat (g)	8.5	2.9
Fibre (g)	7.9	2.7
Sodium (g)	1.03	0.351

Ingredients:

Milk proteins, vegetable fat (soja oil, glucose syrup, casein, stabiliser : triphosphate pentasodic ; emulsifiert : phosphate tricalcic ; natural flavour), polydextrose, thickeners : cellulose and xanthan gum; flavours (support : maltodextrin, arabic gum, contains gluten), salt, emulsifier : lecithin of sunflower ; anticaking : dioxyde of silicium ; sweeteners : aspartame, acesulfam of potassium and sucralose; colorant E124, vitamins : C, PP, E, B5, B2, B6, B1, A, B8, D3, support : maltodextrin. Acide L-ascorbic, nicotinic acid, vitamin E acetate, calcium D-pantothenate, riboflavin, pyridoxin hydrochloride, thiamin hydrochloride, vitamin A acetate, D-biotin, cholecalciferol.

Allergens: Contains milk and soy. Manufactured on equipment that processes: gluten, celery, sulfites and eggs.

Instructions for use: Empty content of one packet into a shaker. Add 250ml-350ml of cold water and shake until mixed or mix in blender/whisk.

Vitamins & Minerals in Raspberry Shake

	Per 34g:	Per 100g	% EU RDA
Vitamin A (µg)	275.91	811.5	34.5
Vitamin D (µg)	1.72	5.06	34
Vitamin E (mg)	4.14	12.17	34.5
Vitamin C (mg)	27.59	81.15	34.5
Thiamin (mg)	0.38	1.12	35
Riboflavin (mg)	0.55	1.61	36
Niacin (mg)	5.52	16.2	34.5
Vitamin B6 (mg)	0.48	1.41	32.5
Folic Acid (µg)	28.56	84	14.5
Vitamin B12 (µg)	0.76	2.23	31
Biotin (µg)	17.24	50.7	34.5
Pantothenic Acid (mg)	2.07	6.09	34
Calcium (mg)	388	1141	48.5
Phosphorus (mg)	329	967.6	47
Potassium (mg)	285	838.2	14.3
Iron (mg)	6.0	17.6	43
Zinc (mg)	3.10	9.11	31
Copper (mg)	0.49	1.44	49
Iodine (µg)	50	147.06	33
Selenium (µg)	16.4	48.2	30
Magnesium (mg)	58	170.6	15.5
Maganese (mg)	0.60	1.76	30

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day; this is including the water used to mix in with your packs. It can be harmful to consume too much water or other fluids in a short space of time. If you have any medical conditions or you are taking medication, please contact your doctor prior to starting a VLCD.

Cookies & Cream 34g

Meal Replacement for Weight Control

Nutritional Information:

	Per 100g	Per 34g Sachet
Energy kJ	1650	561
kcal	394.1	134
Protein (g)	33.2	11.3
Carbohydrate (g)	39.7	13.5
of which Sugars (g)	3.53	1.2
Fat (g)	9.26	3.15
Fibre (g)	8.24	2.8
Sodium (g)	0.44	0.15

Ingredients:

Skim milk powder, calcium caseinate, fructose, soya bean oil powder, inulin, potassium chloride, vegetable fat powder, dextrose, cookies flavour, sodium chloride, thickener (carboxymethyl cellulose, xanthanum), defatted cocoa powder, carbonate, potassium phosphate, magnesium oxide, ascorbic acid, vitamin A acetate, vitamin K powder, zinc gluconate, ferrous fumarate, sweetener (sucralose), tricalcium phosphate, dl-alpha tocopheryl acetate, niacinamide, manganese gluconate, copper gluconate, calcium D-pantothenate, D-biotin, cyanocobalamin, pyridoxine hydrochloride, folic acid, cholecalciferol, riboflavin, thiamine hydrochloride, potassium iodide, chromium picolinate, sodium selenite, sodium molybdate.

Allergens: Contains milk and soy. Made in factory also processing: eggs, nuts, gluten and celery.

Instructions for use: Empty content of one packet into a shaker. Add 250ml-350ml of cold water and shake until mixed or mix in blender/whisk.

Vitamins & Minerals in Cookies & Cream Shake

	Per 34g:	Per 100g	% EU RDA
Vitamin A (µg)	259	732.3	32.5
Vitamin D (µg)	2.42	7.12	49
Vitamin E (mg)	3.71	10.9	31
Vitamin C (mg)	27.1	79.7	34
Thiamin (mg)	0.34	1	31.5
Riboflavin (mg)	0.46	1.35	33
Niacin (mg)	5.48	16.1	34
Vitamin B6 (mg)	0.45	1.32	40
Folic Acid (µg)	60	176.5	30
Vitamin B12 (µg)	0.79	2.32	32
Biotin (µg)	15	44.1	30
Pantothenic Acid (mg)	2.24	6.59	37
Calcium (mg)	231	679.4	29
Phosphorus (mg)	175	514.7	25
Potassium (mg)	714	2100	35.5
Iron (mg)	6.0	17.6	43
Zinc (mg)	3.10	9.11	31
Copper (mg)	0.49	1.44	49
Iodine (µg)	50	147.06	33
Selenium (µg)	16.4	48.2	30
Magnesium (mg)	87.4	257	23.5
Manganese (mg)	0.60	1.76	30

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day; this is including the water used to mix in with your packs. It can be harmful to consume too much water or other fluids in a short space of time. If you have any medical conditions or you are taking medication, please contact your doctor prior to starting a VLCD.

Spicy spaghetti bolognese style MRP. High protein meal. Meal Replacement for Weight Control

Nutritional Information:

	Per 100g	Per 39g Sachet
Energy kJ	1547	587
kcal	368	140
Protein (g)	34.2	13.0
Carbohydrate (g)	32.9	12.5
of which Sugars (g)	4.7	1.8
Fat (g)	9.0	3.15
Saturated (g)	1.3	0.5
Monounsaturated (g)	3.55	1.35
Polyunsaturated (g)	2.61	0.99
Omega 3 (g)	0.25	0.09
Omega 6 (g)	1.97	0.75
Fibre (g)	9.2	3.5
Sodium (g)	1.45	0.55

Ingredients:

Textured soy protein (malt colour); egg noodles (durum flour, water, dried yolk); dehydrated vegetables (tomato, onion, garlic); vegetable oils; pea protein isolate; corn starch; flavours; acidity correcting agents: tricalcium phosphate, potassium chloride, citric acid, magnesium oxide; salt; hydrolyzed corn and wheat proteins; vitamin and mineral mix (vitamin A as acetate, cholecalciferol, tocopherol acetate, ascorbic acid, thiamin hydrochloride, riboflavin, niacinamide, calcium pantothenate, pyridoxine hydrochloride, biotin, folic acid, cyanocobalamin, ferric pyrophosphate, zinc oxide, potassium iodide, sodium selenite, manganese sulphate, copper gluconate); stabilizer: magnesium phosphate; colours: caramel, beet juice, lycopene; herbs; spices; antioxidants: tocopherols.

Allergens: Contains gluten, eggs, milk and soy. Manufactured on equipment that processes: celery and sulfites.

Instructions for use: Empty content of one packet into a small saucepan (or into a microwave safe bowl). Add 125ml to 145 ml of boiling water. Microwave on high (800W) for 2 or 3 minutes, stirring occasionally. (Cooking guidelines may vary depending on the microwave). Take out of the microwave and let stand for 2 or 3 minutes. Eat within 10 minutes.

Suitable for Vegetarians

Vitamins & Minerals in Spicy Spaghetti Bolognese

	Per 39g:	Per 100g	% EU RDA
Vitamin A (µg)	211	557	26.5
Vitamin D (µg)	1.28	3.38	25.5
Vitamin E (mg)	4.08	10.73	34.0
Vitamin C (mg)	23.2	61.0	29.0
Thiamin (mg)	0.42	1.11	38.5
Riboflavin (mg)	0.43	1.14	31.0
Niacin (mg)	5.50	14.46	34.5
Vitamin B6 (mg)	0.41	1.08	29.5
Folic Acid (µg)	76	201	38.0
Vitamin B12 (µg)	0.68	1.80	27.5
Biotin (µg)	13	34	25.5
Pantothenic Acid (mg)	1.53	4.02	25.5
Calcium (mg)	200	526	25.0
Phosphorus (mg)	288	758	41.0
Potassium (mg)	530	1395	26.5
Iron (mg)	4.3	11.3	30.5
Zinc (mg)	3.1	8.1	30.5
Copper (mg)	0.28	0.74	28.5
Iodine (µg)	38	101	25.5
Selenium (µg)	20.3	53.6	37
Magnesium (mg)	99.2	261.0	26.5
Manganese (mg)	0.60	1.58	30.0

(*) According to manufacturer calculation - to be confirmed by official analysis.

(**) Recommended Daily Allowance - Directive 90/496/CEE (modified by Directive 2008/100/EC)

High protein - (>20%). Rich in fibre - (> 6g / 100g).

Individual nutrient needs may be higher or lower, based on gender, age, level of physical activity and other factors.

IMPORTANT

This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such a diet. Make sure you drink plenty of liquid every day. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day; this is including the water used to mix in with your packs. It can be harmful to consume too much



Cottage Pie MRP. High protein meal.

Meal Replacement for Weight Control

Nutritional Information:

	Per 100g	Per 39g Sachet
Energy kJ	1509	589
kcal	359	140
Protein (g)	33.3	13.0
Carbohydrate (g)	32.1	12.5
of which Sugars (g)	4.3	1.7
Fat (g)	8.2	3.2
Saturated (g)	1.2	0.5
Monosaturated (g)	3.1	1.2
Polyunsaturated (g)	2.3	0.9
Omega 3 (g)	0.25	0.10
Omega 6 (g)	1.92	0.75
Fibre (g)	11.7	4.6
Sodium (g)	1.54	0.60

Ingredients:

Textured soy protein (malt colour); potato flakes (27.7%); dehydrated vegetable (9.8 %) (potato powder, onions, carrots, celery, garlic); vegetable oils; flavours; hydrolyzed vegetable protein; acidity regulators: tricalcium phosphate, magnesium oxide; spices; vegetable protein; vitamin and mineral mix (vitamin A as acetate, cholecalciferol, tocopherol acetate, ascorbic acid, thiamin hydrochloride, riboflavin, niacinamide, calcium pantothenate, pyridoxine hydrochloride, biotin, folic acid, cyanocobalamin, ferric pyrophosphate, zinc oxide, potassium iodide, sodium selenite, manganese sulphate, copper gluconate); salt; thickener: guar gum; stabilizer: magnesium phosphate; yeast extract; parsley; antioxidants: tocopherol; colour: turmeric extract.

Allergens: Contains gluten, celery, milk and soy. Manufactured on equipment that processes: sulfites and eggs.

Instructions for use: Empty content of one packet into a small saucepan (or into a microwave safe bowl). Add 125ml to 145ml of boiling water. Microwave on high (800W) for 2 or 3 minutes, stirring occasionally. (Cooking guidelines may vary depending on the microwave). Take out of the microwave and let stand for 2 or 3 minutes. Eat within 10 minutes.

Suitable for Vegetarians

Vitamins & Minerals in Cottage Pie

	Per 39g:	Per 100g	% EU RDA
Vitamin A (µg)	238	610	29.5
Vitamin D (µg)	1.26	3.23	25.0
Vitamin E (mg)	3.93	10.08	32.5
Vitamin C (mg)	30.3	77.6	38.0
Thiamin (mg)	0.43	1.10	39.0
Riboflavin (mg)	0.40	1.3	28.5
Niacin (mg)	5.40	13.85	33.5
Vitamin B6 (mg)	0.50	1.28	35.5
Folic Acid (µg)	56	144	28.0
Vitamin B12 (µg)	0.63	1.61	25.0
Biotin (µg)	12	32	25.5
Pantothenic Acid (mg)	1.68	4.31	28.0
Calcium (mg)	200	513	25.0
Phosphorus (mg)	294	754	42.0
Potassium (mg)	530	1359	26.5
Iron (mg)	3.9	10.0	27.5
Zinc (mg)	3.1	7.9	31.0
Copper (mg)	0.27	0.69	27.0
Iodine (µg)	38	97	25.0
Selenium (µg)	15.4	39.6	28.0
Magnesium (mg)	95.1	243.8	25.5
Manganese (mg)	0.55	1.42	27.5

(*). According to manufacturer calculation - to be confirmed by official analysis.

(**) Recommended Daily Allowance - Directive 90/496/CEE (modified by Directive 2008/100/EC)

High protein - (>20%). Rich in fibre - (> 6g / 100g).

Individual nutrient needs may be higher or lower, based on gender, age, level of physical activity and other factors.

IMPORTANT

This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such a diet. Make sure you drink plenty of liquid every day. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day; this is including the water used to mix in with your packs. It can be harmful to consume

Fortified with Vitamins and Minerals Meal Replacement for Weight Control

Nutritional Information:

	Per 100g	Per 45g Serving
Energy KJ	1685	758.25
Kcal	403	181.35
Protein (g)	31.9	14.36
Carbs (g)	38.2	17.19
of which Sugars (g)	17.3	7.79
Fat (g)	12.5	5.63
of which Saturates (g)	5.2	2.34
Fibre (g)	5.1	2.30
Sodium (mg)	288	129.6

Ingredients:

Oats, Soya Protein Isolate, Skimmed Milk Powder, Creamer (Vegetable Oil, Lactose, Milk Protein), Whey Protein Concentrate, Calcium Caseinate, Mineral Blend (Potassium Phosphate, Calcium Phosphate, Magnesium Phosphate, Magnesium Oxide, Ferric Pyrophosphate, Zinc Oxide), Fructose, Chicory Root Extract, Thickener (Carrageenan Gum), Flavourings, Emulsifier (Soya Lecithin), Vitamin Blend (Vitamin C, Vitamin E, Niacin, Sodium Selenite, Vitamin A, Pantothenic Acid, Copper Gluconate, Manganese Sulphate, Biotin, Chromium Chloride, Potassium Iodide, Vitamin B12, Vitamin D, Folic Acid, Vitamin B6, Vitamin K, Riboflavin, Thiamin), Salt.

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean & nut products.

Directions for Use: Add 1 flat scoop to 110-120mls of cold water. Stir or whisk until fully mixed. Microwave for 90 seconds, stir and then microwave for a further 30 seconds. For best results, leave for 1 minute before consuming.

CAUTION: This product should not be used by pregnant or nursing women, children or adolescents. 2-3 ltrs of water should be drank daily. Always consult your doctor prior to starting your VLCD diet.

Vitamins & Minerals in Unsweetened Porridge

	Per 100g	Per 45g	%EU RDA
Vitamin A (mcg)	541.94	243.87	33%
Vitamin D (mcg)	3.38	1.52	33%
Vitamin E (mg)	8.11	3.65	33%
Vitamin C (mg)	54.05	24.32	33%
Thiamine (mg)	0.74	0.33	33%
Riboflavin (mg)	0.95	0.43	33%
Niacin (mg)	10.81	4.86	33%
Vitamin B6 (mg)	1.36	0.61	33%
Folic Acid (mcg)	135.14	60.81	33%
Vitamin B12 (mcg)	1.69	0.76	33%
Biotin (mcg)	33.78	15.20	33%
Pantothenic Acid (mg)	4.05	1.82	33%
Vitamin K (mcg)	50.68	22.81	33%
Calcium (mg)	566.12	254.75	38%
Phosphorus (mg)	762.62	343.18	38%
Iron (mg)	10.81	4.86	47%
Magnesium (mg)	290.32	130.64	33%
Zinc (mg)	8.63	3.88	51%
Iodine (mcg)	106.83	48.07	42%
Potassium (mg)	1210.31	544.64	48%
Chloride (mg)	1110.68	499.81	30%
Copper (mg)	1.18	0.53	56%
Manganese (mg)	2.88	1.30	30%
Selenium (mcg)	42.65	19.18	35%
Molybdenum (mcg)	40.73	18.33	12%
Chromium (mcg)	32.54	14.64	36.5%

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day, this is including the water to mix in your packs. It can be harmful to consume too much water or other fluids in a short space of time. If you have any medical conditions or are taking medication, please consult your doctor before starting this diet.

Chocolate Flavoured Shake 45g

Fortified with Vitamins and Minerals

Meal Replacement for Weight Control

Nutritional Information:

	Per 100g	Per 45g Serving
Energy KJ	1521.42	684.64
Kcal	365.98	163.79
Protein (g)	35.15	15.82
Carbs (g)	36.65	16.49
of which Sugars (g)	13.78	6.20
Fat (g)	5.75	2.59
of which Saturates (g)	1.43	0.64
of which Omega 3 (mg)	31.06	13.98
Fibre (g)	7.02	3.16
Sodium (mg)	802.71	361.22

Ingredients:

Whey protein concentrate, Wheat protein, maltodextrin, slim milk powder, calcium caseinate, inulin, milk powder, soya protein isolate, fructose, potassium phosphate, soya bean oil powder [soya bean oil, maltodextrin, milk protein, soya lecithin, antioxidants (E304i, E307)], magnesium chloride, calcium carbonate, omega-3 LCPUFA, thickeners (guar gum, xanthan gum), magnesium oxide, potassium chloride, zinc gluconate, sodium ascorbate, ferrous fumarate, sweetener (sucralose), manganese gluconate, di alpha tocopheryl acetate, copper gluconate, nicotinamide, D-biotin, calcium D-pantothenate, riboflavin 5 phosphate sodium, pyridoxine hydrochloride, folic acid, vitamin D, thiamine hydrochloride, chromium picolinate, Vitamin K, Vitamin A acetate, sodium molybdate, sodium selenite, cyanocobalamin, potassium iodide, cocoa, potassium citrate, sodium citrate, chocolate flavour, vegetable oil.

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean & nut products.

Directions for Use: Add 1 flat scoop to 200 – 300ml of water and shake.

CAUTION: This product should not be used by pregnant or nursing women, children or adolescents. 2-3 ltrs of water should be drank daily. Always consult your doctor prior to starting your VLCD diet.

Vitamins & Minerals in Chocolate Shake

	Per 100g:	Per 45g:	% EU RDA -
Vitamin A (mcg)	592.59	266.67	33%
Vitamin D (mcg)	3.70	1.67	33%
Vitamin E (mg)	8.89	4.00	33%
Vitamin C (mg)	59.26	26.67	33%
Thiamine (mg)	0.81	0.37	33%
Riboflavin (mg)	1.04	0.47	33%
Niacin (mg)	11.85	5.33	33%
VitaminB6 (mg)	1.04	0.47	33%
Folic Acid (mcg)	148.15	66.67	33%
VitaminB12 (mcg)	1.85	0.83	33%
Biotin (mcg)	37.04	16.67	33%
Pantothenic Acid (mg)	4.44	2.00	33%
Vitamin K (mcg)	55.56	25.00	33%
Calcium (mg)	678.05	305.12	38%
Phosphorus (mg)	593.94	267.27	38%
Iron (mg)	14.57	6.56	47%
Magnesium (mg)	271.47	122.16	33%
Zinc (mg)	11.34	5.10	51%
Iodine (mcg)	139.36	62.71	42%
Potassium (mg)	2118.24	953.21	48%
Chloride (mg)	536.20,	241.29	30%
Copper (mg)	1.23	0.56	56%
Manganese (mg)	2.79	1.26	30%
Selenium (mcg)	87.37	39.32	71%
Molybdenum (mcg)	179.31	80.69	54%
Chromium (mcg)	107.98	48.59	120%

IMPORTANT

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Fortified with Vitamins and Minerals Meal Replacement for Weight Control

Nutritional Information

	Per 100g	Per 45g serving
Energy KJ	1521.42	684.64
Kcal	365.98	163.79
Protein (g)	35.15	15.82
Carbs (g)	36.65	16.49
of which Sugars (g)	13.78	6.20
Fat (g)	5.75	2.59
of which Saturates (g)	1.43	0.64
of which Omega 3 (mg)	31.06	13.98
Fibre (g)	7.02	3.16
Sodium (mg)	802.71	361.22

Ingredients:

Skim milk powder, milk protein concentrate, fructose, soya oil powder [soya oil, vegetable fat, whey powder, milk protein, soya lecithin, antioxidants (E304, E307), stabiliser (E451), anticaking agent (E341)], inulin, soya protein dairy creamer [glucose syrup, coconut oil, caseinate, dipotassium phosphate, lecithin, mono and diglycerides of fatty acids, beta carotene], maltodextrin, sodium chloride, potassium chloride, potassium phosphate, thickeners (carboxymethyl cellulose, xanthan gum), Vanilla flavouring, tripotassium citrate, trisodium citrate, magnesium oxide, omega 3 powder, ascorbic acid, sweetener (sucralose), vitamin K4, ferrous fumarate, zinc gluconate, d-alpha tocopheryl acetate, manganese gluconate, niacinamide, copper gluconate, vitamin A acetate, calcium D—pantothenate, D—biotin, pyridoxine hydrochloride, folic acid, cholecalciferol, riboflavin 5'-phosphate sodium, thiamine hydrochloride, chromium picolinate, cyanocobalamin, potassium iodide, sodium molybdate, sodium selenite.

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean & nut products.

Directions for Use: Add 1 flat scoop to 200 – 300ml of water and shake.

CAUTION: This product should not be used by pregnant or nursing women, children or adolescents. 2-3 ltrs of water should be drank daily. Always consult your doctor prior to starting your VLCD diet.

Vitamins & Minerals in Vanilla Shake

	Per 100g:	Per 45g:	% EU RDA -
Vitamin A (mcg)	592.59	266.67	33%
Vitamin D (mcg)	3.70	1.67	33%
Vitamin E (mg)	8.89	4.00	33%
Vitamin C (mg)	59.26	26.67	33%
Thiamine (mg)	0.81	0.37	33%
Riboflavin (mg)	1.04	0.47	33%
Niacin (mg)	11.85	5.33	33%
VitaminB6 (mg)	1.04	0.47	33%
Folic Acid (mcg)	148.15	66.67	33%
VitaminB12 (mcg)	1.85	0.83	33%
Biotin (mcg)	37.04	16.67	33%
Pantothenic Acid (mg)	4.44	2.00	33%
Vitamin K (mcg)	55.56	25.00	33%
Calcium (mg)	678.05	305.12	38%
Phosphorus (mg)	593.94	267.27	38%
Iron (mg)	14.57	6.56	47%
Magnesium (mg)	271.47	122.16	33%
Zinc (mg)	11.34	5.10	51%
Iodine (mcg)	139.36	62.71	42%
Potassium (mg)	2118.24	953.21	48%
Chloride (mg)	536.20,	241.29	30%
Copper (mg)	1.23	0.56	56%
Manganese (mg)	2.79	1.26	30%
Selenium (mcg)	87.37	39.32	71%
Molybdenum (mcg)	179.31	80.69	54%
Chromium (mcg)	107.98	48.59	120%

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day, this is including the water to mix in your packs. It can be harmful to consume

Fortified with Vitamins and Minerals

Meal Replacement for Weight Control

Nutritional Information

	Per 100g	Per 45g serving
Energy KJ	1521.42	684.64
Kcal	365.98	163.79
Protein (g)	35.15	15.82
Carbs (g)	36.65	16.49
of which Sugars (g)	13.78	6.20
Fat (g)	5.75	2.59
of which Saturates (g)	1.43	0.64
of which Omega 3 (mg)	31.06	13.98
Fibre (g)	7.02	3.16
Sodium (mg)	802.71	361.22

Ingredients:

Whey protein concentrate, Wheat protein, maltodextrin, slim milk powder, calciumcaseinate, inulin, milk powder, soya protein isolate, fructose, potassium phosphate, soya bean oil powder [soya bean oil, maltodextrin, milk protein, soya lecithin, antioxidants (E304i, E307)], magnesium chloride, calcium carbonate, omega-3 LCPUFA, thickeners (guar gum, xanthan gum), magnesium oxide, potassium chloride, zinc gluconate, sodium ascorbate, ferrous fumarate, sweetener (sucralose), manganese gluconate, di alpha tocopheryl acetate, copper gluconate, nicotinamide, D-biotin, calcium D-pantothenate, riboflavin 5 phosphate sodium, pyridoxine hydrochloride, folic acid, vitamin D, thiamine hydrochloride, chromium picolinate, Vitamin K, Vitamin A acetate, sodium molybdate, sodium selenite, cyanocobalamin, potassium iodide, potassium citrate, sodium citrate, strawberry flavour, vegetable oil.

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean & nut products.

Directions for Use: Add 1 flat scoop to 200 – 300ml of water and shake.

CAUTION: This product should not be used by pregnant or nursing women, children or adolescents. 2-3 ltrs of water should be drunk daily. Always consult your doctor prior to starting your VLCD diet.

Vitamins & Minerals in Strawberry Shake

	Per 100g:	Per 45g:	% EU RDA -
Vitamin A (mcg)	592.59	266.67	33%
Vitamin D (mcg)	3.70	1.67	33%
Vitamin E (mg)	8.89	4.00	33%
Vitamin C (mg)	59.26	26.67	33%
Thiamine (mg)	0.81	0.37	33%
Riboflavin (mg)	1.04	0.47	33%
Niacin (mg)	11.85	5.33	33%
Vitamin B6 (mg)	1.04	0.47	33%
Folic Acid (mcg)	148.15	66.67	33%
Vitamin B12 (mcg)	1.85	0.83	33%
Biotin (mcg)	37.04	16.67	33%
Pantothenic Acid (mg)	4.44	2.00	33%
Vitamin K (mcg)	55.56	25.00	33%
Calcium (mg)	678.05	305.12	38%
Phosphorus (mg)	593.94	267.27	38%
Iron (mg)	14.57	6.56	47%
Magnesium (mg)	271.47	122.16	33%
Zinc (mg)	11.34	5.10	51%
Iodine (mcg)	139.36	62.71	42%
Potassium (mg)	2118.24	953.21	48%
Chloride (mg)	536.20	241.29	30%
Copper (mg)	1.23	0.56	56%
Manganese (mg)	2.79	1.26	30%
Selenium (mcg)	87.37	39.32	71%
Molybdenum (mcg)	179.31	80.69	154%
Chromium (mcg)	107.98	48.59	120%

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day, this is including the water to mix in your packs. It can be harmful to consume too

Meal Replacement for Weight Control

Nutritional Information

	Per 100g	Per 45g serving
Energy KJ	1546	695.7
Kcal	369	166
Protein (g)	34.3	15.44
Carbs (g)	36.9	16.61
of which Sugars (g)	31.3	14.09
Fat (g)	7.3	3.29
of which Saturates (g)	3.1	1.40
Linoleic (g)	2.23	1.09
Alpha Linolenic (g)	0.55	0.27
of which Omega 3 (mg)	47	21.15
Fibre (g)	8.6	3.87
Sodium (mg)	685	308.25

Ingredients:

Skim milk powder, milk protein concentrate, yoghurt powder, soya oil powder [soya oil, vegetable fat, whey powder, milk protein, soya lecithin, antioxidants(E304, E307), stabiliser (E451), anticaking agent (E341)], inulin, soya protein isolate, dairy creamer [glucose syrup, coconut oil, caseinate, dipotassiumphosphate, lecithin, mono and diglycerides of fatty acids, beta carotene], raspberry powder, thickeners (carboxymethyl cellulose, xanthan gum), raspberry flavouring, sodium chloride, potassium chloride, potassium phosphate, tripotassium citrate, trisodium citrate, magnesium oxide, omega 3 powder, ascorbic acid, sweetener (sucralose). vitamin K4, ferrous fumarate, zinc gluconate, dl-alpha tocopheryl acetate, manganese gluconate, niacinamide, copper gluconate, vitamin A acetate, calcium D-pantothenate, D-biotin, pyridoxine hydrochloride, folic acid, cholecalciferol, riboflavin 5'-phosphate sodium, thiaminehydrochloride, chromium picolinate, cyanocobalamin, potassium iodide, sodium molybdate, sodium selenite.

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean & nut products.

Directions for Use: Add 1 flat scoop to 200 – 300ml of water and shake.

CAUTION: This product should not be used by pregnant or nursing women, children or adolescents. 2-3 ltrs of water should be drunk daily. Always consult your doctor prior to starting your VLCD diet.

Vitamins & Minerals in Raspberry Yoghurt

	Per 100g:	Per 45g:	% EU RDA -
Vitamin A (mcg)	546.79	246.1	33%
Vitamin D (mcg)	3.37	1.52	33%
Vitamin E (mg)	8.19	3.69	33%
Vitamin C (mg)	53.93	24.3	33%
Thiamine (mg)	0.74	0.33	33%
Riboflavin (mg)	0.95	0.43	33%
Niacin (mg)	10.91	4.91	33%
VitaminB6 (mg)	1.36	0.61	33%
Folic Acid (mcg)	135.14	60.81	33%
VitaminB12 (mcg)	1.70	0.77	33%
Biotin (mcg)	33.71	15.17	33%
Pantothenic Acid (mg)	4.12	1.86	33%
Vitamin K (mcg)	50.88	22.90	33%
Calcium (mg)	613.11	275.89	38%
Phosphorus (mg)	478.41	215.28	38%
Iron (mg)	10.87	4.89	47%
Magnesium (mg)	263.25	118.46	33%
Zinc (mg)	6.76	3.04	51%
Iodine (mcg)	102.57	46.16	42%
Potassium (mg)	1157.78	521	48%
Chloride (mg)	1122.86	505.29	30%
Copper (mg)	0.98	0.44	56%
Manganese (mg)	1.64	0.74	30%
Selenium (mcg)	42.65	19.19	35%
Molybdenum (mcg)	40.68	18.31	12%
Chromium (mcg)	39.90	17.96	45%

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day, this is including the water to mix in your packs. It can be harmful to consume

Meal Replacement for Weight Control

Nutritional Information

	Per 100g	Per 45g serving
Energy KJ	1561.25	784.34
Kcal	372.97	187.37
Protein (g)	37.02	16.58
Carbs (g)	35.74	17.45
of which Sugars (g)	29.08	7.11
Fat (g)	7.22	4.85
of which Saturates (g)	3.14	1.72
Linoleic (g)	2.23	1.09
Alpha Linolenic (g)	0.55	0.27
of which Omega 3 (mg)	47.4	21.33
Fibre (g)	7.72	3.46
Sodium (mg)	682.16	333.76

Ingredients:

Skim milk powder, whey protein concentrate, potato starch, soya oil powder, inulin, soya protein isolate, onion, creamer, peas, celery, vegetable oil, whey, carrot, vegetable flavouring [salt, hydrolyzed vegetable protein, maltodextrin, yeast, citric acid, sodium citrate], potassium chloride, leak, sodium chloride, garlic, yeast extract, herbs, pepper, tripotassium citrate, trisodium citrate, magnesium oxide, fish oil powder [fish oil, glucose syrup, mannitol, caseinate, soya protein, sodium ascorbate, tetrasodium diphosphate, lecithin, tricalcium phosphate, natural flavour, tocopherol rich extract], potassium phosphate, thickener (carboxymethyl cellulose), colour (beta carotene), ascorbic acid, menaquinone-7, ferrous fumarate, zinc gluconate, vitamin E acetate, manganese gluconate, niacinamide, copper gluconate, vitamin A acetate, calcium D pantothenate, D-biotin, pyridoxine hydrochloride, folic acid, cholecalciferol, riboflavin 5 phosphate sodium, thiamin hydrochloride, chromium picolinate, cyanocobalamin, potassium iodide, sodium molybdate, sodium selenite.

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean and & nut products.

Directions for Use: Add 1 flat scoop to 200 – 300ml of hot water and stir.

CAUTION: This product should not be used by pregnant or nursing women, children or adolescents. 2-3 ltrs of water should be drunk daily. Always consult your doctor prior to starting your VLCD diet.

Vitamins & Minerals in Vegetable Soup

	Per 100g:	Per 45g:	% EU RDA -
Vitamin A (mcg)	541.94	265.55	33%
Vitamin D (mcg)	3.38	1.66	33%
Vitamin E (mg)	8.11	3.97	33%
Vitamin C (mg)	54.05	26.48	33%
Thiamine (mg)	0.74	0.36	33%
Riboflavin (mg)	0.95	0.47	33%
Niacin (mg)	10.81	5.30	33%
Vitamin B6 (mg)	1.36	0.67	33%
Folic Acid (mcg)	135.14	66.22	33%
Vitamin B12 (mcg)	1.69	0.83	33%
Biotin (mcg)	33.78	16.55	33%
Pantothenic Acid (mg)	4.05	1.98	33%
Vitamin K (mcg)	50.68	24.83	33%
Calcium (mg)	566.12	277.40	38%
Phosphorus (mg)	762.62	373.68	38%
Iron (mg)	10.81	5.30	47%
Magnesium (mg)	290.32	142.46	33%
Zinc (mg)	8.63	4.23	51%
Iodine (mcg)	106.83	52.35	42%
Potassium (mg)	1210.31	593.05	48%
Chloride (mg)	1110.68	544.23	30%
Copper (mg)	1.18	0.58	56%
Manganese (mg)	2.88	1.41	30%
Selenium (mcg)	42.65	20.90	71%
Molybdenum (mcg)	40.73	19.96	161%
Chromium (mcg)	40	15.94	149%

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day, this is including the water to mix in your packs. It can be harmful to consume

Fortified with Vitamins and Minerals

Meal Replacement for Weight Control

Nutritional Information

	Per 100g	Per 45g serving
Energy KJ	1521.42	684.64
Kcal	365.98	163.79
Protein (g)	35.15	15.82
Carbs (g)	36.65	16.49
of which Sugars (g)	13.78	6.20
Fat (g)	5.75	2.59
of which Saturates (g)	1.43	0.64
of which Omega 3 (mg)	31.06	13.98
Fibre (g)	7.02	3.16
Sodium (mg)	802.71	361.22

Ingredients:

Whey protein concentrate, Wheat protein, maltodextrin, slim milk powder, calcium caseinate, inulin, milk powder, soya protein isolate, fructose, potassium phosphate, soya bean oil powder [soya bean oil, maltodextrin, milk protein, soya lecithin, antioxidants (E304i, E307)], magnesium chloride, calcium carbonate, omega-3 LCPUFA, thickeners (guar gum, xanthan gum), magnesium oxide, potassium chloride, zinc gluconate, sodium ascorbate, ferrous fumarate, sweetener (sucralose), manganese gluconate, di alpha tocopheryl acetate, copper gluconate, nicotinamide, D-biotin, calcium D-pantothenate, riboflavin 5 phosphate sodium, pyridoxine hydrochloride, folic acid, vitamin D, thiamine hydrochloride, chromium picolinate, Vitamin K, Vitamin A acetate, sodium molybdate, sodium selenite, cyanocobalamin, potassium iodide. Tripotassium citrate, trisodium citrate, Banana flavour, rapeseed oil.

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean & nut products.

Directions for Use: Add 1 flat scoop to 200 – 300ml of water and shake.

CAUTION: This product should not be used by pregnant or nursing woman, children or adolescents. 2-3 ltrs of water should be drunk daily. Always consult your doctor prior to starting your VLCD diet.

Vitamins & Minerals in Banana Shake

	Per 100g:	Per 45g:	% EU RDA -
Vitamin A (mcg)	592.59	266.67	33%
Vitamin D (mcg)	3.70	1.67	33%
Vitamin E (mg)	8.89	4.00	33%
Vitamin C (mg)	59.26	26.67	33%
Thiamine (mg)	0.81	0.37	33%
Riboflavin (mg)	1.04	0.47	33%
Niacin (mg)	11.85	5.33	33%
Vitamin B6 (mg)	1.04	0.47	33%
Folic Acid (mcg)	148.15	66.67	33%
Vitamin B12 (mcg)	1.85	0.83	33%
Biotin (mcg)	37.04	16.67	33%
Pantothenic Acid (mg)	4.44	2.00	33%
Vitamin K (mcg)	55.56	25.00	33%
Calcium (mg)	678.05	305.12	38%
Phosphorus (mg)	593.94	267.27	38%
Iron (mg)	14.57	6.56	47%
Magnesium (mg)	271.47	122.16	33%
Zinc (mg)	11.34	5.10	51%
Iodine (mcg)	139.36	62.71	42%
Potassium (mg)	2118.24	953.21	48%
Chloride (mg)	536.20	241.29	30%
Copper (mg)	1.23	0.56	56%
Manganese (mg)	2.79	1.26	30%
Selenium (mcg)	87.37	39.32	71%
Molybdenum (mcg)	179.31	80.69	161%
Chromium (mcg)	107.98	48.59	149%

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day, this is including the water to mix in your packs. It can be harmful to consume too

Chocolate Fudge 60g

Protein bar with vitamins and minerals

Meal Replacement for Weight Control

Nutritional Information

	Per 100g	Per 60g serving
Energy (kJ)	1537	922
Energy (kcal)	366	366
Fat	11.6	6.9
Saturated fatty acids	5.4	3.2
Carbohydrates	26.8	16.1
Sugars	15.9	9.5
Polyols	8.1	4.8
Fibre	5.9	3.5
Protein	38.8	23.3
Salt	0.78	0.47

Ingredients:

Milk chocolate 20% (sugar, cocoa butter, whole milk powder, cocoa mass, emulsifier(soy lecithin), flavours), Gelatine hydrolysate, hydrolysed milk protein, glucose syrup, humectants (glycerol), milk protein, soy protein, Oligofructose, sunflower oil, minerals (dipotassium phosphate, tricalcium phosphate, magnesium oxide, ferric (III)diphosphate, zinc oxide, copper(II)gluconate, sodium fluoride, manganese sulphate, chromium(III)chloride, sodium selenite, sodium molybdate, potassium iodide), low fat cocoa, emulsifier (soy lecithin), flavours, vitamins (vitamin C (ascorbic acid), nicotinamide, vitamin E (tocopheryl acetate), calcium pantothenate, vitamin B2 (riboflavin), vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin hydrochloride), vitamin A (retinyl acetate), folic acid, vitamin K, biotin, vitamin D (cholecalciferol), vitamin B12 (cyanocobalamine)), sweetener (sucralose).

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean & nut products.

Directions for Use: Ready to eat

CAUTION: This product should not be used by pregnant or nursing woman, children or adolescents. 2-3 ltrs of water should be drank daily. Always consult your doctor prior to starting your VLCD diet.

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day, this is including the water to mix in your packs. It can be harmful to consume too much water or other fluids in a short space of time. If you have any medical conditions or you are taking medication please contact your doctor prior to starting a VLCD.



Fortified with Vitamins and Minerals

Meal Replacement for Weight Control

Nutritional Information

	Per 100g	Per 37g serving
Energy KJ	1561.15	577.63
Kcal	372.95	137.99
Protein (g)	37.02	13.70
Carbs (g)	35.73	13.70
of which Sugars (g)	29.38	10.87
Fat (g)	7.22	2.67
of which Saturates (g)	3.14	1.16
of which Omega 3 (mg)	2.23	0.83
Linoleic (g)	2.23	0.83
Alpha Linolenic	0.55	0.20
Fibre (g)	7.72	2.86
Sodium (mg)	682.16	252.40

Ingredients:

Skim milk powder, milk protein concentrate, fructose, soya oil powder [soya oil, vegetable fat, whey powder, milk protein, soya lecithin, antioxidants (E304, E307), stabiliser (E451), anticaking agent (E341)], inulin, soya protein isolate, dairy creamer [glucose syrup, coconut oil, caseinate, dipotassium phosphate, lecithin, mono and diglycerides of fatty acids, beta carotene], sodium chloride, potassium chloride, potassium phosphate, thickeners (carboxymethyl cellulose, xanthan gum), strawberry flavouring, maltodextrin, colour (beetroot red), tripotassium citrate, trisodium citrate, magnesium oxide, omega 3 powder, ascorbic acid, sweetener (sucralose), vitamin K4, ferrous fumarate, zinc gluconate, dl-alpha tocopheryl acetate, manganese gluconate, niacinamide, copper gluconate, vitamin A acetate, calcium D-pantothenate, D-biotin, pyridoxine hydrochloride, folic acid, cholecalciferol, riboflavin 5'-phosphate sodium, thiamine hydrochloride, chromium picolinate, cyanocobalamin, potassium iodide, sodium molybdate, sodium selenite.

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean & nut products.

Directions for Use: Add sachet to 200 – 250ml of water and shake.

CAUTION: This product should not be used by pregnant or nursing woman, children or adolescents. 2-3 ltrs of water should be drunk daily. Always consult your doctor prior to starting your VLCD diet.

Vitamins & Minerals in Banana Shake

	Per 100g:	Per 37g:	% EU RDA -
Vitamin A (mcg)	541.94	200.52	25%
Vitamin D (mcg)	3.38	1.25	25%
Vitamin E (mg)	8.11	3.00	25%
Vitamin C (mg)	54.05	20.00	25%
Thiamine (mg)	0.74	0.28	25%
Riboflavin (mg)	5.63	2.08	148.5%
Niacin (mg)	10.81	4.00	25%
Vitamin B6 (mg)	1.36	0.50	36%
Folic Acid (mcg)	135.14	50.00	25%
Vitamin B12 (mcg)	1.85	0.83	33%
Biotin (mcg)	33.78	12.50	25%
Pantothenic Acid (mg)	4.05	1.50	25%
Vitamin K (mcg)	50.68	18.75	25%
Calcium (mg)	552.82	204.54	25.5%
Phosphorus (mg)	632.40	233.99	33.5%
Iron (mg)	10.81	4.00	28.5%
Magnesium (mg)	254.40	94.13	25%
Zinc (mg)	7.52	2.78	27.75%
Iodine (mcg)	106.55	39.46	26.25%
Potassium (mg)	1095.97	405.51	20.25%
Chloride (mg)	1109.98	410.69	51.5%
Copper (mg)	1.02	0.38	37.75%
Manganese (mg)	1.63	0.60	30.25%
Selenium (mcg)	42.65	15.78	28.75%
Molybdenum (mcg)	40.73	15.07	30.25%
Chromium (mcg)	32.54	12.04	30%

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day, this is including the water to mix in your packs. It can be harmful to consume

Fortified with Vitamins and Minerals

Meal Replacement for Weight Control

Nutritional Information:

	Per 100g	Per 37g Serving
Energy KJ	1560.89	577.53
Kcal	372.88	137.97
Protein (g)	37.02	13.70
Carbs (g)	34.76	12.86
of which Sugars (g)	28.94	10.71
Fat (g)	7.64	2.83
of which Saturates (g)	3.39	1.25
Linoleic (g)	2.23	0.83
Alpha Linolenic	0.55	0.20
of which Omega 3 (mg)	47.40	17.54
Fibre (g)	7.74	2.86
Sodium (mg)	685.60	253.67

Ingredients:

Skim milk powder, milk protein concentrate, fructose, soya oil powder [soya oil, vegetable fat, whey powder, milk protein, soya lecithin, antioxidants (E304, E307), stabiliser (E451), anticaking agent (E341)], inulin, soya protein isolate, defatted cocoa powder, dairy creamer [glucose syrup, coconut oil, caseinate, dipotassium phosphate, lecithin, mono and diglycerides of fatty acids, beta carotene], sodium chloride, potassium chloride, potassium phosphate, thickeners (carboxymethyl cellulose, xanthan gum), chocolate flavouring, tripotassium citrate, trisodium citrate, magnesium oxide, maltodextrin, omega 3 powder, ascorbic acid, sweetener (sucralose), vitamin K4, ferrous fumarate, zinc gluconate, dl-alpha tocopheryl acetate, manganese gluconate, niacinamide, copper gluconate, vitamin A acetate, calcium D-pantothenate, D-biotin, pyridoxine hydrochloride, folic acid, cholecalciferol, riboflavin 5'-phosphate sodium, thiamine hydrochloride, chromium picolinate, cyanocobalamin, potassium iodide, sodium molybdate, sodium selenite.

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean & nut products.

Directions for Use: Add contents of sachet to 200 – 250ml of water and shake.

CAUTION: This product should not be used by pregnant or nursing women, children or adolescents. 2-3 ltrs of water should be drunk daily. Always consult your doctor prior to starting your VLCD diet.

Vitamins & Minerals in Chocolate Shake

	Per 100g:	Per 37g:	% EU RDA -
Vitamin A (mcg)	541.94	200.52	25%
Vitamin D (mcg)	3.38	1.25	25%
Vitamin E (mg)	8.11	300	25%
Vitamin C (mg)	54.05	20.00	25%
Thiamine (mg)	0.74	0.28	25%
Riboflavin (mg)	0.95	0.35	25%
Niacin (mg)	10.81	4.00	25%
Vitamin B6 (mg)	1.36	0.50	36%
Folic Acid (mcg)	135.14	50.00	25%
Vitamin B12 (mcg)	1.69	0.63	25%
Biotin (mcg)	33.78	12.50	25%
Pantothenic Acid (mg)	4.05	1.50	25%
Vitamin K (mcg)	50.68	18.75	25%
Calcium (mg)	535.66	198.19	24.75%
Phosphorus (mg)	646.40	239.7	34.25%
Iron (mg)	10.80	4.00	28.5%
Magnesium (mg)	275.30	101.86	27.25%
Zinc (mg)	7.43	2.75	27.5%
Iodine (mcg)	106.35	39.35	26.25%
Potassium (mg)	1209.77	447.61	22.5%
Chloride (mg)	1108	410.26	51.25%
Copper (mg)	1.01	0.8	37.5%
Manganese (mg)	1.63	0.60	30.25%
Selenium (mcg)	42.65	15.78	28.75%
Molybdenum (mcg)	40.73	15.07	30.25%
Chromium (mcg)	32.54	12.04	30.25%

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day, this is including the water to mix in your packs. It can be harmful to consume

Meal Replacement for Weight Control

Nutritional Information:

	Per 100g	Per 37g Serving
Energy KJ	1600.69	592.25
Kcal	382.39	141.48
Protein (g)	33.84	12.52
Carbs (g)	35.61	13.17
of which Sugars (g)	14.55	5.38
Fat (g)	9.90	3.66
of which Saturates (g)	3.50	1.29
Linoleic (g)	2.23	0.83
Alpha Linolenic	0.55	0.20
Fibre (g)	7.06	2.61
Sodium (mg)	681.14	252.02

Ingredients:

Wholegrain oat flour, milk protein concentrate, skim milk powder, soya oil powder [soya oil, vegetable fat, whey powder, milk protein, soya lecithin, antioxidants (E304, E307), stabiliser (E451), anti-caking agent (E341)], soya protein isolate, fructose, dairy creamer [glucose syrup, coconut oil, caseinate, dipotassium phosphate, lecithin, mono and diglycerides of fatty acids, beta carotene], inulin, sodium chloride, potassium chloride, potassium phosphate, thickeners (carboxymethyl cellulose, xanthan gum), tripotassium citrate, trisodium citrate, magnesium oxide, omega 3 powder, ascorbic acid, vitamin K4, sweetener (sucralose), ferrous fumarate, zinc gluconate, dl-alpha tocopheryl acetate, manganese gluconate, niacinamide, copper gluconate, vitamin A acetate, calcium D-pantothenate, D-biotin, pyridoxine hydrochloride, folic acid, cholecalciferol, riboflavin 5'-phosphate sodium, thiamine hydrochloride, chromium picolinate, cyanocobalamin, potassium iodide, sodium molybdate, sodium selenite.

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean & nut products.

Directions for Use: Add sachet to 150-175 mls of cold water. Stir or whisk until fully mixed. Microwave for 60 seconds, stir and then microwave for a further 60-80 seconds. For best results, leave for 1 minute before consuming.

CAUTION: This product should not be used by pregnant or nursing women, children or adolescents. 2-3 ltrs of water should be drunk daily. Always consult your doctor prior to starting your VLCD diet.

Vitamins & Minerals in Sweetened Porridge

	Per 100g	Per 37g	%EU RDA
Vitamin A (mcg)	541.94	200.52	25%
Vitamin D (mcg)	3.38	1.25	25%
Vitamin E (mg)	8.11	3.00	25%
Vitamin C (mg)	54.05	20	25%
Thiamine (mg)	0.74	0.28	25%
Riboflavin (mg)	0.95	0.35	25%
Niacin (mg)	10.81	4.0	25%
Vitamin B6 (mg)	1.36	0.50	33%
Folic Acid (mcg)	135.14	50	25%
Vitamin B12 (mcg)	1.69	0.63	25%
Biotin (mcg)	33.78	12.50	25%
Pantothenic Acid (mg)	4.05	1.5	25%
Vitamin K (mcg)	50.68	18.75	25%
Calcium (mg)	566.12	209.46	26%
Phosphorus (mg)	762.62	282.17	40.5%
Iron (mg)	10.81	4	29%
Magnesium (mg)	290.32	107.42	28.5%
Zinc (mg)	8.63	3.19	31.9%
Iodine (mcg)	106.83	39.53	26.5%
Potassium (mg)	1210.31	447.81	22%
Chloride (mg)	1110.68	410.95	51%
Copper (mg)	1.18	0.44	44%
Manganese (mg)	2.88	1.07	53.5%
Selenium (mcg)	42.65	15.78	28%
Molybdenum (mcg)	40.73	15.07	30%
Chromium (mcg)	32.54	12.04	30%

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss

Meal Replacement for Weight Control

Nutritional Information

	Per 100g	Per 37g serving
Energy KJ	1561.25	577.66
Kcal	372.97	138
Protein (g)	37.02	13.7
Carbs (g)	35.74	13.22
of which Sugars (g)	29.08	10.76
Fat (g)	7.22	2.67
of which Saturates (g)	3.14	1.16
Linoleic (g)	2.23	0.83
Alpha Linolenic	0.55	0.20
of which Omega 3 (mg)	47.40	17.54
of which Omega 3 (mg)	47.4	17.54
Fibre (g)	7.72	2.86
Sodium (mg)	682.16	252.4

Ingredients:

Skim milk powder, milk protein concentrate, fructose, soya oil powder [soya oil, vegetable fat, whey powder, milk protein, soya lecithin, antioxidants (E304, E307), stabiliser (E451), anticaking agent (E341)], inulin, soya protein dairy creamer [glucose syrup, coconut oil, caseinate, dipotassium phosphate, lecithin, mono and diglycerides of fatty acids, beta carotene], maltodextrin, sodium chloride, potassium chloride, potassium phosphate, thickeners (carboxymethyl cellulose, xanthan gum), Vanilla flavouring, tripotassium citrate, trisodium citrate, magnesium oxide, omega 3 powder, ascorbic acid, sweetener (sucralose), vitamin K4, ferrous fumarate, zinc gluconate, d-alpha tocopheryl acetate, manganese gluconate, niacinamide, copper gluconate, vitamin A acetate, calcium D-pantothenate, D-biotin, pyridoxine hydrochloride, folic acid, cholecalciferol, riboflavin 5'-phosphate sodium, thiamine hydrochloride, chromium picolinate, cyanocobalamin, potassium iodide, sodium molybdate, sodium selenite.

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean & nut products.

Directions for Use: Add sachet to 200 – 250ml of water and shake.

CAUTION: This product should not be used by pregnant or nursing women, children or adolescents. 2-3 ltrs of water should be drank daily. Always consult your doctor prior to starting your VLCD diet.

Vitamins & Minerals in Vanilla Shake

	Per 100g:	Per 37g:	% EU RDA -
Vitamin A (mcg)	541.94	200.52	25%
Vitamin D (mcg)	3.38	1.25	25%
Vitamin E (mg)	811	3.00	25%
Vitamin C (mg)	54.05	20.00	25%
Thiamine (mg)	0.74	0.28	25%
Riboflavin (mg)	0.95	0.35	25%
Niacin (mg)	10.81	4.00	25%
VitaminB6 (mg)	1.36	0.50	36%
Folic Acid (mcg)	135.14	50.00	25%
VitaminB12 (mcg)	1.69	0.63	25%
Biotin (mcg)	33.78	12.50	25%
Pantothenic Acid (mg)	4.05	1.50	25%
Vitamin K (mcg)	50368	18.75	25%
Calcium (mg)	552.82	204.54	25.25%
Phosphorus (mg)	632.40	233.99	33.5%
Iron (mg)	10.81	4.00	28.5%
Magnesium (mg)	254.40	94.13	25%
Zinc (mg)	7.52	2.78	27.75%
Iodine (mcg)	106.65	39.46	26.25%
Potassium (mg)	1095.97	405.51	20.25%
Chloride (mg)	1109.98	410.69	51.25%
Copper (mg)	1.02	0.38	37.75%
Manganese (mg)	1.63	0.60	30.25%
Selenium (mcg)	42.65	15.78	28.75%
Molybdenum (mcg)	40.73	15.07	30.25%
Chromium (mcg)	32.54	12.04	30%

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day, this is including the water to mix in your packs. It can be harmful to consume too much water or other fluids in a short space of time. If you have any medical conditions or you are taking medication please contact your doctor prior to starting a VLCD.

Meal Replacement for Weight Control

Nutritional Information

	Per 100g	Per 37g serving
Energy KJ	1561.25	577.66
Kcal	372.97	138.0
Protein (g)	37.02	13.70
Carbs (g)	35.74	13.22
of which Sugars (g)	29.08	10.76
Fat (g)	7.22	2.67
of which Saturates (g)	3.14	1.16
Linoleic (g)	2.23	0.83
Alpha Linolenic (g)	0.55	0.20
of which Omega 3 (mg)	47.40	17.54
Fibre (g)	7.72	2.86
Sodium (mg)	682.16	252.40

Ingredients:

Skim milk powder, milk protein concentrate, fructose, soya oil powder [soya oil, vegetable fat, whey powder, milk protein, soya lecithin, antioxidants (E304, E307), stabiliser (E451), anticaking agent (E341)], inulin, soya protein isolate, dairy creamer [glucose syrup, coconut oil, caseinate, dipotassium phosphate, lecithin, mono and diglycerides of fatty acids, beta carotene], sodium chloride, potassium chloride, potassium phosphate, thickeners (carboxymethyl cellulose, xanthan gum), strawberry flavouring, maltodextrin, colour (beetroot red), tripotassium citrate, trisodium citrate, magnesium oxide, omega 3 powder, ascorbic acid, sweetener (sucralose), vitamin K4, ferrous fumarate, zinc gluconate, dl-alpha tocopheryl acetate, manganese gluconate, niacinamide, copper gluconate, vitamin A acetate, calcium D-pantothenate, D-biotin, pyridoxine hydrochloride, folic acid, cholecalciferol, riboflavin 5'-phosphate sodium, thiamine hydrochloride, chromium picolinate, cyanocobalamin, potassium iodide, sodium molybdate, sodium selenite.

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean & nut products.

Directions for Use: Add 1 flat scoop to 200 – 250ml of water and shake.

CAUTION: This product should not be used by pregnant or nursing women, children or adolescents. 2-3 ltrs of water should be drank daily. Always consult your doctor prior to starting your VLCD diet.

Vitamins & Minerals in Strawberry Shake

	Per 100g:	Per 37g:	% EU RDA -
Vitamin A (mcg)	541.94	200.52	25%
Vitamin D (mcg)	3.38	1.25	25%
Vitamin E (mg)	8.11	3.00	25%
Vitamin C (mg)	54.05	20.00	25%
Thiamine (mg)	0.74	0.28	25%
Riboflavin (mg)	0.95	0.35	25%
Niacin (mg)	10.81	4.00	25%
VitaminB6 (mg)	1.36	0.50	36%
Folic Acid (mcg)	135.14	50.00	25%
VitaminB12 (mcg)	1.69	0.63	25%
Biotin (mcg)	33.78	12.50	25%
Pantothenic Acid (mg)	4.05	1.50	25%
Vitamin K (mcg)	50.68	18.75	25%
Calcium (mg)	552.82	204.54	25.5%
Phosphorus (mg)	632.40	233.99	33.5%
Iron (mg)	10.81	4.00	28.5%
Magnesium (mg)	254.40	94.13	25%
Zinc (mg)	7.52	2.78	27.75%
Iodine (mcg)	106.65	39.46	26.25%
Potassium (mg)	1095.97	405.51	20.25%
Chloride (mg)	1109.98	410.69	51.25%
Copper (mg)	1.02	0.38	37.75%
Manganese (mg)	1.63	0.60	30.25%
Selenium (mcg)	42.65	15.78	28%
Molybdenum (mcg)	40.73	15.07	30.25%
Chromium (mcg)	32.54	12.04	30%

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day, this is including the water to mix in your packs. It can be harmful to consume too

Meal Replacement for Weight Control

Nutritional Information

	Per 100g	Per 37g serving
Energy KJ	1546	572
Kcal	369	137
Protein (g)	34.3	12.7
Carbs (g)	36.9	13.6
of which Sugars (g)	31.3	11.6
Fat (g)	7.3	3.29
of which Saturates (g)	3.1	2.7
Linoleic (g)	2.23	0.83
Alpha Linolenic (g)	0.55	0.20
of which Omega 3 (mg)	47	17.5
Fibre (g)	8.6	3.2
Sodium (mg)	685	254

Ingredients:

Skim milk powder, milk protein concentrate, yoghurt powder, soya oil powder [soya oil, vegetable fat, whey powder, milk protein, soya lecithin, antioxidants(E304, E307), stabiliser (E451), anticaking agent (E341)], inulin, soya protein isolate, dairy creamer [glucose syrup, coconut oil, caseinate, dipotassiumphosphate, lecithin, mono and diglycerides of fatty acids, beta carotene], raspberry powder, thickeners (carboxymethyl cellulose, xanthan gum), raspberry flavouring, sodium chloride, potassium chloride, potassium phosphate, tripotassium citrate, trisodium citrate, magnesium oxide, omega 3 powder, ascorbicacid, sweetener (sucralose). vitamin K4, ferrous fumarate, zinc gluconate, dl-alpha tocopheryl acetate, manganese gluconate, niacinamide, copper gluconate, vitamin A acetate, calcium D—pantothenate, D-biotin, pyridoxine hydrochloride, folic acid, cholecalciferol, riboflavin 5'-phosphate sodium, thiaminehydrochloride, chromium picolinate, cyanocobalamin, potassium iodide, sodium molybdate, sodium selenite.

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean & nut products.

Directions for Use: Add 1 flat scoop to 200 – 250ml of water and shake.

CAUTION: This product should not be used by pregnant or nursing women, children or adolescents. 2-3 ltrs of water should be drank daily. Always consult your doctor prior to starting your VLCD diet.

Vitamins & Minerals in Raspberry Yoghurt

	Per 100g:	Per 37g:	% EU RDA -
Vitamin A (mcg)	546.79	202.3	25.5%
Vitamin D (mcg)	3.37	1.2	25%
Vitamin E (mg)	8.19	3.0	25%
Vitamin C (mg)	53.93	20.0	25%
Thiamine (mg)	0.74	0.3	25%
Riboflavin (mg)	0.95	0.4	25%
Niacin (mg)	10.91	4.0	25%
VitaminB6 (mg)	1.36	0.5	25%
Folic Acid (mcg)	135.14	50.0	25%
VitaminB12 (mcg)	1.70	0.6	25%
Biotin (mcg)	33.71	12.5	25%
Pantothenic Acid (mg)	4.12	1.5	25%
Vitamin K (mcg)	50.88	18.8	25%
Calcium (mg)	613.11	226.85	28%
Phosphorus (mg)	478.41	177.01	25.5%
Iron (mg)	10.87	4.02	29%
Magnesium (mg)	263.25	97.39	33%
Zinc (mg)	6.76	2.50	51%
Iodine (mcg)	102.57	37.95	25%
Potassium (mg)	1157.78	428.38	21.5%
Chloride (mg)	1122.86	415.46	52%
Copper (mg)	0.98	0.36	36%
Manganese (mg)	1.64	0.61	30%
Selenium (mcg)	42.65	15.78	29%
Molybdenum (mcg)	40.68	15.05	30%
Chromium (mcg)	39.90	14.76	37%

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day, this is including the water to mix in your packs. It can be harmful to consume too much water or other fluids in a short space of time. If you have any medical conditions or you are taking medication please contact your doctor prior to starting a VLCD.

Meal Replacement for Weight Control

Nutritional Information

	Per 100g	Per 37g serving
Energy KJ	1517	561
Kcal	362	134
Protein (g)	36.4	13.5
Carbs (g)	33.8	12.5
of which Sugars (g)	21.5	7.9
Fat (g)	7.2	2.7
of which Saturates (g)	2.9	1.1
Linoleic (g)	2.2	0.8
Alpha Linolenic (g)	0.55	0.20
Fibre (g)	7.6	2.8
Sodium (mg)	775	287

Ingredients:

Skim milk powder. whey protein concentrate. soya oil powder [soya oil, vegetable fat. whey powder (from milk) , milk protein, soya lecithin, antioxidants (E304, E307), stabiliser (E451). anticaking agent (E341)], inulin, potato starch, soya protein isolate. dairy creamer [glucose syrup, coconut oil, caseinate, dipotassium phosphate, lecithin, mono and diglycerides of fatty acids], potassium phosphate, potassium chloride, tomato powder cumin, sodium chloride, monosodium glutamate, spices, garlic. tripotassium citrate, onion, coriander, trisodium citrate, yoghurt powder. lactic acid, magnesium oxide, sodium chloride, maltodextrin, omega 3. thickener (carboxy methyl cellulose, xanthan gum). dextrose. colour (beta carotene), coconut oil, lemon. ascorbic acid, vitamin K2—7 [menaquinone-7]. ferrous fumarate, zinc gluconate. dl—alpha tocopherol acetate. manganese gluconate. niacinamide. copper gluconate, vitamin A acetate: calcium D-pantothenate, D—biotin, pyridoxine hydrochloride. folic acid, vitamin D3 (cholecalciferol), riboflavin 5 phosphate sodium, thiamine hydrochloride. chromium picolinate, cyanocobalamin, potassium iodide, sodium molybdate, sodium selenite.

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean & nut products.

Directions for Use: Add 1 flat scoop to 200 – 250ml of hot water and stir.

CAUTION: This product should not be used by pregnant or nursing women, children or adolescents. 2-3 ltrs of water should be drank daily. Always consult your doctor prior to starting your VLCD diet.

Vitamins & Minerals in Curry Soup

	Per 100g:	Per 37g:	% EU RDA -
Vitamin A (mcg)	546.79	200	25%
Vitamin D (mcg)	3.37	1.25	25%
Vitamin E (mg)	8.19	3.0	25%
Vitamin C (mg)	53.93	20.0	25%
Thiamine (mg)	0.74	0.28	25%
Riboflavin (mg)	0.95	0.35	25%
Niacin (mg)	10.91	4.0	25%
VitaminB6 (mg)	1.36	0.5	25%
Folic Acid (mcg)	135.14	50.0	25%
VitaminB12 (mcg)	1.70	0.63	25%
Biotin (mcg)	33.71	12.5	25%
Pantothenic Acid (mg)	4.12	1.5	25%
Vitamin K (mcg)	50.88	18.75	25%
Calcium (mg)	613.11	178.74	22%
Phosphorus (mg)	478.41	218.29	31%
Iron (mg)	10.87	4.00	29%
Magnesium (mg)	263.25	92.91	25%
Zinc (mg)	6.76	2.68	26.8%
Iodine (mcg)	102.57	38.39	25%
Potassium (mg)	1157.78	400.88	20%
Chloride (mg)	1122.86	190.25	24%
Copper (mg)	0.98	0.38	37%
Manganese (mg)	1.64	0.61	30%
Selenium (mcg)	42.65	15.71	29%
Molybdenum (mcg)	40.68	15.05	30%
Chromium (mcg)	39.90	12.11	30%

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day, this is including the water to mix in your packs. It can be harmful to consume

Meal Replacement for Weight Control

Nutritional Information

	Per 100g	Per 37g serving
Energy KJ	1527.60	565.21
Kcal	364.93	135.02
Protein (g)	35.06	12.97
Carbs (g)	35.06	12.97
of which Sugars (g)	19.37	7.17
Fat (g)	7.10	2.63
of which Saturates (g)	2.87	1.06
Linoleic (g)	2.23	0.83
Alpha Linolenic (g)	0.55	0.20
Fibre (g)	7.66	2.83
Sodium (mg)	878.81	325.16

Ingredients:

Skim milk powder, whey protein concentrate, potato starch, soya oil powder, inulin, soya protein isolate, onion, creamer, peas, celery, vegetable oil, whey, carrot, vegetable flavouring [salt, hydrolyzed vegetable protein, maltodextrin, yeast, citric acid, sodium citrate], potassium chloride, leak, sodium chloride, garlic, yeast extract, herbs, pepper, tripotassium citrate, trisodium citrate, magnesium oxide, fish oil powder [fish oil, glucose syrup, mannitol, caseinate, soya protein, sodium ascorbate, tetrasodium diphosphate, lecithin, tricalcium phosphate, natural flavour, tocopherol rich extract], potassium phosphate, thickener (carboxymethyl cellulose), colour (beta carotene), ascorbic acid, menaquinone-7, ferrous fumarate, zinc gluconate, vitamin E acetate, manganese gluconate, niacinamide, copper gluconate, vitamin A acetate, calcium D pantothenate, D-biotin, pyridoxine hydrochloride, folic acid, chocecalciferol, riboflavin 5 phosphate sodium, thiamin hydrochloride, chromium picolinate, cyanocobalamin, potassium iodide, sodium molybdate, sodium selenite.

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean and & nut products.

Directions for Use: Add contents to 200 – 250ml of hot water and stir.

CAUTION: This product should not be used by pregnant or nursing women, children or adolescents. 2-3 ltrs of water should be drunk daily. Always consult your doctor prior to starting your VLCD diet.

Vitamins & Minerals in Vegetable Soup

	Per 100g:	Per 45g:	% EU RDA -
Vitamin A (mcg)	540.54	200	25.25
Vitamin D (mcg)	3.38	1.25	25
Vitamin E (mg)	8.11	3.00	25.25
Vitamin C (mg)	54.05	20	25
Thiamine (mg)	0.74	0.28	25
Riboflavin (mg)	0.95	0.35	25
Niacin (mg)	10.81	4	25.25
VitaminB6 (mg)	1.35	0.50	35.75
Folic Acid (mcg)	135.14	50	25
VitaminB12 (mcg)	1.69	0.63	25.25
Biotin (mcg)	33.78	12.5	25
Pantothenic Acid (mg)	4.05	1.5	25.5
Vitamin K (mcg)	50.68	18.75	25
Calcium (mg)	483.08	178.74	22.25
Phosphorus (mg)	589.96	218.29	31.25
Iron (mg)	10.82	4	28.5
Magnesium (mg)	251.1	92.91	24.75
Zinc (mg)	7.24	2.68	26.75
Iodine (mcg)	103.75	38.39	25.5
Potassium (mg)	1083.47	400.88	20
Chloride (mg)	333.93	123.56	15.5
Copper (mg)	1.01	0.38	37.5
Manganese (mg)	1.65	0.61	30.5
Selenium (mcg)	42.65	15.71	28.5
Molybdenum (mcg)	40.68	15.05	30
Chromium (mcg)	32.72	12.11	30.25

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day, this is including the water to mix in your packs. It can be harmful to consume too much water or other fluids in a short space of time. If you have any medical conditions or

Chicken Soup 38g

Fortified with Vitamins and Minerals

Meal Replacement for Weight Control



Nutritional Information

	Per 100g	Per 38g serving
Energy KJ	1466	557
Kcal	347	132
Protein (g)	35.2	13.4
Carbs (g)	43.6	16.6
of which Sugars (g)	21.1	8.0
Fat (g)	8.0	3.0
of which Saturates (g)	2.5	0.9
Fibre (g)	15.7	6.0
Sodium (mg)	1194	454

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean and & nut products.

Directions for Use: Mix contents with 200ml hot water. Serve immediately

CAUTION: This product should not be used by pregnant or nursing women, children or adolescents. 2-3 ltrs of water should be drank daily. Always consult your doctor prior to starting your VLCD diet.

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day, this is including the water to mix in your packs. It can be harmful to consume too much water or other fluids in a short space of time. If you have any medical conditions or you are taking medication please contact your doctor prior to starting a VLCD.

Ingredients:

Skimmed milk powder, chicory fibre soya protein, soy fat powder, milk protein, potato starch yeast extract, potassium citrate, chicken flavour, fat powder, leek powder, cellulose gum, salt, calcium phosphate potassium chloride, onion powder, vitamin premix, magnesium oxide, leek flakes, di potassium phosphate, sage flavour, sage leaves, beta carotene, black pepper (Skimmed Milk Powder (36%), Inulin, Soya Protein, Milk Protein, Soya Oil, Modified Potato Starch, Yeast Extract, Potassium Citrate, Flavourings, Dried Vegetables (3%)(Leek, Onion), Maltodextrin, Vegetable Fat, Milk Protein, Cellulose Gum, Calcium Phosphate, Potassium Chloride, Vitamin & Mineral Mix (Sodium Ascorbate, Ferric Pyrophosphate, Vitamin E, Zinc Sulphate, Nicotinamide, Vitamin A Acetate, Sodium Molybdate, Sodium Selenite, Copper Sulphate, Calcium d-Pantothenate, Sodium Fluoride, Manganese Sulphate, d-Biotin, Chromium Chloride, Potassium Iodide, Vitamin B12, Pyridoxine Hydrochloride, Folic Acid, Vitamin D3, Vitamin K1, Thiamin Mononitrate, Riboflavin), Magnesium Oxide, Dried Glucose, Potassium Phosphate, Soy Lecithin, Dried Sage, Antioxidants: E304, E307; Colour: Beta Carotene; Spice.)

Vitamins & Minerals in Chicken Soup

	Per 100g:	Per 38g:	% EU RDA -
Biotin (µg)	33	12.5	25
Chromium (µg)	26	10	25
Copper (mg)	1.0	0.375	38
Fluoride (mg)	2.3	0.875	25
Folic Acid (µg)	132	50	25
Iodine (µg)	99.7	37.5	25
Iron (mg)	10.5	4	29
Manganese (mg)	1.44	0.55	28
Molybdenum (µg)	33	12.5	25
Niacin (mg)	12.90	4.9	31
Pantothenic acid (mg)	4.0	1.5	25
Selenium (µg)	36.18	13.75	25
Vitamin A (µg)	526	200	25
Vitamin B1 (µg)	0.724	0.275	25
Vitamin B12 (mg)	1.65	0.625	25
Vitamin B2 (mg)	1.05	0.4	29
Vitamin B6 (mg)	1.32	0.5	36
Vitamin C (mg)	52.63	20.0	25
Vitamin D (µg)	3.289	1.25	25
Vitamin E (mg)	7.9	3.0	25
Vitamin K1 (µg)	66	25	33
Zinc (mg)	6.6	2.5	25
Potassium mg	2256	857	43
Calcium mg	829	315	39
Magnesium mg	250	95	25
Phosphorus mg	728	276	40
Chloride mg	1214	461	58

Tomato & Basil Soup 38g

Fortified with Vitamins and Minerals

Meal Replacement for Weight Control



Nutritional Information

Energy (Kcal)	342	130
Energy (KJ)	1453	552
Protein (g)	33.4	12.7
Total Carbohydrates (g)	42.6	16.3
Available Carbohydrates (g)	23.8	9.1
- Sugars (g)	11.9	4.5
Fat (g)	8.5	3.2
- Saturates (g)	1.7	0.6
- LA (g)	3.175	1.207
Fibre (g)	18.8	7.2
Sodium (mg)	1185	450

Allergies: this product is manufactured in a plant that handles dairy, corn, soya, oats, wheat, egg, garlic, yeast, crustacean and & nut products.

Directions for Use: Mix contents with 200ml hot water. Serve immediately

CAUTION: This product should not be used by pregnant or nursing women, children or adolescents. 2-3 ltrs of water should be drank daily. Always consult your doctor prior to starting your VLCD diet.

IMPORTANT

Use as directed as a total food replacement or in combination with a healthy diet for weight control. It is recommended to seek medical advice before starting this or any other weight loss programme. When following a VLCD (Very Low Calorie Diet) it is essential to drink 2 to 3 litres of water per day, this is including the water to mix in your packs. It can be harmful to consume too much water or other fluids in a short space of time. If you have any medical conditions or you are taking medication please contact your doctor prior to starting a VLCD.

Ingredients:

Soya protein, chicory fibre (inulin), tomato powder, milk protein, fat powder, potato starch, skimmed milk powder, potassium citrate, beetroot powder, beta carotene, salt, paprika, tomato flavour, cellulose gum, yeast extract, calcium chloride, potassium chloride, onion powder, magnesium oxide, vitamin premix, basil flavour, di potassium phosphate, citric acid, basil leaves black pepper, sucralose. (soya protein, inulin, dried tomato (13%), milk protein, modified potato starch, skimmed milk powder, soya oil, potassium citrate, colours: beetroot powder, beta carotene; salt, paprika, flavourings, cellulose gum, dried glucose, yeast extract, calcium chloride, potassium chloride, dried onion, magnesium oxide, vitamin & mineral mix (sodium ascorbate, ferric pyrophosphate, vitamin e, zinc sulphate monohydrate, nicotinamide, vitamin a acetate, sodium molybdate, sodium selenite, copper sulphate, calcium d-pantothenate, sodium fluoride, manganese sulphate monohydrate, d-biotin, chromium chloride, potassium iodide, vitamin b12, pyridoxine hydrochloride, folic acid, vitamin d3, vitamin k1, thiamin mononitrate, riboflavin), potassium phosphate, citric acid, dried basil, spice, casein, emulsifier: e451i; sucralose)

Vitamins & Minerals in Chicken Soup

	Per 100g:	Per 38g:	% EU RDA -
Biotin (µg)	33	12.5	25
Chromium (µg)	26	10	25
Copper (mg)	1.0	0.375	38
Fluoride (mg)	2.3	0.875	25
Folic Acid (µg)	132	50	25
Iodine (µg)	99	37.5	25
Iron (mg)	10.5	4	29
Manganese (mg)	1.44	0.55	28
Molybdenum (µg)	33	12.5	25
Niacin (mg)	13.0	4.9	31
Pantothenic acid (mg)	4.0	1.5	25
Selenium (µg)	36	13.75	25
Vitamin A (µg)	526	200	25
Vitamin B1 (µg)	0.72	0.275	25
Vitamin B12 (mg)	1.65	0.625	25
Vitamin B2 (mg)	1.05	0.4	29
Vitamin B6 (mg)	1.32	0.5	36
Vitamin C (mg)	53	20	25
Vitamin D (µg)	3.29	1.25	25
Vitamin E (mg)	7.9	3.0	25
Vitamin K1 (µg)	66	25	33
Zinc (mg)	6.4	2.5	25
Potassium mg	2332	886	44
Calcium mg	548	208	26
Magnesium mg	251	96	26
Phosphorus mg	484	184	26
Chloride mg	1505	572	72

Water Flavours

Nutritional Information

	Per 100g	Per 5g
Energy Kcal	113	6
Energy Kj	474	24
Protein (g)	0.00	0.00
Carbohydrate (g)	8.9	0.4
of which sugar (g)	6	0
Fat (g)	0	0
of which saturates (g)	0	0
Fibre (g)	78	4
Sodium (mg)	35	2

Directions:

Add 1tsp (5g) to 350/500ml still or sparkling water

Shake or stir until dissolved

Lemon Flavour

Ingredients:

Inulin, malic acid, pineapple flavour, colour (beet red), sweetener (sucralose).

Pineapple Flavour

Ingredients:

Inulin, malic acid, pineapple flavour, colour (beet red), sweetener (sucralose).

Apple Flavour

Ingredients:

Inulin, malic acid, apple flavour, sweetener (sucralose) colour (copper chlorophyll)

Mango Flavour

Ingredients:

Inulin, malic acid, mango flavour, colour (beta carotene), sweetener (sucralose),.

Orange Flavour

Ingredients:

Inulin, malic acid, orange flavour, sweetener (sucralose), colour (beta carotene).