



*Sos  
Shape*

# **GUIDE FOR A SUCCESSFUL CHALLENGE!**



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**Feel free to get in touch with us. We are very friendly, we promise!**

# THE SO SHAPE METHOD



- 01** **A SO SHAPE SHAKE IN THE MORNING**  
Fill up on nutrients before starting your day.



- 02** **FREE LUNCH!**  
Keep it reasonable and don't get frustrated. Find inspiration in our booklet and try to always have a source of protein and vegetables.



- 03** **A SO SHAPE MEAL IN THE EVENING.**  
Mac & Cheddar Cheese Flavour, Arrabbiata Flavoured Pasta, Curry Flavoured Risotto, Chili Sin Carne... Or a Shake, if you like!

# THE **5** SO SHAPE COMMANDMENTS

## 1 FOLLOW OUR PREPARATION INSTRUCTIONS TO THE LETTER

A shaker not cold enough or a hot meal with too much water, and you end up with a mess!

## 2 FOCUS ON PROTEIN & FIBRE FOR YOUR FREE BREAKFAST

These nutrients help fill you up.

## 3 DRINK WELL (1,5L PER DAY)

Keep away from sugary or alcoholic drinks.

## 4 PLEASURE HELPS TO HANG ON THINK OPEN FOOD & SO SHAPE SNACKS

Always have a snack on hand. Our So Shape snacks are packed with protein and low in sugar. The best way to get rid of a temptation is to give in to it, guilt-free.

## 5 HELP! WHAT TO DO WHEN DINING OUT.

- 1 So Shape Shake in the morning
- 1 So Shape Meal at noon
- 1 So Shape Snack or Shake towards the end of the afternoon to avoid overeating in the evening for your free meal.

# OPEN FOODS

## TO AVOID:

- Alcohol, sugary drinks, juices or sodas.
- Eat fruits outside of free meals.



## GOOD SOURCES OF PROTEIN

- 0% cottage cheese
- Chicken breast
- Tuna in its natural state
- Tofu
- White fish
- Shrimps
- Non-fat cream cheese
- Turkey breast
- Non-fat plain Greek yogurt
- Plain soy dessert
- Egg white
- King shrimp
- Soy milk



## VEGETABLES

- Bell peppers
- Cucumbers
- Radishes
- White cabbage
- Gherkins/Capers
- Mushrooms
- Fennel
- Palm hearts
- Zucchini
- Asparagus
- Broccoli
- Celery
- Tomatoes
- Green beans
- Leeks
- Green salad
- Endive
- Cauliflower
- Spinach
- Eggplant



## SEASONINGS

- Lemon juice
- Vinegar
- Aromatic herbs
- Spices



## SO SHAPE SNACKS

- **Smart Bars**  
Vanilla & Almond flavour, Brownie flavour, Cookie Cream flavour, Peanut Butter flavour.
- **Smart Pancakes mix**  
• **Smart Granola**  
Chocolate flavour, Red Berries
- **Smart Cookies**  
Chocolate Chips, Double Choco, Almond flavour & White Chocolate

# SNACK BRKFST

**PUT AN END TO SUGAR  
ADDICTION**

Free yourself from sugar  
and regain control.



**10G**  
of protein per  
snack on average

Sugar is the enemy of our shape and health. As soon as we eat it, we get even hungrier! It's hard to do without it when you have a sweet tooth, during a break or at breakfast. With our So Shape Snacks, avoid cravings that ruin all your efforts! Put all the odds on your side!

**0,5G**  
of sugar per  
snack on average

**WHO recommendation:**  
Reduce sugar to less than 10% of our intake.








## PREPARATION

# SWEET SHAKES



-  1. Pour 350 mL of chilled water into the shaker.
-  2. Add the contents of the sachet, all at once.
-  3. Shake well! Shake shake shake!!

### The flavours

Chocolate • Cookie & Cream • Cappuccino • Brownie  
Stracciatella • Speculoos • Vanilla & White Chocolate  
Sea Salt Caramel • Hazelnut • Coco Choco • Banana Choco

### Even better with ice:

Mint Chocolate Chip • Lemon Cheesecake • Mango-Passion  
Fruit • Red Berry • Strawberry

## PREPARATION

# HOT MEALS WITH FUSILLI


Preparation video



### KETTLE

-  1. Boil water in a kettle.
-  2. In the cup, measure the water up to the 2<sup>nd</sup> mark (130mL).  
If you use a bowl: measure 110mL of boiling water into your shaker.
-  3. Add the pasta from the sachet in the cup with the water.
-  4. Pour the powder from the sachet in the cup, and mix with a fork.
-  5. Close the flaps, leave it for 5 minutes and enjoy!  
If you use a bowl: cover with a plate.

### MICROWAVE

-  1. In the cup, measure the water up to the 2<sup>nd</sup> mark (130mL).  
If you use a bowl: measure 110mL of water into your shaker.
-  2. Add the pasta from the sachet in the cup with the water.
-  3. Cook in microwave with open flaps, at 800W for 1 min 30.
-  4. Pour the powder from the sachet into the cup and mix with a fork.
-  5. Leave it for 5 minutes and enjoy!

### The Flavours

Arrabbiata pasta - Pesto pasta - Veggie Bolognese pasta

## PREPARATION



# HOT MEALS

## WITH MACARONI

Preparation video



### KETTLE

-  **Boil water** in a kettle.
-  In the cup, **measure the water up to the 1<sup>st</sup> mark** (90mL).
-  **Add the pasta** from the sachet in the cup with the water.
-  **Close the flaps and leave it for 5 minutes.**  
**If you use a bowl:** cover with a plate.
-  **Pour the powder from the sachet** into the cup, mix with a fork and enjoy!



### MICROWAVE

-  In the cup, **measure the water up to the 1<sup>st</sup> mark** (90mL).
-  **Add the pasta** from the sachet in the cup with the water.
-  **Cook in microwave** with open flaps, at 800W for 1 min 20.
-  **Close the flaps and leave it for 5 minutes.**  
**If you use a bowl:** cover with a plate.
-  **Pour the powder from the sachet** into the cup, mix with a fork and enjoy!

### The flavours

Mac & Cheese Cheddar • Mac & Cheese White Cheddar • Pasta Truffe

## PREPARATION





# HOT MEALS

## WITH RICE

Preparation video



### KETTLE

-  **Boil water** in a kettle.
-  In the cup, **measure the water up to the 2<sup>nd</sup> mark** (130mL).
-  **Add the rice** from the sachet in the cup with the water.
-  **Pour the powder from the sachet** into the cup, and mix with a fork.
-  **Close the flaps, leave it for 6 minutes** and enjoy!  
**If you use a bowl:** cover with a plate.

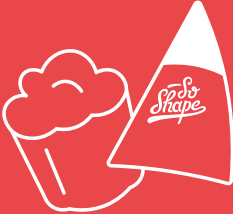
### MICROWAVE

-  In the cup, **measure the water up to the 2<sup>nd</sup> mark** (130mL).
-  **Add the rice** from the sachet in the cup with the water.
-  **Cook in microwave** with open flaps, at 800W for 1 min 30.
-  **Pour the powder from the sachet** into the cup, and mix with a fork.
-  **Close the flaps, leave it for 6 minutes** and enjoy!  
**If you use a bowl:** cover with a plate.

### The flavours

Mushroom risotto - Chili Sin Carne - Curry risotto

# LES RECETTES SO SHAPE



## Chocolate Mousse Healthy Version

For 4 servings

### INGRÉDIENTS:

- 1 So Shape Chocolate Flavour
- 150ml of water
- 120g of fat-free cottage cheese
- 2 egg whites

1. Mix the powder from the sachet with 150ml of water.
2. Add the cottage cheese.
3. Beat the egg whites until stiff and fold into the mixture, mixing gently with a spatula.
4. Pour the pre-preparedness into the ramekins and let it rest for at least 30 minutes in the refrigerator.



## Salty cake 🥰

For 2 cakes

### INGRÉDIENTS:

- 1 salty So Shape (your choice)
- 2 egg whites
- 3 tablespoons of water

1. Mix the powder from the sachet with 3 tablespoons of water.
2. Beat egg whites until stiff, then gradually fold into the mixture.
3. Continue to mix gently until the mixture is frothy.
4. Pour the preparation into small molds and bake for 25 minutes in an oven at 180°C.



## Cheese Soufflé 🧀

For 3 small soufflés

### INGRÉDIENTS :

- 2 So Shape Mac & Cheese Cheddar Flavour
- 100g of fat-free cottage cheese
- 1 plain yogurt
- 3 egg whites
- Chives and pepper

1. Mix the powder of the 2 sachets with the plain yogurt. Then add the cottage cheese.
2. Beat the egg whites until stiff, then gradually fold them into the mixture. The preparation must keep a frothy aspect. Add pepper to taste.
3. Pour the preparation into small molds and bake for 20 minutes in an oven at 160°C.
4. Garnish the soufflés with chives.





# WHAT TO EAT DURING FREE LUNCH?

## No food is forbidden... But don't go overboard!

Avoid eating a burger every day or just 5 salad leaves. It is very important to eat at set times and never skip meals.

## EXAMPLE OF A WELL-BALANCED BREAKFAST



### 25% PROTEINS:

Egg  
Fish  
Meat  
Tofu

### 50% VEGETABLES:

rich in fibre

### 25% STARCHY FOODS:

Potatoes  
Whole grain rice  
Lentils  
Quinoa

## HERE ARE SOME MEAL IDEAS THAT YOU MIGHT LIKE:



Rice, green beans,  
mushrooms and salmon.



Pasta, ratatouille  
and chicken.



Quinoa wok with zucchini,  
carrots, onion and garlic.



Turkey & cheese stuffed omelette  
with spinach salad, arugula and potatoes.



Beef tenderloin, sautéed beets  
and broccoli, roasted sweet potatoes  
with paprika.



### Stay tuned:

We often share healthy & gourmet  
inspiration for the free lunch.

## EXTRA TIPS:

1. When cooking in batches, prepare pre-cut vegetables to have Open Food ahead of time!
2. Always choose a well-balanced and composed meal instead of a salad. They are often not filling and full of hidden calories.
3. If you want to cook at lunch, choose simple meals and avoid fancy ingredients. There are no magic ingredients for a balanced meal, it's all about the composition!



# 4 MOST FREQUENTLY ASKED QUESTIONS

## 01 IS IT POSSIBLE TO REPLACE WATER WITH MILK FOR DRINKING MEALS?

**Yes, occasionally with skim or plant milk.**

This does not affect your results but it does add a few calories. Be aware however that some plant milks are often sweetened.

## 02 HOW TO AVOID GAINING WEIGHT AFTER MY CHALLENGE?

Avoid falling into the easy traps:

- I'm feeling peckish: always have a So Shape Snack nearby.
- I've gone overboard: do a So Shape Day to compensate for an overindulgence.
- Alcohol, juices and sodas: avoid as much as possible!
- Try to have a source of protein and fibre at every meal.

## 03 HOW TO WASH MY SHAKER ?

**Cap:** by hand.

**Bottle:** in the dishwasher or by hand.

**Electric shaker:** only by hand.

(see instructions in the dedicated manual).

## 04 COMBIEN DE TEMPS PEUT-ON CONSERVER UN REPAS SO SHAPE ?

**Once prepared:** consume within the hour.

**In its packaging:** the date is located under the fold of the bag. DMD (Date of Minimum Durability). Even exceeded the consumption is without risk for health.

## SO SHAPE : LOSE WEIGHT AND KEEP YOUR RESULTS!

### **Lose weight with So Shape.**

Replacing 2 main meals daily with a So Shape meal replacement contributes to weight loss.

### **Stabiliser son poids et maintenir ses résultats avec So Shape.**

Replacing 1 main meal daily with a So Shape meal replacement helps maintain your weight.

To be used as part of a low-calorie diet to obtain the desired effect.

Make sure you have a healthy lifestyle and a varied and balanced diet.

**It is essential to drink enough water in a day.**

Store in a cool, dry place.

To be consumed within one hour after preparing the meal replacement.

Not recommended for children, pregnant or nursing women.

## CHOCOLATE FLAVOUR

Nutritional information	Per 100g	Per serving of 60g in 350mL of water	%* per serving
<b>Energy</b>	373 kcal 1570 kJ	224 kcal 942 kJ	11 %
<b>Fat</b>	9 g	5.4 g	8 %
Of which saturates	1.7 g	1 g	5 %
Of which monounsaturates	2 g	1.1 g	
Of which polyunsaturates	3.8 g	2.3 g	
<b>Carbohydrate</b>	31 g	18 g	7 %
Of which sugars	8.4 g	5 g	6 %
<b>Fibre</b>	7.7 g	4.6 g	
<b>Protein</b>	39 g	23 g	46 %
<b>Salt</b>	0.8 g	0.5 g	8 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 350mL of water	%NRV** per serving
<b>Vitamin A</b>	863 µg	518 µg	65 %
<b>Vitamin D</b>	5.4 µg	3.3 µg	66 %
<b>Vitamin E</b>	13 mg	8 mg	67 %
<b>Vitamin C</b>	86 mg	52 mg	65 %
<b>Vitamin K</b>	81 µg	48 µg	64 %
<b>Thiamin (B1)</b>	1.3 mg	0.8 mg	73 %
<b>Riboflavin (B2)</b>	1.9 mg	1.1 mg	79 %
<b>Niacin (PP or B3)</b>	18 mg	11 mg	69 %
<b>Vitamin B6</b>	1.8 mg	1.1 mg	79 %
<b>Folic acid (B9)</b>	229 µg	137 µg	69 %
<b>Vitamin B12</b>	2.9 µg	1.8 µg	72 %
<b>Biotin (B8 or H)</b>	55 µg	33 µg	66 %
<b>Pantothenic Acid (B5)</b>	7 mg	4.2 mg	70 %
<b>Sodium</b>	335 mg	201 mg	
<b>Potassium</b>	913 mg	548 mg	27 %
<b>Calcium</b>	445 mg	267 mg	33 %
<b>Phosphorus</b>	663 mg	398 mg	57 %
<b>Magnesium</b>	313 mg	188 mg	50 %
<b>Iron</b>	14 mg	8.5 mg	61 %
<b>Zinc</b>	7.7 mg	4.6 mg	46 %
<b>Copper</b>	1 mg	0.6 mg	60 %
<b>Manganese</b>	1.9 mg	1.1 mg	55 %
<b>Selenium</b>	35 µg	21 µg	38 %
<b>Iodine</b>	91 µg	55 µg	37 %
<b>Omega 6 Linoleic Acid</b>	1.8 g	1.1 g	
<b>Omega 3 Linolenic Acid</b>	1.3 g	0.8 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Chocolate flavoured powdered meal replacement for weight management with sweeteners.**

**Ingredients:** Milk proteins, gluten-free oat flour, skimmed milk powder, low fat cocoa powder 10%, yellow flax seeds, rice flour, vegetable fat (sunflower oil, maltodextrin, gum acacia), minerals (magnesium phosphate, potassium chloride, potassium phosphate, tricalcium phosphate, potassium citrate, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), pea protein, flavourings, chocolate 1.3% (sugar, cocoa paste, low fat cocoa powder), thickeners : guar gum and xanthan gum, salt, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), sweeteners : acesulfame potassium, sucralose and steviol glycosides (stevia rebaudiana extract).

## VANILLA & WHITE CHOCOLATE FLAVOUR

Nutritional information	Per 100g	Per serving of 60g in 350mL of water	%* per serving
<b>Energy</b>	386 kcal 1626 kJ	232 kcal 976 kJ	12 %
<b>Fat</b>	10 g	6 g	9 %
Of which saturates	4.2 g	2.5 g	13 %
Of which monounsaturates	1.8 g	1.1 g	
Of which polyunsaturates	3.7 g	2.2 g	
<b>Carbohydrate</b>	31 g	19 g	7 %
Of which sugars	8.3 g	5 g	6 %
<b>Fibre</b>	4 g	2.4 g	
<b>Protein</b>	41 g	24 g	48 %
<b>Salt</b>	0.8 g	0.5 g	8 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 350mL of water	%NRV** per serving
<b>Vitamin A</b>	844 µg	507 µg	63 %
<b>Vitamin D</b>	5.3 µg	3.2 µg	64 %
<b>Vitamin E</b>	13 mg	7.8 mg	65 %
<b>Vitamin C</b>	84 mg	51 mg	64 %
<b>Vitamin K</b>	79 µg	47 µg	63 %
<b>Thiamin (B1)</b>	1.2 mg	0.7 mg	64 %
<b>Riboflavin (B2)</b>	1.7 mg	1 mg	71 %
<b>Niacin (PP or B3)</b>	17 mg	10 mg	63 %
<b>Vitamin B6</b>	1.6 mg	1 mg	71 %
<b>Folic acid (B9)</b>	217 µg	130 µg	65 %
<b>Vitamin B12</b>	2.8 µg	1.7 µg	68 %
<b>Biotin (B8 or H)</b>	54 µg	32 µg	64 %
<b>Pantothenic Acid (B5)</b>	6.7 mg	4 mg	67 %
<b>Sodium</b>	310 mg	186 mg	
<b>Potassium</b>	839 mg	504 mg	25 %
<b>Calcium</b>	579 mg	347 mg	43 %
<b>Phosphorus</b>	679 mg	407 mg	58 %
<b>Magnesium</b>	349 mg	209 mg	56 %
<b>Iron</b>	14 mg	8.1 mg	58 %
<b>Zinc</b>	9.4 mg	5.7 mg	57 %
<b>Copper</b>	1 mg	0.6 mg	60 %
<b>Manganese</b>	2.1 mg	1.3 mg	65 %
<b>Selenium</b>	49 µg	29 µg	53 %
<b>Iodine</b>	130 µg	78 µg	52 %
<b>Omega 6 Linoleic Acid</b>	1.7 g	1 g	
<b>Omega 3 Linolenic Acid</b>	1.3 g	0.8 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Vanilla and white chocolate flavoured powdered meal replacement for weight management with sweeteners.**

**Ingredients:** Milk proteins, gluten-free oat flour, skimmed milk powder, rice flour, yellow flax seeds, vegetable fat (sunflower oil, maltodextrin), minerals (magnesium phosphate, tricalcium phosphate, potassium phosphate, potassium citrate, potassium chloride, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), pea protein, soluble fibre, flavourings, natural flavouring, thickeners: guar gum and xanthan gum, salt, flavouring, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), sweeteners: acesulfame potassium, sucralose and steviol glycosides (stevia rebaudiana extract).

## CAPPUCCINO FLAVOUR

Nutritional information	Per 100g	Per serving of 60g in 350mL of water	%* per serving
<b>Energy</b>	359 kcal 1519 kJ	216 kcal 911 kJ	11 %
<b>Fat</b>	7.4 g	4.5 g	6 %
Of which saturates	1.9 g	1.2 g	6 %
Of which monounsaturates	1.6 g	1 g	
Of which polyunsaturates	3.7 g	2.2 g	
<b>Carbohydrate</b>	28 g	17 g	7 %
Of which sugars	6.7 g	4 g	4 %
<b>Fibre</b>	5.1 g	3.1 g	
<b>Protein</b>	42 g	25 g	50 %
<b>Salt</b>	0.8 g	0.5 g	8 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 350mL of water	%NRV** per serving
<b>Vitamin A</b>	855 µg	513 µg	64 %
<b>Vitamin D</b>	5.3 µg	3.2 µg	64 %
<b>Vitamin E</b>	13 mg	7.8 mg	65 %
<b>Vitamin C</b>	86 mg	51 mg	64 %
<b>Vitamin K</b>	80 µg	48 µg	64 %
<b>Thiamin (B1)</b>	1.2 mg	0.7 mg	64 %
<b>Riboflavin (B2)</b>	1.7 mg	1 mg	71 %
<b>Niacin (PP or B3)</b>	17 mg	10 mg	63 %
<b>Vitamin B6</b>	1.6 mg	1 mg	71 %
<b>Folic acid (B9)</b>	220 µg	132 µg	66 %
<b>Vitamin B12</b>	2.9 µg	1.7 µg	68 %
<b>Biotin (B8 or H)</b>	55 µg	33 µg	66 %
<b>Pantothenic Acid (B5)</b>	6.7 mg	4 mg	67 %
<b>Sodium</b>	324 mg	195 mg	
<b>Potassium</b>	880 mg	528 mg	26 %
<b>Calcium</b>	620 mg	372 mg	47 %
<b>Phosphorus</b>	731 mg	438 mg	63 %
<b>Magnesium</b>	371 mg	222 mg	59 %
<b>Iron</b>	14 mg	8.5 mg	61 %
<b>Zinc</b>	9.6 mg	5.8 mg	58 %
<b>Copper</b>	0.9 mg	0.6 mg	60 %
<b>Manganese</b>	2.1 mg	1.3 mg	65 %
<b>Selenium</b>	49 µg	29 µg	53 %
<b>Iodine</b>	132 µg	79 µg	53 %
<b>Omega 6 Linoleic Acid</b>	1.8 g	1.1 g	
<b>Omega 3 Linolenic Acid</b>	1.3 g	0.8 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Coffee flavoured powdered meal replacement for weight management with sweeteners.**

**Ingredients:** Milk proteins, gluten-free oat flour, rice flour, skimmed milk powder, yellow flax seeds, coffee powder, vegetable fat (sunflower oil, maltodextrin), minerals (magnesium phosphate, potassium phosphate, tricalcium phosphate, potassium citrate, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), pea protein, flavouring, low fat cocoa powder, thickeners: guar gum and xanthan gum, soluble fibre, salt, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), sweeteners: acesulfame potassium, sucralose and steviol glycosides (stevia rebaudiana extract).

## STRACCIATELLA FLAVOUR

Nutritional information	Per 100g	Per serving of 60g in 350mL of water	%* per serving
<b>Energy</b>	369 kcal 1572 kJ	224 kcal 943 kJ	11 %
<b>Fat</b>	8.6 g	5.1 g	7 %
Of which saturates	2.7 g	1.6 g	8 %
Of which monounsaturates	2 g	1.2 g	
Of which polyunsaturates	3.7 g	2.2 g	
<b>Carbohydrate</b>	29 g	17 g	7 %
Of which sugars	9.3 g	5.6 g	6 %
<b>Fibre</b>	6.6 g	4 g	
<b>Protein</b>	42 g	25 g	50 %
<b>Salt</b>	1 g	0.6 g	10 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 350mL of water	%NRV** per serving
<b>Vitamin A</b>	856 µg	514 µg	64 %
<b>Vitamin D</b>	5.4 µg	3.2 µg	64 %
<b>Vitamin E</b>	13 mg	7.9 mg	66 %
<b>Vitamin C</b>	86 mg	51 mg	64 %
<b>Vitamin K</b>	80 µg	48 µg	64 %
<b>Thiamin (B1)</b>	1.2 mg	0.7 mg	64 %
<b>Riboflavin (B2)</b>	1.7 mg	1 mg	71 %
<b>Niacin (PP or B3)</b>	17 mg	10 mg	63 %
<b>Vitamin B6</b>	1.6 mg	1 mg	71 %
<b>Folic acid (B9)</b>	219 µg	132 µg	66 %
<b>Vitamin B12</b>	2.9 µg	1.7 µg	68 %
<b>Biotin (B8 or H)</b>	55 µg	33 µg	66 %
<b>Pantothenic Acid (B5)</b>	6.8 mg	4.1 mg	68 %
<b>Sodium</b>	392 mg	235 mg	
<b>Potassium</b>	987 mg	592 mg	30 %
<b>Calcium</b>	565 mg	339 mg	42 %
<b>Phosphorus</b>	685 mg	411 mg	59 %
<b>Magnesium</b>	353 mg	212 mg	57 %
<b>Iron</b>	14 mg	8.6 mg	61 %
<b>Zinc</b>	9.6 mg	5.8 mg	58 %
<b>Copper</b>	1.1 mg	0.7 mg	70 %
<b>Manganese</b>	2.1 mg	1.3 mg	65 %
<b>Selenium</b>	49 µg	29 µg	53 %
<b>Iodine</b>	132 µg	79 µg	53 %
<b>Omega 6 Linoleic Acid</b>	1.8 g	1.1 g	
<b>Omega 3 Linolenic Acid</b>	1.3 g	0.8 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Stracciatella flavoured powdered meal replacement for weight management with sweeteners.**

**Ingredients:** Milk proteins, gluten-free oat flour, rice flour, skimmed milk powder, chocolate (sugar, cocoa paste, low fat cocoa powder), yellow flax seeds, vegetable fat (sunflower oil, maltodextrin), minerals (magnesium phosphate, potassium phosphate, tricalcium phosphate, potassium citrate, potassium chloride, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), soluble fibre, flavouring, pea protein, thickeners: guar gum and xanthan gum, salt, vitamins (C, E, B3, A, B5, B6, B1, B2, B9, K, B8, B12), sweeteners: acesulfame potassium, sucralose and steviol glycosides (stevia rebaudiana extract).

## MINT & CHOCOLATE CHIP FLAVOUR

Nutritional information	Per 100g	Per serving of 60g in 350mL of water	%* per serving
<b>Energy</b>	373 kcal 1581 kJ	225 kcal 948 kJ	11 %
<b>Fat</b> Of which saturates Of which monounsaturates Of which polyunsaturates	8.3 g 2.5 g 1.9 g 3.7 g	5 g 1.5 g 1.2 g 2.2 g	7 % 8 %
<b>Carbohydrate</b> Of which sugars	32 g 9 g	19 g 5.4 g	7 % 6 %
<b>Fibre</b>	4.8 g	2.9 g	
<b>Protein</b>	41 g	25 g	50 %
<b>Salt</b>	0.7 g	0.4 g	7 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 350mL of water	%NRV** per serving
<b>Vitamin A</b>	856 µg	514 µg	64 %
<b>Vitamin D</b>	5.4 µg	3.2 µg	64 %
<b>Vitamin E</b>	13 mg	7.9 mg	66 %
<b>Vitamin C</b>	86 mg	51 mg	64 %
<b>Vitamin K</b>	80 µg	48 µg	64 %
<b>Thiamin (B1)</b>	1.2 mg	0.7 mg	64 %
<b>Riboflavin (B2)</b>	1.7 mg	1 mg	71 %
<b>Niacin (PP or B3)</b>	18 mg	11 mg	69 %
<b>Vitamin B6</b>	1.7 mg	1 mg	71 %
<b>Folic acid (B9)</b>	220 µg	132 µg	66 %
<b>Vitamin B12</b>	2.9 µg	1.7 µg	68 %
<b>Biotin (B8 or H)</b>	55 µg	33 µg	66 %
<b>Pantothenic Acid (B5)</b>	6.8 mg	4.1 mg	68 %
<b>Sodium</b>	293 mg	176 mg	
<b>Potassium</b>	860 mg	516 mg	26 %
<b>Calcium</b>	634 mg	380 mg	48 %
<b>Phosphorus</b>	715 mg	429 mg	61 %
<b>Magnesium</b>	356 mg	213 mg	57 %
<b>Iron</b>	14 mg	8.3 mg	59 %
<b>Zinc</b>	9.6 mg	5.7 mg	57 %
<b>Copper</b>	1 mg	0.6 mg	60 %
<b>Manganese</b>	2.2 mg	1.3 mg	65 %
<b>Selenium</b>	49 µg	30 µg	55 %
<b>Iodine</b>	132 µg	79 µg	53 %
<b>Omega 6 Linoleic Acid</b>	1.7 g	1 g	
<b>Omega 3 Linolenic Acid</b>	1.3 g	0.8 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Chocolate mint flavoured powdered meal replacement for weight management with sweeteners.**

**Ingredients:** Milk proteins, gluten-free oat flour, rice flour, skimmed milk powder, yellow flax seeds, vegetable fat (sunflower oil, maltodextrin), chocolate (sugar, cocoa powder, low fat cocoa powder), minerals (magnesium phosphate, tricalcium phosphate, potassium phosphate, potassium citrate, potassium chloride, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), pea protein, soluble fibre, concentrated (safflower and spirulina), flavourings, thickeners: guar gum and xanthan gum, salt, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), peppermint extract, sweeteners: acesulfame potassium, sucralose and steviol glycosides (stevia rebaudiana extract).

## COOKIE CREAM FLAVOUR

Nutritional information	Per 100g	Per serving of 60g in 350mL of water	%* per serving
<b>Energy</b>	367 kcal 1557 kJ	222 kcal 934 kJ	11 %
<b>Fat</b> Of which saturates Of which monounsaturates Of which polyunsaturates	8.2 g 1.8 g 2.2 g 3.9 g	4.9 g 1.1 g 1.3 g 2.3 g	7 % 6 %
<b>Carbohydrate</b> Of which sugars	32 g 9.7 g	19 g 5.8 g	7 % 6 %
<b>Fibre</b>	4.7 g	2.8 g	
<b>Protein</b>	40 g	24 g	48 %
<b>Salt</b>	0.9 g	0.5 g	8 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 350mL of water	%NRV** per serving
<b>Vitamin A</b>	856 µg	514 µg	64 %
<b>Vitamin D</b>	5.3 µg	3.2 µg	64 %
<b>Vitamin E</b>	13 mg	7.8 mg	65 %
<b>Vitamin C</b>	86 mg	51 mg	64 %
<b>Vitamin K</b>	80 µg	48 µg	64 %
<b>Thiamin (B1)</b>	1.2 mg	0.7 mg	64 %
<b>Riboflavin (B2)</b>	1.8 mg	1.1 mg	79 %
<b>Niacin (PP or B3)</b>	17 mg	10 mg	63 %
<b>Vitamin B6</b>	1.6 mg	1 mg	71 %
<b>Folic acid (B9)</b>	220 µg	132 µg	66 %
<b>Vitamin B12</b>	2.9 µg	1.7 µg	68 %
<b>Biotin (B8 or H)</b>	55 µg	33 µg	66 %
<b>Pantothenic Acid (B5)</b>	6.8 mg	4.1 mg	68 %
<b>Sodium</b>	348 mg	209 mg	
<b>Potassium</b>	953 mg	572 mg	29 %
<b>Calcium</b>	553 mg	332 mg	42 %
<b>Phosphorus</b>	668 mg	401 mg	57 %
<b>Magnesium</b>	350 mg	210 mg	56 %
<b>Iron</b>	13 mg	7.9 mg	56 %
<b>Zinc</b>	9.5 mg	5.7 mg	57 %
<b>Copper</b>	0.9 mg	0.5 mg	50 %
<b>Manganese</b>	2.1 mg	1.3 mg	65 %
<b>Selenium</b>	49 µg	29 µg	53 %
<b>Iodine</b>	132 µg	79 µg	53 %
<b>Omega 6 Linoleic Acid</b>	1.7 g	1 g	
<b>Omega 3 Linolenic Acid</b>	1.3 g	0.8 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Cookie and cream flavoured powdered meal replacement for weight management with sweeteners.**

**Ingredients:** Milk proteins, gluten-free oat flour, rice flour, skimmed milk powder, rice flour, broken biscuits (corn starch, sugar, unsalted butter (milk), egg white, cocoa powder, leavening agent: sodium bicarbonate), yellow flax seeds, vegetable fat (sunflower oil, maltodextrin), minerals (magnesium phosphate, potassium phosphate, potassium chloride, potassium citrate, tricalcium phosphate, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), flavourings, pea protein, soluble fibre, thickeners: guar gum and xanthan gum, salt, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), sweeteners: acesulfame potassium, sucralose and steviol glycosides (stevia rebaudiana extract).

May contain traces of **gluten, nuts and soy.**

## SPECULOOS FLAVOUR

Nutritional information	Per 100g	Per serving of 60g in 350mL of water	%* per serving
<b>Energy</b>	373 kcal 1572 kJ	224 kcal 943 kJ	11 %
<b>Fat</b> Of which saturates Of which monounsaturates Of which polyunsaturates	8.2 g 1.8 g 2.2 g 3.9 g	4.9 g 1.1 g 1.3 g 2.3 g	7 % 6 %
<b>Carbohydrate</b> Of which sugars	33 g 9.8 g	20 g 5.9 g	8 % 7 %
<b>Fibre</b>	3.6 g	2.2 g	
<b>Protein</b>	40 g	24 g	48 %
<b>Salt</b>	0.8 g	0.5 g	8 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 350mL of water	%NRV** per serving
<b>Vitamin A</b>	855 µg	513 µg	64 %
<b>Vitamin D</b>	5.3 µg	3.2 µg	64 %
<b>Vitamin E</b>	13 mg	7.8 mg	65 %
<b>Vitamin C</b>	86 mg	51 mg	64 %
<b>Vitamin K</b>	80 µg	48 µg	64 %
<b>Thiamin (B1)</b>	1.2 mg	0.7 mg	64 %
<b>Riboflavin (B2)</b>	1.7 mg	1 mg	71 %
<b>Niacin (PP or B3)</b>	17 mg	10 mg	63 %
<b>Vitamin B6</b>	1.6 mg	1 mg	71 %
<b>Folic acid (B9)</b>	219 µg	132 µg	66 %
<b>Vitamin B12</b>	2.9 µg	1.7 µg	68 %
<b>Biotin (B8 or H)</b>	55 µg	33 µg	66 %
<b>Pantothenic Acid (B5)</b>	6.8 mg	4.1 mg	68 %
<b>Sodium</b>	327 mg	196 mg	
<b>Potassium</b>	952 mg	571 mg	29 %
<b>Calcium</b>	642 mg	385 mg	48 %
<b>Phosphorus</b>	715 mg	429 mg	61 %
<b>Magnesium</b>	350 mg	210 mg	56 %
<b>Iron</b>	13 mg	7.9 mg	56 %
<b>Zinc</b>	9.5 mg	5.7 mg	57 %
<b>Copper</b>	0.9 mg	0.5 mg	50 %
<b>Manganese</b>	2.1 mg	1.3 mg	65 %
<b>Selenium</b>	49 µg	29 µg	53 %
<b>Iodine</b>	132 µg	79 µg	53 %
<b>Omega 6 Linoleic Acid</b>	1.7 g	1 g	
<b>Omega 3 Linolenic Acid</b>	1.3 g	0.8 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Cinnamon flavour powdered meal replacement for weight management with sweeteners.**

**Ingredients:** Milk proteins, gluten-free oat flour, rice flour, skimmed milk powder, speculoos crumbs (corn starch, vegetable flavour brown sugar, unsalted butter (milk), egg white, cinnamon), yellow flax seeds, vegetable fat (sunflower oil, maltodextrin), minerals (magnesium phosphate, tricalcium phosphate, potassium phosphate, potassium citrate, potassium chloride, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), natural cinnamon flavouring with other natural flavourings, pea protein, thickeners: guar gum and xanthan gum, salt, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), cinnamon, sweeteners: acesulfame potassium, sucralose and steviol glycosides (stevia rebaudiana extract).

May contain traces of **gluten, nuts and soy.**

## BROWNIE FLAVOUR

Nutritional information	Per 100g	Per serving of 60g in 350mL of water	%* per serving
<b>Energy</b>	371 kcal 1564 kJ	223 kcal 938 kJ	11 %
<b>Fat</b> Of which saturates Of which monounsaturates Of which polyunsaturates	8.6 g 2.3 g 2.4 g 3.6 g	5.2 g 1.4 g 1.4 g 2.1 g	7 % 7 %
<b>Carbohydrate</b> Of which sugars	29 g 9.9 g	18 g 5.9 g	7 % 7 %
<b>Fibre</b>	5.5 g	3.3 g	
<b>Protein</b>	41 g	25 g	50 %
<b>Salt</b>	0.9 g	0.6 g	10 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 350mL of water	%NRV** per serving
<b>Vitamin A</b>	856 µg	514 µg	64 %
<b>Vitamin D</b>	5.4 µg	3.2 µg	64 %
<b>Vitamin E</b>	13 mg	7.8 mg	65 %
<b>Vitamin C</b>	86 mg	51 mg	64 %
<b>Vitamin K</b>	80 µg	48 µg	64 %
<b>Thiamin (B1)</b>	1.2 mg	0.7 mg	64 %
<b>Riboflavin (B2)</b>	1.8 mg	1.1 mg	79 %
<b>Niacin (PP or B3)</b>	18 mg	11 mg	69 %
<b>Vitamin B6</b>	1.6 mg	1 mg	71 %
<b>Folic acid (B9)</b>	222 µg	133 µg	67 %
<b>Vitamin B12</b>	2.9 µg	1.7 µg	68 %
<b>Biotin (B8 or H)</b>	55 µg	33 µg	66 %
<b>Pantothenic Acid (B5)</b>	6.9 mg	4.1 mg	68 %
<b>Sodium</b>	374 mg	224 mg	
<b>Potassium</b>	836 mg	501 mg	25 %
<b>Calcium</b>	419 mg	252 mg	32 %
<b>Phosphorus</b>	506 mg	304 mg	43 %
<b>Magnesium</b>	278 mg	167 mg	45 %
<b>Iron</b>	13 mg	7.6 mg	54 %
<b>Zinc</b>	7.1 mg	4.3 mg	43 %
<b>Copper</b>	0.9 mg	0.5 mg	50 %
<b>Manganese</b>	1.5 mg	0.9 mg	45 %
<b>Selenium</b>	34 µg	20 µg	36 %
<b>Iodine</b>	89 µg	54 µg	36 %
<b>Omega 6 Linoleic Acid</b>	1.7 g	1 g	
<b>Omega 3 Linolenic Acid</b>	1.1 g	0.7 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Brownie flavoured powdered meal replacement for weight management with sweeteners.**

**Ingredients:** Milk proteins, skimmed milk powder, gluten-free oat flour, low fat cocoa powder, broken biscuits (corn starch, sugar, unsalted butter (milk), egg white, cocoa powder, leavening agent: sodium bicarbonate), rice flour, yellow flax seeds, vegetable fat (sunflower oil, maltodextrin), minerals (magnesium phosphate, potassium chloride, potassium phosphate, potassium citrate, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), pea protein, natural flavouring, thickeners: guar gum and xanthan gum, salt, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), sweeteners: acesulfame potassium, sucralose and steviol glycosides (stevia rebaudiana extract).

May contain traces of **gluten, nuts and soy.**



## SEA SALT CARAMEL FLAVOUR

Nutritional information	Per 100g		Per serving of 60g in 350mL of water		%* per serving
<b>Energy</b>	367 1555	kcal kJ	221 933	kcal kJ	11 %
<b>Fat</b>	7.6	g	4.6	g	7 %
Of which saturates	2	g	1.2	g	6 %
Of which monounsaturates	1.7	g	1	g	
Of which polyunsaturates	3.8	g	2.3	g	
<b>Carbohydrate</b>	30	g	18	g	7 %
Of which sugars	7.6	g	4.6	g	5 %
<b>Fibre</b>	5.2	g	3.1	g	
<b>Protein</b>	42	g	25	g	50 %
<b>Salt</b>	1	g	0.6	g	10 %
Vitamins & Mineral Salts	Per 100g		Per serving of 60g in 350mL of water		%NRV** per serving
<b>Vitamin A</b>	858	µg	515	µg	64 %
<b>Vitamin D</b>	5.4	µg	3.2	µg	64 %
<b>Vitamin E</b>	13	mg	7.9	mg	66 %
<b>Vitamin C</b>	86	mg	52	mg	65 %
<b>Vitamin K</b>	80	µg	48	µg	64 %
<b>Thiamin (B1)</b>	1.2	mg	0.7	mg	64 %
<b>Riboflavin (B2)</b>	1.7	mg	1	mg	71 %
<b>Niacin (PP or B3)</b>	18	mg	11	mg	69 %
<b>Vitamin B6</b>	1.7	mg	1	mg	71 %
<b>Folic acid (B9)</b>	221	µg	133	µg	67 %
<b>Vitamin B12</b>	2.9	µg	1.7	µg	68 %
<b>Biotin (B8 or H)</b>	55	µg	33	µg	66 %
<b>Pantothenic Acid (B5)</b>	6.8	mg	4.1	mg	68 %
<b>Sodium</b>	390	mg	234	mg	
<b>Potassium</b>	841	mg	505	mg	25 %
<b>Calcium</b>	638	mg	383	mg	48 %
<b>Phosphorus</b>	737	mg	442	mg	63 %
<b>Magnesium</b>	360	mg	216	mg	58 %
<b>Iron</b>	14	mg	8.7	mg	62 %
<b>Zinc</b>	9.7	mg	5.8	mg	58 %
<b>Copper</b>	1	mg	0.6	mg	60 %
<b>Manganese</b>	2.2	mg	1.3	mg	65 %
<b>Selenium</b>	49	µg	30	µg	55 %
<b>Iodine</b>	132	µg	79	µg	53 %
<b>Omega 6 Linoleic Acid</b>	1.8	g	1.1	g	
<b>Omega 3 Linolenic Acid</b>	1.3	g	0.8	g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Caramel flavoured powdered meal replacement for weight management with sweeteners.**

**Ingredients:** Milk proteins, gluten-free oat flour, rice flour, skimmed milk powder, yellow flax seeds, vegetable fat (sunflower oil, maltodextrin), minerals (magnesium phosphate, tricalcium phosphate, potassium phosphate, potassium citrate, potassium chloride, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), pea protein, soluble fibre, low fat cocoa powder, flavourings, natural flavourings, thickeners: guar gum and xanthan gum, salt, concentrated (turmeric), vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), sweeteners: acesulfame potassium, sucralose and steviol glycosides (stevia rebaudiana extract).

## HAZELNUT FLAVOUR

Nutritional information	Per 100g		Per serving of 60g in 350mL of water		%* per serving
<b>Energy</b>	367 1558	kcal kJ	222 935	kcal kJ	11 %
<b>Fat</b>	7.6	g	4.6	g	7 %
Of which saturates	2	g	1.2	g	6 %
Of which monounsaturates	1.7	g	1	g	
Of which polyunsaturates	3.8	g	2.3	g	
<b>Carbohydrate</b>	30	g	18	g	7 %
Of which sugars	6.8	g	4.1	g	5 %
<b>Fibre</b>	5.1	g	3.1	g	
<b>Protein</b>	42	g	25	g	50 %
<b>Salt</b>	0.7	g	0.4	g	7 %
Vitamins & Mineral Salts	Per 100g		Per serving of 60g in 350mL of water		%NRV** per serving
<b>Vitamin A</b>	855	µg	513	µg	64 %
<b>Vitamin D</b>	5.3	µg	3.2	µg	64 %
<b>Vitamin E</b>	13	mg	7.8	mg	65 %
<b>Vitamin C</b>	86	mg	51	mg	64 %
<b>Vitamin K</b>	80	µg	48	µg	64 %
<b>Thiamin (B1)</b>	1.2	mg	0.7	mg	64 %
<b>Riboflavin (B2)</b>	1.7	mg	1	mg	71 %
<b>Niacin (PP or B3)</b>	18	mg	11	mg	71 %
<b>Vitamin B6</b>	1.7	mg	1	mg	71 %
<b>Folic acid (B9)</b>	221	µg	132	µg	66 %
<b>Vitamin B12</b>	2.9	µg	1.7	µg	68 %
<b>Biotin (B8 or H)</b>	55	µg	33	µg	66 %
<b>Pantothenic Acid (B5)</b>	6.7	mg	4	mg	67 %
<b>Sodium</b>	290	mg	174	mg	
<b>Potassium</b>	908	mg	545	mg	27 %
<b>Calcium</b>	635	mg	381	mg	48 %
<b>Phosphorus</b>	735	mg	441	mg	63 %
<b>Magnesium</b>	357	mg	214	mg	57 %
<b>Iron</b>	14	mg	8.5	mg	61 %
<b>Zinc</b>	9.7	mg	5.8	mg	58 %
<b>Copper</b>	0.9	mg	0.6	mg	60 %
<b>Manganese</b>	2.2	mg	1.3	mg	65 %
<b>Selenium</b>	49	µg	30	µg	55 %
<b>Iodine</b>	132	µg	79	µg	53 %
<b>Omega 6 Linoleic Acid</b>	1.8	g	1.1	g	
<b>Omega 3 Linolenic Acid</b>	1.3	g	0.8	g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Hazelnut flavoured powdered meal replacement for weight management with sweeteners.**

**Ingredients:** Milk proteins, gluten-free oat flour, rice flour, skimmed milk powder, yellow flax seeds, vegetable fat (sunflower oil, maltodextrin), minerals (magnesium phosphate, tricalcium phosphate, potassium phosphate, potassium citrate, potassium chloride, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), pea protein, soluble fibre, natural flavourings, flavouring, low fat cocoa powder, thickeners: guar gum and xanthan gum, salt, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), sweeteners: acesulfame potassium, sucralose and steviol glycosides (stevia rebaudiana extract).

## COCO CHOCO FLAVOUR

Nutritional information	Per 100g		Per serving of 60g in 350mL of water		%* per serving
<b>Energy</b>	386 1626	kcal kJ	232 976	kcal kJ	12 %
<b>Fat</b>	10	g	6	g	9 %
Of which saturates	4.2	g	2.5	g	13 %
Of which monounsaturates	1.8	g	1.1	g	
Of which polyunsaturates	3.7	g	2.2	g	
<b>Carbohydrate</b>	31	g	19	g	7 %
Of which sugars	8.3	g	5	g	6 %
<b>Fibre</b>	4	g	2.4	g	
<b>Protein</b>	41	g	24	g	48 %
<b>Salt</b>	0.8	g	0.5	g	8 %
Vitamins & Mineral Salts	Per 100g		Per serving of 60g in 350mL of water		%NRV** per serving
<b>Vitamin A</b>	844	µg	507	µg	63 %
<b>Vitamin D</b>	5.3	µg	3.2	µg	64 %
<b>Vitamin E</b>	13	mg	7.8	mg	65 %
<b>Vitamin C</b>	84	mg	51	mg	64 %
<b>Vitamin K</b>	79	µg	47	µg	63 %
<b>Thiamin (B1)</b>	1.2	mg	0.7	mg	64 %
<b>Riboflavin (B2)</b>	1.7	mg	1	mg	71 %
<b>Niacin (PP or B3)</b>	17	mg	10	mg	63 %
<b>Vitamin B6</b>	1.6	mg	1	mg	71 %
<b>Folic acid (B9)</b>	217	µg	130	µg	65 %
<b>Vitamin B12</b>	2.8	µg	1.7	µg	68 %
<b>Biotin (B8 or H)</b>	54	µg	32	µg	64 %
<b>Pantothenic Acid (B5)</b>	6.7	mg	4	mg	67 %
<b>Sodium</b>	310	mg	186	mg	
<b>Potassium</b>	839	mg	504	mg	25 %
<b>Calcium</b>	579	mg	347	mg	43 %
<b>Phosphorus</b>	679	mg	407	mg	58 %
<b>Magnesium</b>	349	mg	209	mg	56 %
<b>Iron</b>	14	mg	8.1	mg	58 %
<b>Zinc</b>	9.4	mg	5.7	mg	57 %
<b>Copper</b>	1	mg	0.6	mg	60 %
<b>Manganese</b>	2.1	mg	1.3	mg	65 %
<b>Selenium</b>	49	µg	29	µg	53 %
<b>Iodine</b>	130	µg	78	µg	52 %
<b>Omega 6 Linoleic Acid</b>	1.7	g	1	g	
<b>Omega 3 Linolenic Acid</b>	1.3	g	0.8	g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Chocolate and coconut flavoured powdered meal replacement for weight management with sweeteners.**

**Ingredients:** Milk proteins, gluten-free oat flour, rice flour, skimmed milk powder, yellow flax seeds, vegetable fat (sunflower oil, maltodextrin), minerals (magnesium phosphate, potassium phosphate, tricalcium phosphate, potassium citrate, potassium chloride, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), chocolate (sugar, cocoa paste, low fat cocoa powder), pea protein, natural flavouring, thickeners: guar gum and xanthan gum, salt, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), sweeteners: acesulfame potassium, sucralose and steviol glycosides (stevia rebaudiana extract).

## BANANA CHOCO FLAVOUR

Nutritional information	Per 100g		Per serving of 60g in 350mL of water		%* per serving
<b>Energy</b>	376 1587	kcal kJ	226 952	kcal kJ	11 %
<b>Fat</b>	8	g	4.8	g	7 %
Of which saturates	2.3	g	1.4	g	7 %
Of which monounsaturates	1.8	g	1.1	g	
Of which polyunsaturates	3.7	g	2.2	g	
<b>Carbohydrate</b>	33	g	20	g	8 %
Of which sugars	9.7	g	5.8	g	6 %
<b>Fibre</b>	3.7	g	2.2	g	
<b>Protein</b>	41	g	25	g	50 %
<b>Salt</b>	0.7	g	0.4	g	7 %
Vitamins & Mineral Salts	Per 100g		Per serving of 60g in 350mL of water		%NRV** per serving
<b>Vitamin A</b>	846	µg	508	µg	64 %
<b>Vitamin D</b>	5.3	µg	3.2	µg	64 %
<b>Vitamin E</b>	13	mg	7.8	mg	65 %
<b>Vitamin C</b>	85	mg	51	mg	64 %
<b>Vitamin K</b>	79	µg	48	µg	64 %
<b>Thiamin (B1)</b>	1.2	mg	0.7	mg	64 %
<b>Riboflavin (B2)</b>	1.7	mg	1	mg	71 %
<b>Niacin (PP or B3)</b>	17	mg	10	mg	63 %
<b>Vitamin B6</b>	1.7	mg	1	mg	71 %
<b>Folic acid (B9)</b>	218	µg	131	µg	66 %
<b>Vitamin B12</b>	2.8	µg	1.7	µg	68 %
<b>Biotin (B8 or H)</b>	54	µg	32	µg	64 %
<b>Pantothenic Acid (B5)</b>	6.7	mg	4	mg	67 %
<b>Sodium</b>	289	mg	173	mg	
<b>Potassium</b>	841	mg	505	mg	25 %
<b>Calcium</b>	535	mg	321	mg	40 %
<b>Phosphorus</b>	662	mg	397	mg	57 %
<b>Magnesium</b>	352	mg	211	mg	56 %
<b>Iron</b>	14	mg	8.2	mg	59 %
<b>Zinc</b>	9.5	mg	5.7	mg	57 %
<b>Copper</b>	1	mg	0.6	mg	60 %
<b>Manganese</b>	2.2	mg	1.3	mg	65 %
<b>Selenium</b>	49	µg	29	µg	53 %
<b>Iodine</b>	130	µg	78	µg	52 %
<b>Omega 6 Linoleic Acid</b>	1.7	g	1	g	
<b>Omega 3 Linolenic Acid</b>	1.3	g	0.8	g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Chocolate banana flavoured powdered meal replacement for weight management with sweeteners.**

**Ingredients:** Milk proteins, gluten-free oat flour, rice flour, skimmed milk powder, yellow flax seeds, vegetable fat (sunflower oil, maltodextrin), minerals (magnesium phosphate, potassium phosphate, potassium citrate, tricalcium phosphate, potassium chloride, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), chocolate (sugar, cocoa paste, low fat cocoa powder), flavouring, banana powder, pea protein, natural flavouring, thickeners: guar gum and xanthan gum, salt, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), sweeteners: acesulfame potassium, sucralose and steviol glycosides (stevia rebaudiana extract).

## LEMON CHEESECAKE FLAVOUR

Nutritional information	Per 100g	Per serving of 60g in 350mL of water	%* per serving
<b>Energy</b>	359 kcal 1539 kJ	219 kcal 923 kJ	11 %
<b>Fat</b>	7.2 g	4.3 g	6 %
Of which saturates	1.9 g	1.2 g	6 %
Of which monounsaturates	1.5 g	0.9 g	
Of which polyunsaturates	3.6 g	2.2 g	
<b>Carbohydrate</b>	31 g	18 g	7 %
Of which sugars	7 g	4.2 g	5 %
<b>Fibre</b>	6.5 g	3.9 g	
<b>Protein</b>	41 g	25 g	49 %
<b>Salt</b>	0.9 g	0.5 g	8 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 350mL of water	%NRV** per serving
<b>Vitamin A</b>	857 µg	514 µg	64 %
<b>Vitamin D</b>	5.4 µg	3.2 µg	64 %
<b>Vitamin E</b>	13 mg	7.8 mg	65 %
<b>Vitamin C</b>	86 mg	51 mg	64 %
<b>Vitamin K</b>	80 µg	48 µg	64 %
<b>Thiamin (B1)</b>	1.2 mg	0.7 mg	66 %
<b>Riboflavin (B2)</b>	1.8 mg	1.1 mg	76 %
<b>Niacin (PP or B3)</b>	17 mg	10 mg	65 %
<b>Vitamin B6</b>	1.6 mg	1 mg	69 %
<b>Folic acid (B9)</b>	228 µg	137 µg	68 %
<b>Vitamin B12</b>	3.8 µg	2.3 µg	91 %
<b>Biotin (B8 or H)</b>	55 µg	33 µg	66 %
<b>Pantothenic Acid (B5)</b>	6.7 mg	4 mg	67 %
<b>Sodium</b>	341 mg	204 mg	
<b>Potassium</b>	851 mg	511 mg	26 %
<b>Calcium</b>	717 mg	430 mg	54 %
<b>Phosphorus</b>	837 mg	502 mg	72 %
<b>Magnesium</b>	352 mg	211 mg	56 %
<b>Iron</b>	13 mg	8 mg	57 %
<b>Zinc</b>	10 mg	6.2 mg	62 %
<b>Copper</b>	0.9 mg	0.5 mg	54 %
<b>Manganese</b>	2 mg	1.2 mg	61 %
<b>Selenium</b>	51 µg	31 µg	56 %
<b>Iodine</b>	132 µg	78.9 µg	53 %
<b>Omega 6 Linoleic Acid</b>	1.8 g	1.1 g	
<b>Omega 3 Linolenic Acid</b>	1.3 g	0.8 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Lemon cheese cake flavour powdered meal replacement for weight management with sweeteners.**

**Ingredients:** Milk proteins, rice flour, gluten-free oat flour, skimmed milk powder, soluble fibre, yellow flax seeds, vegetable fat (sunflower oil, maltodextrin), minerals (magnesium phosphate, tricalcium phosphate, potassium phosphate, potassium citrate, potassium chloride, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), pea protein, dehydrated lemon with peel, natural flavourings, thickeners: xanthan gum and guar gum, acidity regulator: citric acid, salt, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), sweeteners: acesulfame potassium, sucralose and steviol glycosides (stevia rebaudiana extract).

## MANGO-PASSION FRUIT FLAVOUR

Nutritional information	Per 100g	Per serving of 60g in 350mL of water	%* per serving
<b>Energy</b>	359 kcal 1539 kJ	219 kcal 923 kJ	11 %
<b>Fat</b>	7.2 g	4.3 g	6 %
Of which saturates	1.9 g	1.2 g	6 %
Of which monounsaturates	1.5 g	0.9 g	
Of which polyunsaturates	3.6 g	2.2 g	
<b>Carbohydrate</b>	31 g	18 g	7 %
Of which sugars	7 g	4.2 g	5 %
<b>Fibre</b>	6.5 g	3.9 g	
<b>Protein</b>	41 g	25 g	49 %
<b>Salt</b>	0.9 g	0.5 g	9 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 350mL of water	%NRV** per serving
<b>Vitamin A</b>	857 µg	514 µg	64 %
<b>Vitamin D</b>	5.4 µg	3.2 µg	64 %
<b>Vitamin E</b>	13 mg	7.8 mg	65 %
<b>Vitamin C</b>	86 mg	51 mg	64 %
<b>Vitamin K</b>	80 µg	48 µg	64 %
<b>Thiamin (B1)</b>	1.2 mg	0.7 mg	64 %
<b>Riboflavin (B2)</b>	1.8 mg	1.1 mg	76 %
<b>Niacin (PP or B3)</b>	17 mg	10 mg	65 %
<b>Vitamin B6</b>	1.6 mg	1 mg	69 %
<b>Folic acid (B9)</b>	228 µg	137 µg	68 %
<b>Vitamin B12</b>	3.8 µg	2.3 µg	92 %
<b>Biotin (B8 or H)</b>	55 µg	33 µg	66 %
<b>Pantothenic Acid (B5)</b>	6.7 mg	4 mg	67 %
<b>Sodium</b>	341 mg	204 mg	
<b>Potassium</b>	851 mg	511 mg	26 %
<b>Calcium</b>	717 mg	430 mg	54 %
<b>Phosphorus</b>	837 mg	502 mg	72 %
<b>Magnesium</b>	352 mg	211 mg	56 %
<b>Iron</b>	13 mg	8 mg	57 %
<b>Zinc</b>	10 mg	6.2 mg	62 %
<b>Copper</b>	0.9 mg	0.5 mg	50 %
<b>Manganese</b>	2 mg	1.2 mg	60 %
<b>Selenium</b>	51 µg	31 µg	56 %
<b>Iodine</b>	132 µg	79 µg	53 %
<b>Omega 6 Linoleic Acid</b>	1.8 g	1.1 g	
<b>Omega 3 Linolenic Acid</b>	1.3 g	0.8 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Mango & Passion Fruit flavoured powdered meal replacement for weight management with sweeteners.**

**Ingredients:** Milk proteins, rice flour, skimmed milk powder, gluten-free oat flour, yellow flax seeds, soluble fibre, vegetable fat (sunflower oil, maltodextrin), minerals (magnesium phosphate, tricalcium phosphate, potassium phosphate, potassium citrate, potassium chloride, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), natural flavouring, pea protein, acidity regulator: citric acid, thickeners: guar gum and xanthan gum, salt, powdered beetroot juice, colour: beta-carotene, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), sweeteners: acesulfame potassium, sucralose and steviol glycosides (stevia rebaudiana extract).

## RED FRUITS FLAVOUR

Nutritional information	Per 100g	Per serving of 60g in 350mL of water	%* per serving
<b>Energy</b>	365 kcal 1556 kJ	221 kcal 934 kJ	11 %
<b>Fat</b>	7.2 g	4.3 g	6 %
Of which saturates	1.8 g	1.1 g	6 %
Of which monounsaturates	1.5 g	0.9 g	
Of which polyunsaturates	3.7 g	2.2 g	
<b>Carbohydrate</b>	31 g	19 g	7 %
Of which sugars	9.2 g	5.5 g	6 %
<b>Fibre</b>	6.5 g	3.9 g	
<b>Protein</b>	42 g	25 g	50 %
<b>Salt</b>	0.8 g	0.5 g	8 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 350mL of water	%NRV** per serving
<b>Vitamin A</b>	858 µg	515 µg	64 %
<b>Vitamin D</b>	5.4 µg	3.2 µg	64 %
<b>Vitamin E</b>	13 mg	7.8 mg	65 %
<b>Vitamin C</b>	86 mg	52 mg	65 %
<b>Vitamin K</b>	80 µg	48 µg	64 %
<b>Thiamin (B1)</b>	1.2 mg	0.7 mg	64 %
<b>Riboflavin (B2)</b>	1.7 mg	1 mg	71 %
<b>Niacin (PP or B3)</b>	17 mg	10 mg	63 %
<b>Vitamin B6</b>	1.6 mg	1 mg	71 %
<b>Folic acid (B9)</b>	219 µg	131 µg	66 %
<b>Vitamin B12</b>	2.9 µg	1.7 µg	68 %
<b>Biotin (B8 or H)</b>	55 µg	33 µg	66 %
<b>Pantothenic Acid (B5)</b>	6.8 mg	4.1 mg	68 %
<b>Sodium</b>	317 mg	190 mg	
<b>Potassium</b>	856 mg	513 mg	26 %
<b>Calcium</b>	563 mg	338 mg	42 %
<b>Phosphorus</b>	670 mg	402 mg	57 %
<b>Magnesium</b>	345 mg	207 mg	55 %
<b>Iron</b>	13 mg	8.1 mg	58 %
<b>Zinc</b>	9.5 mg	5.7 mg	57 %
<b>Copper</b>	0.9 mg	0.5 mg	50 %
<b>Manganese</b>	2 mg	1.2 mg	60 %
<b>Selenium</b>	49 µg	29 µg	53 %
<b>Iodine</b>	132 µg	79 µg	53 %
<b>Omega 6 Linoleic Acid</b>	1.8 g	1.1 g	
<b>Omega 3 Linolenic Acid</b>	1.3 g	0.8 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Red fruits flavoured powdered meal replacement for weight management with sweeteners.**

**Ingredients:** Milk proteins, rice flour, skimmed milk powder, gluten-free oat flour, yellow flax seeds, minerals (magnesium phosphate, potassium phosphate, tricalcium phosphate, potassium citrate, potassium chloride, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), vegetable fat (sunflower oil, maltodextrin), soluble fibre, pea protein, natural flavourings, dehydrated blackcurrant pieces, powdered beetroot juice, thickeners : xanthan gum and guar gum, acidity regulator : citric acid, salt, vitamins (C, E, B3, A, B5, B6, B1, B2, B9, K, B8, D, B12), sweeteners : acesulfame potassium, sucralose and steviol glycosides (stevia rebaudiana extract), natural fruit flavouring and other natural flavourings.

## STRAWBERRY FLAVOUR

Nutritional information	Per 100g	Per serving of 60g in 350mL of water	%* per serving
<b>Energy</b>	364 kcal 1551 kJ	221 kcal 931 kJ	11 %
<b>Fat</b>	7.1 g	4.2 g	6 %
Of which saturates	1.8 g	1.1 g	6 %
Of which monounsaturates	1.5 g	0.9 g	
Of which polyunsaturates	3.6 g	2.1 g	
<b>Carbohydrate</b>	32 g	19 g	7 %
Of which sugars	8.8 g	5.3 g	6 %
<b>Fibre</b>	6.8 g	4.1 g	
<b>Protein</b>	40 g	24 g	48 %
<b>Salt</b>	0.7 g	0.4 g	7 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 350mL of water	%NRV** per serving
<b>Vitamin A</b>	858 µg	515 µg	64 %
<b>Vitamin D</b>	5.4 µg	3.2 µg	64 %
<b>Vitamin E</b>	13 mg	7.8 mg	65 %
<b>Vitamin C</b>	86 mg	52 mg	65 %
<b>Vitamin K</b>	80 µg	48 µg	64 %
<b>Thiamin (B1)</b>	1.2 mg	0.7 mg	64 %
<b>Riboflavin (B2)</b>	1.7 mg	1 mg	71 %
<b>Niacin (PP or B3)</b>	17 mg	10 mg	63 %
<b>Vitamin B6</b>	1.6 mg	1 mg	71 %
<b>Folic acid (B9)</b>	219 µg	131 µg	66 %
<b>Vitamin B12</b>	2.9 µg	1.7 µg	68 %
<b>Biotin (B8 or H)</b>	55 µg	33 µg	66 %
<b>Pantothenic Acid (B5)</b>	6.8 mg	4.1 mg	68 %
<b>Sodium</b>	293 mg	176 mg	
<b>Potassium</b>	850 mg	510 mg	26 %
<b>Calcium</b>	561 mg	337 mg	42 %
<b>Phosphorus</b>	654 mg	392 mg	56 %
<b>Magnesium</b>	344 mg	206 mg	55 %
<b>Iron</b>	13 mg	7.8 mg	56 %
<b>Zinc</b>	9.3 mg	5.6 mg	56 %
<b>Copper</b>	0.9 mg	0.5 mg	50 %
<b>Manganese</b>	2 mg	1.2 mg	60 %
<b>Selenium</b>	49 µg	29 µg	53 %
<b>Iodine</b>	132 µg	79 µg	53 %
<b>Omega 6 Linoleic Acid</b>	1.7 g	1 g	
<b>Omega 3 Linolenic Acid</b>	1.3 g	0.8 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Strawberry flavoured powdered meal replacement for weight management with sweeteners**

**Ingredients:** Milk proteins, rice flour, skimmed milk powder, gluten-free oat flour, natural flavouring, yellow flax seeds, minerals (magnesium phosphate, potassium phosphate, tricalcium phosphate, potassium citrate, potassium chloride, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), vegetable fat (sunflower oil, maltodextrin), soluble fibre, dehydrated strawberry pieces, pea protein, powdered beetroot juice, thickeners : xanthan gum and guar gum, acidity regulator : citric acid, salt, vitamins (C, E, B3, A, B5, B6, B1, B2, B9, K, B8, D, B12), sweeteners : acesulfame potassium, sucralose and steviol glycosides (stevia rebaudiana extract).

## BOLOGNESE VEGGIE FLAVOURED PASTA

Nutritional information	Per 100g	Per serving of 63g in 130mL of water	%* per serving
<b>Energy</b>	353 kcal 1492 kJ	229 kcal 970 kJ	11 %
<b>Fat</b>	5.5 g	3.6 g	5 %
Of which saturates	0.8 g	0.5 g	3 %
Of which monounsaturates	1.2 g	0.8 g	
Of which polyunsaturates	3.4 g	2.2 g	
<b>Carbohydrate</b>	45 g	30 g	11 %
Of which sugars	5.8 g	3.7 g	4 %
<b>Fibre</b>	2.1 g	1.4 g	
<b>Protein</b>	29 g	19 g	38 %
<b>Salt</b>	1.4 g	0.9 g	15 %
Vitamins & Mineral Salts	Per 100g	Per serving of 63g in 130mL of water	%NRV** per serving
<b>Vitamin A</b>	458 µg	297 µg	37 %
<b>Vitamin D</b>	29 µg	1.9 µg	38 %
<b>Vitamin E</b>	6.9 mg	4.5 mg	38 %
<b>Vitamin C</b>	71 mg	46 mg	58 %
<b>Vitamin K</b>	43 µg	28 µg	37 %
<b>Thiamin (B1)</b>	0.6 mg	0.4 mg	36 %
<b>Riboflavin (B2)</b>	0.8 mg	0.5 mg	36 %
<b>Niacin (PP or B3)</b>	9.2 mg	6 mg	38 %
<b>Vitamin B6</b>	0.8 mg	0.5 mg	36 %
<b>Folic acid (B9)</b>	114 µg	74.1 µg	37 %
<b>Vitamin B12</b>	1.4 µg	0.9 µg	36 %
<b>Biotin (B8 or H)</b>	29 µg	19 µg	37 %
<b>Pantothenic Acid (B5)</b>	3.4 mg	2.2 mg	37 %
<b>Sodium</b>	556 mg	362 mg	
<b>Potassium</b>	785 mg	510 mg	26 %
<b>Calcium</b>	410 mg	267 mg	33 %
<b>Phosphorus</b>	542 mg	352 mg	50 %
<b>Magnesium</b>	199 mg	129 mg	34 %
<b>Iron</b>	94 mg	61 mg	44 %
<b>Zinc</b>	5.8 mg	3.7 mg	37 %
<b>Copper</b>	0.6 mg	0.4 mg	40 %
<b>Manganese</b>	1.2 mg	0.8 mg	40 %
<b>Selenium</b>	28 µg	18 µg	33 %
<b>Iodine</b>	76.9 µg	50 µg	33 %
<b>Omega 6 Linoleic Acid</b>	1.7 g	1.1 g	
<b>Omega 3 Linolenic Acid</b>	0.5 g	0.3 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Pasta with bolognese flavour powdered meal replacement preparation, for weight management.**

**Ingredients:** Pasta 46% (durum **wheat** semolina), textured **wheat** protein (**wheat** protein, malt extract (**wheat**)), pea protein, tomato powder, minerals (tricalcium phosphate, potassium chloride, magnesium phosphate, potassium phosphate, potassium citrate, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), vegetable fat (sunflower oil, maltodextrin), natural flavourings, garlic powder, flax seeds, rice flour, onion powder, salt, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), black pepper, Cayenne pepper.

## ARRABBIATA FLAVOURED PASTA

Nutritional information	Per 100g	Per serving of 58g in 130mL of water	%* per serving
<b>Energy</b>	360 kcal 1520 kJ	209 kcal 882 kJ	10 %
<b>Fat</b>	5.7 g	3.3 g	5 %
Of which saturates	1.1 g	0.6 g	3 %
Of which monounsaturates	1.2 g	0.7 g	
Of which polyunsaturates	2.6 g	1.5 g	
<b>Carbohydrate</b>	51 g	30 g	11 %
Of which sugars	5.7 g	3.3 g	4 %
<b>Fibre</b>	4 g	2.3 g	
<b>Protein</b>	24 g	14 g	28 %
<b>Salt</b>	1.3 g	0.75 g	13 %
Vitamins & Mineral Salts	Per 100g	Per serving of 58g in 130mL of water	%NRV** per serving
<b>Vitamin A</b>	445 µg	258 µg	32 %
<b>Vitamin D</b>	2.8 µg	1.6 µg	32 %
<b>Vitamin E</b>	7 mg	3.9 mg	33 %
<b>Vitamin C</b>	45 mg	26 mg	33 %
<b>Vitamin K</b>	42 µg	24 µg	32 %
<b>Thiamin (B1)</b>	0.6 mg	0.4 mg	36 %
<b>Riboflavin (B2)</b>	0.8 mg	0.5 mg	36 %
<b>Niacin (PP or B3)</b>	9 mg	5 mg	31 %
<b>Vitamin B6</b>	0.8 mg	0.5 mg	36 %
<b>Folic acid (B9)</b>	111 µg	65 µg	33 %
<b>Vitamin B12</b>	1.4 µg	0.8 µg	32 %
<b>Biotin (B8 or H)</b>	28 µg	16 µg	32 %
<b>Pantothenic Acid (B5)</b>	3.3 mg	1.9 mg	32 %
<b>Sodium</b>	516 mg	299 mg	
<b>Potassium</b>	933 mg	541 mg	27 %
<b>Calcium</b>	708 mg	410 mg	51 %
<b>Phosphorus</b>	696 mg	404 mg	58 %
<b>Magnesium</b>	229 mg	133 mg	35 %
<b>Iron</b>	10 mg	6 mg	43 %
<b>Zinc</b>	6.6 mg	3.8 mg	38 %
<b>Copper</b>	0.7 mg	0.4 mg	40 %
<b>Manganese</b>	1.4 mg	0.8 mg	40 %
<b>Selenium</b>	33 µg	19 µg	34 %
<b>Iodine</b>	90 µg	52 µg	35 %
<b>Omega 6 Linoleic Acid</b>	1.9 g	1.1 g	
<b>Omega 3 Linolenic Acid</b>	0.5 g	0.3 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Pasta with arrabbiata flavour powdered meal replacement preparation, for weight management.**

**Ingredients:** Pasta 48% (durum **wheat** semolina), **milk** proteins, pea protein, potato starch, tomato powder, minerals (tricalcium phosphate, potassium chloride, magnesium phosphate, potassium phosphate, potassium citrate, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), sunflower oil powder (sunflower oil, maltodextrin, acacia gum), natural flavourings, garlic powder, flax seeds, rice flour, salt, onion powder, powdered beetroot juice, yeast extract, colour: beta-carotene, black pepper, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), Cayenne pepper.

## PESTO FLAVOURED PASTA

Nutritional information	Per 100g	Per serving of 58g in 130mL of water	%* per serving
<b>Energy</b>	367 kcal 1550 kJ	220 kcal 930 kJ	11 %
<b>Fat</b>	7.7 g	4.6 g	7 %
Of which saturates	1.8 g	1.1 g	6 %
Of which monounsaturates	1.7 g	1 g	
Of which polyunsaturates	2.9 g	1.7 g	
<b>Carbohydrate</b>	41 g	25 g	10 %
Of which sugars	2.2 g	1.3 g	1 %
<b>Fibre</b>	1.4 g	0.8 g	
<b>Protein</b>	33 g	20 g	39 %
<b>Salt</b>	2 g	1.2 g	20 %
Vitamins & Mineral Salts	Per 100g	Per serving of 58g in 130mL of water	%NRV** per serving
<b>Vitamin A</b>	427 µg	256 µg	32 %
<b>Vitamin D</b>	2.7 µg	1.6 µg	32 %
<b>Vitamin E</b>	7.5 mg	4.5 mg	38 %
<b>Vitamin C</b>	52 mg	31 mg	39 %
<b>Vitamin K</b>	40 µg	24 µg	32 %
<b>Thiamin (B1)</b>	0.6 mg	0.4 mg	36 %
<b>Riboflavin (B2)</b>	0.8 mg	0.5 mg	36 %
<b>Niacin (PP or B3)</b>	8.7 mg	5.2 mg	33 %
<b>Vitamin B6</b>	0.8 mg	0.5 mg	36 %
<b>Folic acid (B9)</b>	113 µg	67.8 µg	34 %
<b>Vitamin B12</b>	1.3 µg	0.8 µg	32 %
<b>Biotin (B8 or H)</b>	27 µg	16 µg	32 %
<b>Pantothenic Acid (B5)</b>	3.2 mg	1.9 mg	32 %
<b>Sodium</b>	789 mg	473 mg	
<b>Potassium</b>	836 mg	502 mg	25 %
<b>Calcium</b>	426 mg	256 mg	32 %
<b>Phosphorus</b>	577 mg	346 mg	49 %
<b>Magnesium</b>	229 mg	137 mg	37 %
<b>Iron</b>	10 mg	6 mg	43 %
<b>Zinc</b>	6.5 mg	3.9 mg	39 %
<b>Copper</b>	0.7 mg	0.4 mg	40 %
<b>Manganese</b>	1.4 mg	0.8 mg	40 %
<b>Selenium</b>	32 µg	19 µg	35 %
<b>Iodine</b>	85.8 µg	51.5 µg	34 %
<b>Omega 6 Linoleic Acid</b>	1.7 g	1 g	
<b>Omega 3 Linolenic Acid</b>	0.5 g	0.3 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Pasta with pesto flavour powdered meal replacement preparation, for weight management.**

**Ingredients:** Pasta 48% (durum **wheat** semolina), **milk** proteins, pea protein, minerals (potassium chloride, magnesium phosphate, tricalcium phosphate, potassium phosphate, potassium citrate, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), cheese powder (**milk**), sunflower seeds, natural flavourings, spinach powder, flax seeds, rice flour, vegetable fat (sunflower oil, maltodextrin), salt, basil, parsley, garlic powder, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12).

## MAC & CHEESE FLAVOURED PASTA

Nutritional information	Per 100g	Per serving of 60g in 90mL of water	%* per serving
<b>Energy</b>	374 kcal 1577 kJ	224 kcal 946 kJ	11 %
<b>Fat</b>	9.8 g	5.9 g	8 %
Of which saturates	4.4 g	2.7 g	14 %
Of which monounsaturates	2.7 g	1.6 g	
Of which polyunsaturates	2.5 g	1.5 g	
<b>Carbohydrate</b>	39 g	23 g	9 %
Of which sugars	1.3 g	0.8 g	1 %
<b>Fibre</b>	0 g	0 g	
<b>Protein</b>	33 g	20 g	39 %
<b>Salt</b>	1.6 g	1 g	17 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 90mL of water	%NRV** per serving
<b>Vitamin A</b>	428 µg	257 µg	32 %
<b>Vitamin D</b>	2.7 µg	1.6 µg	32 %
<b>Vitamin E</b>	6.4 mg	3.8 mg	32 %
<b>Vitamin C</b>	81 mg	49 mg	61 %
<b>Vitamin K</b>	40 µg	24 µg	32 %
<b>Thiamin (B1)</b>	0.6 mg	0.4 mg	36 %
<b>Riboflavin (B2)</b>	0.7 mg	0.4 mg	30 %
<b>Niacin (PP or B3)</b>	8.5 mg	5.1 mg	32 %
<b>Vitamin B6</b>	0.7 mg	0.4 mg	29 %
<b>Folic acid (B9)</b>	107 µg	64 µg	32 %
<b>Vitamin B12</b>	1.3 µg	0.8 µg	33 %
<b>Biotin (B8 or H)</b>	27 µg	16 µg	32 %
<b>Pantothenic Acid (B5)</b>	3.2 mg	1.9 mg	32 %
<b>Sodium</b>	643 mg	386 mg	
<b>Potassium</b>	841 mg	504 mg	25 %
<b>Calcium</b>	617 mg	370 mg	46 %
<b>Phosphorus</b>	435 mg	261 mg	37 %
<b>Magnesium</b>	214 mg	128 mg	34 %
<b>Iron</b>	8.2 mg	4.9 mg	35 %
<b>Zinc</b>	5.7 mg	3.4 mg	34 %
<b>Copper</b>	0.6 mg	0.3 mg	30 %
<b>Manganese</b>	1.1 mg	0.7 mg	35 %
<b>Selenium</b>	31 µg	19 µg	34 %
<b>Iodine</b>	85.7 µg	51.4 µg	34 %
<b>Omega 6 Linoleic Acid</b>	1.8 g	1.1 g	
<b>Omega 3 Linolenic Acid</b>	0 g	0 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Pasta with cheddar cheese flavour powdered meal replacement preparation, for weight management.**

**Ingredients:** Pasta 50% (durum **wheat** semolina), **milk** proteins, cheese powder (**milk**) 14%, vegetable fat (sunflower oil, maltodextrin), minerals (potassium chloride, magnesium phosphate, tricalcium phosphate, potassium phosphate, potassium citrate, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), natural flavouring (**milk**), colour: beta-carotene, salt, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12).



## MACARONI & WHITE CHEDDAR CHEESE FLAVOUR

Nutritional information	Per 100g	Per serving of 60g in 90mL of water	%* per serving
<b>Energy</b>	380 kcal 1605 kJ	228 kcal 963 kJ	11 %
<b>Fat</b>	9.3 g	5.6 g	8 %
Of which saturates	4.1 g	2.5 g	13 %
Of which monounsaturates	2.4 g	1.4 g	
Of which polyunsaturates	2.3 g	1.4 g	
<b>Carbohydrate</b>	42 g	25 g	10 %
Of which sugars	4.7 g	2.8 g	3 %
<b>Fibre</b>	0 g	0 g	
<b>Protein</b>	32 g	19 g	38 %
<b>Salt</b>	1.8 g	1.1 g	18 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 90mL of water	%NRV** per serving
<b>Vitamin A</b>	427 µg	256 µg	32 %
<b>Vitamin D</b>	2.7 µg	1.6 µg	32 %
<b>Vitamin E</b>	6 mg	3.8 mg	32 %
<b>Vitamin C</b>	43 mg	26 mg	33 %
<b>Vitamin K</b>	40 µg	24 µg	32 %
<b>Thiamin (B1)</b>	0.6 mg	0.4 mg	36 %
<b>Riboflavin (B2)</b>	0.9 mg	0.5 mg	36 %
<b>Niacin (PP or B3)</b>	9 mg	5 mg	31 %
<b>Vitamin B6</b>	0.8 mg	0.5 mg	36 %
<b>Folic acid (B9)</b>	108 µg	65 µg	33 %
<b>Vitamin B12</b>	1.5 µg	0.9 µg	36 %
<b>Biotin (B8 or H)</b>	28 µg	17 µg	33 %
<b>Pantothenic Acid (B5)</b>	3.4 mg	2.1 mg	35 %
<b>Sodium</b>	703 mg	422 mg	
<b>Potassium</b>	858 mg	515 mg	26 %
<b>Calcium</b>	666 mg	400 mg	50 %
<b>Phosphorus</b>	503 mg	302 mg	43 %
<b>Magnesium</b>	222 mg	133 mg	35 %
<b>Iron</b>	8 mg	4.9 mg	35 %
<b>Zinc</b>	6 mg	3.6 mg	36 %
<b>Copper</b>	0.6 mg	0.3 mg	34 %
<b>Manganese</b>	1.2 mg	0.7 mg	35 %
<b>Selenium</b>	32 µg	19 µg	35 %
<b>Iodine</b>	88 µg	53 µg	35 %
<b>Omega 6 Linoleic Acid</b>	1.8 g	1.1 g	
<b>Omega 3 Linolenic Acid</b>	0 g	0 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Pasta with white cheddar cheese flavour powdered meal replacement preparation for weight management.**

**Ingredients:** Pasta 50% (durum **wheat** semolina), **milk** proteins, cheese powder (**milk**) 12.6%, skimmed **milk** powder, vegetable fat (sunflower oil, maltodextrin), minerals (potassium chloride, magnesium phosphate, tricalcium phosphate, potassium phosphate, potassium citrate, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), vegetable fat (sunflower oil, maltodextrin), flavourings, flax seeds, natural flavourings, rice flour, white truffles (Tuber aestivum) in powder, salt, onion powder, pepper, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12).

## TRUFFLE FLAVOURED PASTA

Nutritional information	Per 100g	Per serving of 60g in 90mL of water	%* per serving
<b>Energy</b>	370 kcal 1561 kJ	222 kcal 937 kJ	11 %
<b>Fat</b>	7.4 g	4.5 g	6 %
Of which saturates	2.5 g	1.5 g	8 %
Of which monounsaturates	1.9 g	1.1 g	
Of which polyunsaturates	2.9 g	1.7 g	
<b>Carbohydrate</b>	4.3 g	2.6 g	10 %
Of which sugars	2 g	1.2 g	1 %
<b>Fibre</b>	0.8 g	0.5 g	
<b>Protein</b>	32 g	19 g	38 %
<b>Salt</b>	1.5 g	0.9 g	15 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 90mL of water	%NRV** per serving
<b>Vitamin A</b>	427 µg	256 µg	32 %
<b>Vitamin D</b>	2.7 µg	1.6 µg	32 %
<b>Vitamin E</b>	6 mg	3.8 mg	32 %
<b>Vitamin C</b>	43 mg	26 mg	33 %
<b>Vitamin K</b>	40 µg	24 µg	32 %
<b>Thiamin (B1)</b>	0.6 mg	0.4 mg	36 %
<b>Riboflavin (B2)</b>	0.7 mg	0.4 mg	30 %
<b>Niacin (PP or B3)</b>	9 mg	5 mg	31 %
<b>Vitamin B6</b>	0.7 mg	0.4 mg	30 %
<b>Folic acid (B9)</b>	107 µg	64 µg	32 %
<b>Vitamin B12</b>	1.3 µg	0.8 µg	32 %
<b>Biotin (B8 or H)</b>	27 µg	16 µg	32 %
<b>Pantothenic Acid (B5)</b>	3.2 mg	1.9 mg	32 %
<b>Sodium</b>	591 mg	355 mg	
<b>Potassium</b>	863 mg	518 mg	26 %
<b>Calcium</b>	416 mg	249 mg	31 %
<b>Phosphorus</b>	577 mg	346 mg	49 %
<b>Magnesium</b>	223 mg	134 mg	36 %
<b>Iron</b>	11 mg	6.8 mg	49 %
<b>Zinc</b>	6.7 mg	4 mg	40 %
<b>Copper</b>	0.7 mg	0.4 mg	42 %
<b>Manganese</b>	1.4 mg	0.9 mg	43 %
<b>Selenium</b>	31 µg	19 µg	34 %
<b>Iodine</b>	86 µg	51 µg	34 %
<b>Omega 6 Linoleic Acid</b>	1.8 g	1.1 g	
<b>Omega 3 Linolenic Acid</b>	0.6 g	0.4 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Pasta with truffle flavour powdered meal replacement preparation for weight management.**

**Ingredients:** Pasta 50% (durum **wheat** semolina), **milk** proteins, pea protein, cheese powder (**milk**), minerals (magnesium phosphate, potassium chloride, tricalcium phosphate, potassium phosphate, potassium citrate, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), vegetable fat (sunflower oil, maltodextrin), flavourings, flax seeds, natural flavourings, rice flour, white truffles (Tuber aestivum) in powder, salt, onion powder, pepper, vitamins (C, E, B3, A, B5, B8, B12, B9, D, B6, B1, B2, K).

## CHILI SIN CARNE

Nutritional information	Per 100g	Per serving of 60g in 130mL of water	%* per serving
<b>Energy</b>	361 kcal 1526 kJ	217 kcal 916 kJ	11 %
<b>Fat</b>	5.3 g	3.2 g	5 %
Of which saturates	0.8 g	0.5 g	3 %
Of which monounsaturates	1 g	0.6 g	
Of which polyunsaturates	3.4 g	2.1 g	
<b>Carbohydrate</b>	4.7 g	2.8 g	11 %
Of which sugars	4.7 g	2.8 g	3 %
<b>Fibre</b>	3.5 g	2.1 g	
<b>Protein</b>	29 g	18 g	35 %
<b>Salt</b>	1.2 g	0.7 g	12 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 130mL of water	%NRV** per serving
<b>Vitamin A</b>	493 µg	296 µg	37 %
<b>Vitamin D</b>	3.1 µg	1.8 µg	36 %
<b>Vitamin E</b>	7 mg	4.4 mg	37 %
<b>Vitamin C</b>	49 mg	28 mg	35 %
<b>Vitamin K</b>	46 µg	30 µg	40 %
<b>Thiamin (B1)</b>	0.7 mg	0.4 mg	36 %
<b>Riboflavin (B2)</b>	0.9 mg	0.5 mg	36 %
<b>Niacin (PP or B3)</b>	10 mg	6.0 mg	38 %
<b>Vitamin B6</b>	0.9 mg	0.5 mg	36 %
<b>Folic acid (B9)</b>	123 µg	74 µg	37 %
<b>Vitamin B12</b>	1.5 µg	0.9 µg	36 %
<b>Biotin (B8 or H)</b>	31 µg	18 µg	36 %
<b>Pantothenic Acid (B5)</b>	3.7 mg	2.2 mg	37 %
<b>Sodium</b>	469 mg	281 mg	
<b>Potassium</b>	834 mg	501 mg	25 %
<b>Calcium</b>	428 mg	257 mg	32 %
<b>Phosphorus</b>	640 mg	384 mg	55 %
<b>Magnesium</b>	254 mg	153 mg	41 %
<b>Iron</b>	12 mg	7.1 mg	51 %
<b>Zinc</b>	7.4 mg	4.4 mg	44 %
<b>Copper</b>	0.8 mg	0.5 mg	50 %
<b>Manganese</b>	1.5 mg	0.9 mg	45 %
<b>Selenium</b>	36 µg	22 µg	40 %
<b>Iodine</b>	99 µg	59 µg	39 %
<b>Omega 6 Linoleic Acid</b>	1.7 g	1 g	
<b>Omega 3 Linolenic Acid</b>	0.6 g	0.4 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Rice with chili flavour powdered meal replacement preparation, for weight management.**

**Ingredients:** Rice 41%, textured **wheat** protein (**wheat** protein, malt extract (**wheat**)), pea protein, tomato powder, minerals (magnesium phosphate, tricalcium phosphate, potassium chloride, potassium phosphate, potassium citrate, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), vegetable fat (sunflower oil, maltodextrin, acacia gum), dehydrated red beans, natural flavourings, flax seeds, rice flour, garlic powder, yeast extract, powdered beetroot juice, cumin powder, colour: beta-carotene, salt, black pepper, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), Cayenne pepper.

## MUSHROOM FLAVOURED RISOTTO

Nutritional information	Per 100g	Per serving of 60g in 130mL of water	%* per serving
<b>Energy</b>	378 kcal 1596 kJ	227 kcal 958 kJ	11 %
<b>Fat</b>	6.6 g	4 g	6 %
Of which saturates	2 g	1.2 g	6 %
Of which monounsaturates	1.3 g	0.8 g	
Of which polyunsaturates	2.6 g	1.6 g	
<b>Carbohydrate</b>	5.0 g	3.0 g	11 %
Of which sugars	1.2 g	0.7 g	1 %
<b>Fibre</b>	4 g	2.4 g	
<b>Protein</b>	28 g	17 g	34 %
<b>Salt</b>	1.2 g	0.75 g	13 %
Vitamins & Mineral Salts	Per 100g	Per serving of 60g in 130mL of water	%NRV** per serving
<b>Vitamin A</b>	498 µg	299 µg	37 %
<b>Vitamin D</b>	3.1 µg	1.9 µg	38 %
<b>Vitamin E</b>	7 mg	4.5 mg	38 %
<b>Vitamin C</b>	50 mg	30 mg	38 %
<b>Vitamin K</b>	47 µg	28 µg	37 %
<b>Thiamin (B1)</b>	0.7 mg	0.4 mg	36 %
<b>Riboflavin (B2)</b>	0.9 mg	0.5 mg	36 %
<b>Niacin (PP or B3)</b>	10 mg	6 mg	38 %
<b>Vitamin B6</b>	0.9 mg	0.5 mg	36 %
<b>Folic acid (B9)</b>	125 µg	75 µg	38 %
<b>Vitamin B12</b>	1.6 µg	0.9 µg	36 %
<b>Biotin (B8 or H)</b>	31 µg	19 µg	37 %
<b>Pantothenic Acid (B5)</b>	3.7 mg	2.2 mg	37 %
<b>Sodium</b>	496 mg	298 mg	
<b>Potassium</b>	935 mg	561 mg	28 %
<b>Calcium</b>	482 mg	289 mg	36 %
<b>Phosphorus</b>	593 mg	356 mg	51 %
<b>Magnesium</b>	253 mg	152 mg	41 %
<b>Iron</b>	11 mg	6.4 mg	46 %
<b>Zinc</b>	7 mg	4.2 mg	42 %
<b>Copper</b>	0.7 mg	0.4 mg	40 %
<b>Manganese</b>	1.4 mg	0.9 mg	45 %
<b>Selenium</b>	37 µg	22 µg	40 %
<b>Iodine</b>	100 µg	60 µg	40 %
<b>Omega 6 Linoleic Acid</b>	1.9 g	1.1 g	
<b>Omega 3 Linolenic Acid</b>	0.6 g	0.3 g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Rice with mushrooms risotto flavour powdered meal replacement preparation, for weight management.**

**Ingredients:** Rice 41%, textured fava bean and pea protein, **milk** proteins, pea protein, vegetable fat (sunflower oil, maltodextrin, acacia gum), minerals (magnesium phosphate, potassium chloride, tricalcium phosphate, potassium phosphate, potassium citrate, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), cheese powder (**milk**), potato starch, flax seeds, rice flour, natural flavourings, mushroom pieces, yeast extract, garlic powder, onion powder, salt, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), parsley.

## CURRY FLAVOURED RISOTTO

Nutritional information	Per 100g		Per serving of 60g in 130mL of water		%* per serving
<b>Energy</b>	363	kcal	218	kcal	11 %
	1535	kJ	921	kJ	
<b>Fat</b>	4.8	g	2.9	g	4 %
Of which saturates	0.9	g	0.5	g	3 %
Of which monounsaturates	1.2	g	0.7	g	
Of which polyunsaturates	2.7	g	1.6	g	
<b>Carbohydrate</b>	49	g	29	g	11 %
Of which sugars	2.6	g	1.6	g	2 %
<b>Fibre</b>	3.4	g	2	g	
<b>Protein</b>	29	g	18	g	36 %
<b>Salt</b>	1.3	g	0.78	g	13 %
<b>Vitamins &amp; Mineral Salts</b>	<b>Per 100g</b>		<b>Per serving of 60g in 130mL of water</b>		<b>%NRV** per serving</b>
<b>Vitamin A</b>	496	µg	298	µg	37 %
<b>Vitamin D</b>	3.1	µg	1.9	µg	38 %
<b>Vitamin E</b>	7	mg	4.5	mg	38 %
<b>Vitamin C</b>	50	mg	30	mg	38 %
<b>Vitamin K</b>	47	µg	28	µg	37 %
<b>Thiamin (B1)</b>	0.7	mg	0.4	mg	36 %
<b>Riboflavin (B2)</b>	0.9	mg	0.5	mg	36 %
<b>Niacin (PP or B3)</b>	10	mg	6	mg	38 %
<b>Vitamin B6</b>	0.9	mg	0.5	mg	36 %
<b>Folic acid (B9)</b>	124	µg	74	µg	37 %
<b>Vitamin B12</b>	1.6	µg	0.9	µg	36 %
<b>Biotin (B8 or H)</b>	31	µg	19	µg	37 %
<b>Pantothenic Acid (B5)</b>	3.7	mg	2.2	mg	37 %
<b>Sodium</b>	518	mg	311	mg	
<b>Potassium</b>	978	mg	587	mg	29 %
<b>Calcium</b>	692	mg	415	mg	52 %
<b>Phosphorus</b>	841	mg	504	mg	72 %
<b>Magnesium</b>	259	mg	155	mg	41 %
<b>Iron</b>	13	mg	7.8	mg	56 %
<b>Zinc</b>	7.8	mg	4.7	mg	47 %
<b>Copper</b>	0.8	mg	0.5	mg	50 %
<b>Manganese</b>	1.7	mg	1	mg	50 %
<b>Selenium</b>	37	µg	22	µg	40 %
<b>Iodine</b>	100	µg	60	µg	40 %
<b>Omega 6 Linoleic Acid</b>	1.8	g	1.1	g	
<b>Omega 3 Linolenic Acid</b>	0.8	g	0.5	g	

\*% Reference intake for a typical adult (8400KJ/2000kcal / day)

\*\* Nutrient Reference Values for a typical adult (8400KJ/2000kcal / day)

**Rice with curry flavour powdered meal replacement preparation, for weight management.**

**Ingredients:** Rice 41%, pea protein, minerals (tricalcium phosphate, potassium chloride, magnesium phosphate, potassium phosphate, potassium citrate, zinc gluconate, iron pyrophosphate, selenium-enriched yeast, copper gluconate, manganese sulfate, potassium iodide), carrot pieces, potato starch, flax seeds, rice flour, sunflower oil powder (sunflower oil, maltodextrin, acacia gum), onion powder, curry (coriander, curcuma, hot pepper, black pepper, fennel, fenugreek, cumin), natural flavourings, salt, parsley, vitamins (C, E, B3, A, B5, D, B6, B1, B2, B9, K, B8, B12), black pepper.

# PREPARATION MEMO

## SWEET SHAKES



-  **Pour 350 mL of chilled water** into the shaker.
-  **Add the content of the sachet, all at once** all at once.
-  **Shake well**  
Shake shake shake !!

- Chocolate Flavour
- Cookie Cream Flavour
- Cappuccino Flavour
- Brownie Flavour
- Stracciatella Flavour
- Speculoos Flavour
- Vanilla & White Chocolate Flavour
- Sea Salt Caramel Flavour
- Hazelnut Flavour
- Coco Choco Flavour
- Banana Choco Flavour

### Even better with ice:

- Mint & Chocolate Chip Flavour
- Lemon Cheesecake Flavour
- Mango-Passion Fruit Flavour
- Red Fruits Flavour
- Strawberry Flavour

## HOT MEALS WITH FUSILLI

-  **Boil water** in a kettle.
-  In the cup, **measure the water up to the 2<sup>nd</sup> mark** (130mL).  
**If you use a bowl:** measure 110mL of boiling water into your shaker.
-  **Add the pasta** from the sachet in the cup with the water.
-  **Pour the powder from the sachet** into the cup, and mix with a fork.
-  **Close the flaps, leave it for 5 minutes and enjoy!**  
**If you use a bowl:** cover with a plate.

- Arrabbiata Flavoured Pasta
- Pesto Flavoured Pasta
- Bolognese Veggie Flavoured Pasta

## HOT MEALS WITH MACARONI

-  In the cup, **measure the water up to the 1st mark** (90mL).
-  **Add the pasta** from the sachet in the cup with the water.
-  **Cook in microwave**, with open flaps, at 800W for 1 min 20.
-  **Close the flaps, leave it for 5 minutes and enjoy!**  
**If you use a bowl:** cover with a plate.
-  **Pour the powder from the sachet** into the cup, mix with a fork and enjoy!

- Mac & Cheese Flavoured Pasta
- Macaroni & White Cheddar Cheese Flavour
- Truffle Flavoured Pasta

## HOT MEALS WITH RICE

-  **Boil water** in a kettle.
-  In the cup, **measure the water up to the 2<sup>nd</sup> mark** (130mL).  
**If you use a bowl:** measure 110mL of boiling water into your shaker.
-  **Add the rice** from the sachet in the cup with the water.
-  **Pour the powder from the sachet** into the cup, mix with a fork and enjoy!
-  **Close the flaps, leave it for 5 minutes and enjoy!**  
**If you use a bowl:** cover with a plate.

- Mushroom Flavoured Risotto
- Chili Sin Carne
- Curry Flavoured Risotto