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BARS

Chocolate Chewy Bar





You should always consult your doctor before starting any weight loss programme.

Nutritional Information

		Per	%RI*	Per 57g	%RI*
		100g	per 100g	serving	per serving
Energy	kJ	1496		853	
	kca	356		203	
Fat Of which saturates	g	11.6		6.6	
Of which saturates	g	4.9		2.8	
Mono-unsaturates	g	3.2		1.8	
Polyunsaturates	g	2.8		1.6	
Carbonydrate	g	41.0		23.7	
Of which sugars	g	31.0		17.7	
Polyunsaturates Polyunsaturates Carbohydrate Of which sugars Polyols Starch Fibre Protein	g	0.0		0.0	
Cibro	y	F.4		2.1	
Drotoin	y	22.4		10.7	
Salt	9	0.8		0.5	
Salt Vitamin A	iin	467 q	58	266.7	33
Vitamin D	IIO	3.3	67	19	38
Vitamin F	ma	7.0	58	40	33
Vitamin D Vitamin E Vitamin K	Пa	43.9	58	25.0	33
Vitamin C	ma	50.9	64	29.0	36
Vitamin C Thiamin Riboflavin	mğ	0.7	64	0.4	36
Riboflavin	mğ	0.8	60	0.5	34
Niacin	mğ	9.5	59	5.4	34
Vitamin B6 Folic acid Vitamin B12	mg	0.8	58	0.5	33
Folic acid	μg	117.0	59	66./	33
Vitamin B12	μg	1.5	58	0.8	33
Biotin Bantathania agid	μg	29.3	59	10.7	33
Pantothenic acid	ma	0.0 1001	00 80	2.U 777.6	33 20
Potassium Chloride	ma	179.1	50	260.1	34
Calcium	ma	470.7	50	268.3	3/1
Phosphorus	ma	447.1	64	254.9	36
Magnesium	ma	224 1	60	127.7	34
Magnesium Iron	ma	9.5	68	5.4	39
Zinc	ma	6.3	63	3,6	36
Copper	mg	0.8	75	0.4	43
Manganese Selenium	mğ	1.2	61	0.7	35
Seleňium	μg	33.3	61	19.0	35
Unromium	μğ	24.2	61	13.8	35
Molybdenum lodine	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	1496 356 11.6 4.9 3.2 2.8 4.6 4.6 31.0 8.8 1.3 7.0 8.6 5.4 4.9 5.0 9.7 0.8 9.8 117.0 5.2 9.3 3.5 1364.1 472.2 470.7 447.1 224.1 9.5 6.3 0.8 1.2 33.3 3.2 4.2 33.3 3.9 90.8 90.8 90.8 90.8 90.8 90.8 90.8 90	58 67 58 64 64 60 59 58 59 59 64 60 61 61 61 60 61	853 203 6.6 2.8 1.8 1.6 23.7 17.7 5.0 0.8 3.1 12.7 266.7 1.9 4.0 25.0 29.0 0.4 0.5 6.7 777, 0.8 16.7 2.0 777, 0.8 16.7 2.0 777, 0.8 16.7 2.0 12.6 12.7 12.9 12.9 12.7 12.9 12.9 12.9 12.9 12.9 12.9 12.9 12.9	33 38 33 33 36 36 34 34 33 33 33 33 33 34 36 34 36 36 37 38 39 36 36 37 38 38 38 38 38 38 38 38 38 38 38 38 38
	μg	90.8	61	51.8	35
ADLD C COL	,		1.00	10 100 1 16	

Chocolate flavoured milk protein bar covered in milk chocolate. With sweeteners.

Ingredients: Milk protein, Milk chocolate (sugar, cocoa butter, whole milk powder, cocoa mass, whey powder (milk), emulsifier: soya lecithin, flavouring), Glucose syrup, Humectant: glycerine, Water, Oligofructose, Sunflower oil, Reduced fat cocoa powder, Potassium phosphate, Flavouring, Thickener: guar gum, Calcium carbonate, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, copper gluconate, manganese sulphate, pyridoxine hydrochloride, thiamin hydrochloride, vitamin A acetate, riboflavin, folic acid, potassium iodate, chromic chloride, sodium molybdate, sodium selenite, vitamin K, D-biotin, vitamin D3, vitamin B12), Potassium chloride, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Magnesium oxide, Sodium citrate, Salt, Sweeteners (sucralose, acesulfame K).

Allergen Advice: For allergens **see ingredients in bold.** Not suitable for people with nut or sesame seeds allergy.

*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.



BARS

Orange Chewy Bar





You should always consult your doctor before starting any weight loss programme.

Nutritional Information

Nutritional Infor	Hauc	<i>)</i>			
		Per 100g	%RI* per 100g	Per 57	g %RI* g per serving
Energy	kJ kcal	1494 356 11.6 5.0 3.2 2.6 41.5 33.3 11.1 5.4 467.9 3.3 487.9 43.9 46.8 9.5 0.8 9.5 0.8 467.9 1.5 29.3 3.3 3.3 484.6 6.0 6.0 6.0 6.0 6.0 6.0 6.0 6.0 6.0 6	Jr. 1113	852 203 6.6 2.9 1.9 1.5 23.6 17.7 5.0 0.6 3.1 12.7 0.5 266.7	, p
Fat	g	11.6		6.6	
Of which saturates	g	5.0		2.9	
Mono-unsaturates	y	26		1.5	
Polyunsaturates Carbohydrate Of which sugars Polyols Starch	ğ	41.5		23.6	
Of which sugars	ğ	31.1		17.7	
Polyols	ğ	8.7		5.0	
Starch	g	1.1		U.b	
Fibre Protein Salt Vitamin A	ď	22.3		12.7	
Salt	a	0.8		0.5	
Vitamin A	μ̈́g	467.9	58	266.7	33
Vitamin D Vitamin E	μġ	3.3	67	1.9	38
Vitamin E Vitamin K	mg	12.0	58 58	4.U	33
Vitamin C	μy ma	46.8	50 59	26.7	33
Vitamin C Thiamin Riboflavin	ma	0.6	59	0.4	34
Riboflavin	mğ	0.8	60	0.5	34
Migein	mg	9.5	59	5.4	34
Vitamin Bb	mg	117.0	50 50	0.5 66.7	33
Vitamin R12	μy	117.0	58	00.7	33
Vitamin B6 Folic acid Vitamin B12 Biotin	ЦQ	29.3	59	16.7	33
Pantothenic acid	mg	3.5	58	2.0	33
Potassium	mğ	1366.3	68	778.8	39
Chloride Calcium	ma	484.0 460.2	01 50	2/0.2	30 30
Phosphorus	ma	458.8	66	261.5	37
Magnesium	mg	224.1	60	127.7	34
Magnesium Iron Zinc	mğ	10.6	76	6.1	43
ZINC	mg	6.0	60	3.4	34
Copper	ma	1.0	58 67 58 59 59 50 59 58 59 58 60 60 60 60 60	0.4 0.5 5.4 0.5 66.7 0.8 16.7 2.0 778.8 276.2 267.4 261.5 127.7 6.1 3.4 0.7 18.7	30 34
Manganese Selenium	ung	32.8	60	18.7	34
Chromilim	μg	23.9	60	13.6	34
Molybdenum lodine	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	29.6	59 59	16.9	33 33 33 33 33 33 33 33 33 33 33 33 34 43 34 34
loaine	μg	88.5	59	50.4	34

*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Orange flavour milk protein bar covered in plain chocolate. With sweeteners.

Ingredients: Milk protein, Dark chocolate (sugar, cocoa mass, cocoa butter, emulsifier: soya lecithin), Glucose syrup, Humectant: glycerine, Oligofructose, Water, Sunflower oil, Potassium phosphate, Thickener: guar gum, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Calcium carbonate, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, copper gluconate, manganese sulphate, pyridoxine hydrochloride, thiamin hydrochloride, vitamin A acetate, riboflavin, folic acid, potassium iodate, chromic chloride, sodium molybdate, sodium selenite, vitamin K, D-biotin, vitamin D3, vitamin B12), Potassium chloride, Flavouring, Magnesium oxide, Salt, Sodium citrate, Sweeteners (sucralose, acesulfame k), Colour: beta-carotene.

Allergen Advice: For allergens **see ingredients in bold.** Not suitable for people with nut or sesame seeds allergy.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.



BARS

Toffee Chewy Bar





You should always consult your doctor before starting any weight loss programme.

Nutritional Information

Nutritional Inform	natic	n			
		Per	%RI*	Per 57g	%RI*
		100g	per 100g	serving	per serving
Energy	kJ	1490		849	
	kcal	355		202	
Fat	q	11.5		6.6	
Of which saturates	ğ	4.8		2.8	
Mono_uneaturatee	ğ	3.2		1.8	
Polyunsaturates Carbohydrate Of which sugars Polyols Starch	ğ	2.8		1.6	
Carbohydrate	g	41.7		23.7	
Of which sugars	g	31.7		18.1	
Polyols	g	8.7		4.9	
Starch	g	0.7		0.4	
Fibre Protein	g	4.4		2.5	
Protein	g	22.4		12.8	
Salt Vitamin A	g	0.9	50	0.5	00
Vitamin A	μg	467.9	58	200.7	33
Vitamin D	μg	3.3	6/	1.9	38
Vitamin D Vitamin E Vitamin K	mg	1.0	58	4.0	33
Vitamin K	μg	43.9	58 67 58 58 61	20.0	33
Vitamin C Thiamin Riboflavin Niacin	mg	49.1	01	28.0	30
Triamin Dibeflerie	mg	0.0	59 60 59 58 59 58 59 58 68 59 67 60 62 60	0.4	04
Micoin	mg	0.0	50	0.0	04
Vitamin DC	mg	9.0	59	0.4	04
Vitamin B6	IIIg	117.0	50	0.0	00
Folic acid Vitamin B12 Biotin	μy	117.0	59	00.7	22
VIIdIIIII D12	μy	20.2	50	16.7	00
DIUIIII Dontothonio goid	μy	29.0	59	2.0	33
Pantothenic acid Potassium Chloride	ma	1363.6	68	777.0	30
Chlorido	ma	168.0	50	267.3	33
('alcium	ma	400.5	50	267.0	33
Phoenhorie	ma	467.9	67	266.3	38
Mannacium	ma	224.5	60	197.0	3/1
Phosphorus Magnesium Iron Zinc	ma	87	62	5.0	35
7inc	ma	6.0	60	3.4	34
Copper	ma	0.6	61	0.3	35
Manganese	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	1490 355 11.5 2.8 44.7 31.7 31.7 31.7 31.7 31.7 31.7 4.4 22.4 467.9 9.5 0.8 9.5 0.8 467.9 11.5 1363.6 468.9 467.2 224.5 1363.6 6.0 6.0 6.0 6.0 6.0 6.0 6.0 6.0 6.0 6	61 60 60 60	849 202 6.6 2.8 1.8 1.6 23.7 18.1 4.9 0.5 12.8 0.5 266.7 0.4 0.5 5.4 0.5 66.7 0.8 16.7 2.0 777.2 2.6 7 2.6 7 2.6 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	33 38 33 33 34 34 33 33 33 33 33 33 33 34 34
Manganese Selenium	IIG	32.8	60	18.7	34
Chromium	110	23.9	60	13.6	34
Molybdenum	lig	29.6	59	16.9	34
Molybdenum lodine	UQ	89.5	59 60	16.9 51.0	34
*DL Deference intels	10	00.0	an and all	104001-14	2000 Leash

*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Toffee flavour milk protein bar covered in milk chocolate. With sweeteners.

Ingredients: Milk protein, Milk chocolate (sugar, cocoa butter, whole milk powder, cocoa mass, whey powder (milk), emulsifier: soya lecithin, flavouring), Glucose syrup, Humectant: glycerine, Oligofructose, Water, Sunflower oil, Flavouring, Potassium phosphate, Thickener: Guar gum, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Calcium carbonate, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, copper gluconate, manganese sulphate, pyridoxine hydrochloride, thiamin hydrochloride, vitamin A acetate, riboflavin, folic acid, potassium iodate, chromic chloride, sodium molybdate, sodium selenite, vitamin K, D-biotin, vitamin D3, vitamin B12), Potassium chloride, Magnesium oxide, Sodium citrate, Salt, Sweeteners (sucralose, acesulfame K).

Allergen Advice: For allergens **see ingredients in bold.** Not suitable for people with nut or sesame seeds allergy.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.



BARS

Mint Crunch Bar





You should always consult your doctor before starting any weight loss programme.

Nutritional Information

Nutritional Inform	iauc	/11			
		Per 100g	%RI* per 100g	Per 55g serving p	%RI* per serving
Energy	kJ kcal	1642 391 12.8 42.7 26.4 42.7 26.4 9.0 2.0 1.0 48.9 48.9 9.0 3.6 6.0 1.0 48.9 9.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1		903 215 7.1 3.6 1.7 1.3.5 14.5 4.9 1.1 3.1 14.8 0.6.7 1.9 4.0 25.0 26.7 0.4 0.5 82.0 0.5 82.0 82.0 784.9 16.7 2.0 784.9 2.0 784.9 131.4 7.3 3.7 0.9 21.0 131.4 131.4 7.3 131.4 7.3 131.4 7.3 131.4 7.3 131.4 7.3 131.4 7.3 131.4 7.3 131.4 7.3 131.4 7.3 131.4 7.3 7.3 7.3 7.3 7.3 7.3 7.3 7.3 7.3 7.3	v
Fat	g	12.8		7.1	
Of which saturates	ğ	6.6		3. <u>6</u>	
Mono-unsaturates	g	3.1]./	
Polyunsalurales	g	40.7		1.J	
Of which curare	ğ	26.7		1/1.5	
Polyols	ď	90		49	
Polyunsaturates Carbohydrate Of which sugars Polyols Starch	ă	2.0		1.1	
ribre	ğ	5.6		3.1	
Protein	ğ	27.0		14.8	
Salt	ğ	1.0	0.4	0.5	00
Vitamin A	μg	484.9	01	200.7	33
VILIDITI D	μy	0.0 7.0	61	1.9	33 30
Vitamin D Vitamin E Vitamin K	III	15.5	61	25.0	33
Vitamin C	ma	48.5	61	26.7	33
Vitamin C Thiamin Riboflavin	ma	0.7	61	0.4	34
Riboflavin	mğ	0.9	65	0.5	36
Niacin	mğ	9.8	61	5.4	34
Vitamin B6 Folic acid	mg	0.8	61	0.5	33
FOIIC ACID	μg	149.1	75	82.0	41
Vitamin B12 Biotin	μy	30.4	0U 61	U.0 16.7	33 33
Pantothenic acid	μy mn	36	61	20.7	33
Potassium	ma	1427.2	71	784.9	39
Potassium Chloride	mg	585.0	73	321.8	40
Calcium	mğ	517.2	65	284.5	36
Phosphorus	mğ	504.3	72	277.4	40
Magnesium Iron	mg	238.9	64	131.4	35
Zinc	ma	6.0	90	1.3 2.7	0Z 27
Conner	ma	1.0	00 07	0.7	53
Copper Manganese	ma	1.6	78	0.0	43
Manganese Selenium	IJŒ	38.1	69	21.0	38
Chromium	<u> </u>	24.7	61 61 61 61 61 61 75 60 61 71 73 65 64 95 68 69 62 62	13.6	33 38 33 33 34 36 34 33 33 33 33 34 40 35 52 37 52 37 53 40 35 40 35 37 52 37 53 40 34 34 34 35 36 40 36 40 36 40 36 40 36 40 36 40 36 40 36 40 36 40 36 40 36 40 36 40 36 40 36 40 36 40 36 36 40 36 36 36 36 36 36 36 36 36 36 36 36 36
Molybdenum lodine	μğ	31.0	62	17.1	34
lodine	μğ	92.7	62	51.0	34
*DI Deference intelse	of o	0.0000	no odult	10 400 1/1/0	

Mint flavour soya and milk protein bar covered in plain chocolate.

Ingredients: Dark chocolate (sugar, cocoa mass, cocoa butter, emulsifier: soya lecithin), Partially inverted sugar syrup, Textured soya protein, Soya protein nuggets (soya protein isolate, tapioca starch. salt), Humectant: glycerine, Glucose syrup, Milk protein, Soya protein nuggets (soya protein isolate, tapioca starch, malt extract (barley), salt), Reduced fat cocoa powder, Water, Conjugated linoleic acid powder (conjugated linoleic acid, sodium caseinate (milk), antioxidants: mixed tocopherols), Sunflower oil, Potassium chloride, Hydrogenated vegetable oil (**soya**, palm and cottonseed oil in varying proportions), Calcium carbonate. Compound vitamin and mineral mixture (maltodextrin. ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, pyridoxine hydrochloride, vitamin A acetate, thiamin hydrochloride, riboflavin, folic acid, potassium iodate, chromic chloride, sodium selenite, sodium molybdate, vitamin K, D-biotin, vitamin D3, vitamin B12), Soya lecithin, Sodium phosphate, Potassium phosphate, Magnesium oxide, Potassium chloride, Sodium citrate, Flavouring (soya).

Allergen Advice: For allergens, including cereals containing gluten, **see ingredients in bold.** Not suitable for people with nut or sesame seeds allergy.

*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.



BARS

Cranberry crunch bar





You should always consult your doctor before starting any weight loss programme.

Nutritional Information

Nutritional Inform	iatio	""			
		Per 100g	%RI* per 100g	Per 55g serving	%RI* per serving
Energy	kJ kcal	1635 389 12.3 3.1 3.3 1.3 3.5 27.7 1.0 0.9 484.9 48.9 0.7 0.9 484.9 0.7 0.9 0.8 121.3 13.3 1440.9 484.9 0.7 0.9 0.8 121.3 13.3 13.4 484.9 0.8 121.3 13.3 13.3 13.4 14.9 14.9 14.9 14.9 14.9 14.9 15.9 16.0 17.9 16.0 17.9 16.0 17.9 16.0 17.9 16.0 17.9 17.9 17.9 17.9 17.9 17.9 17.9 17.9		899 214 6.8 3.0 1.7 1.8 23.6 15.1 4.9 0.5 25.5 15.3 0.5 266.7	
Fat	g	12.3		6.8	
Of which saturates		5.5		3. <u>0</u>	
Mono-unsaturates	g	3.1		1./	
Polyunsaturates	g	3.3		1.8	
Of which ouggre	g	42.9 97.4		23.0 15.1	
Polyole	g	21.4		10.1	
Polyunsaturates Carbohydrate Of which sugars Polyols Starch Fibre	ď	0.0		0.5	
Fibre	ă	4.5		2.5	
FIOLEIT	ă	27.7		15.3	
Salt	ğ	1.0		0.5	
Vitamin A	μg	484.9	61	266.7	33
Vitamin D	μg	3.5	69	1.9	38
Vitamin E	mg	7.3	6]	4.0	33
Vitamin K	μg	45.5	01	20.0	<u>ქქ</u>
VII.di I II I U	ma	40.0 0.7	01 61	20.7	3/I
Vitamin D Vitamin E Vitamin K Vitamin C Thiamin Ribofilavin	ma	ñ.a	62	0.5	34
INIACIO	ma	9.8	61	5.4	34
Vitamin B6 Folic acid	ma	0.8	61	0.5	33
Folic acid	μg	121.3	61	66.7	33
Vitamin B12	μğ	1.8	73	1.0	40
Biotin	μġ	30.4	61	16.7	33
Pantothenic acid	mg	3.6	61	2.0	33
Potassium	mg	1440.0	61	192.3	40
Chloride Calcium	ma	404.9 5// 6	68	200.7	აა 27
Phosphorus	ma	617.3	88	330.5	40
Magnesium	ma	237.5	63	130.6	35
Magnesium Iron	ma	9.8	70	5.4	38
Zinc	mğ	6.4	64	3.5	35
Copper	THE THE PLANT OF THE PROPERTY	0.7	66	1.0 16.7 2.0 792.3 266.7 299.5 339.5 130.6 5.4 3.5 0.4 0.7	36
Manganese Selenium	mğ	1.3	63	0.7	35
Selenium	μg	39.4	(2	21.7 13.7 17.1	39
Chromium	μg	24.9	62	13./	34 24
Molybdenum lodine	нд Нд Нд	31.0	61 61 61 61 61 61 61 72 61 61 62 63 70 64 63 72 62 62 63	51.9	33 33 33 33 34 34 33 33 40 33 33 40 33 33 40 35 35 36 35 36 35 36 35
*DI Deference intelle	μÿ	J4.∪	to adult		000

Cranberry flavoured soya protein and skimmed milk bar covered in milk chocolate.

Ingredients: Milk chocolate (sugar, cocoa butter, whole **milk** powder, cocoa mass, whey powder (milk), emulsifier: soya lecithin, flavouring), Partially inverted sugar syrup. **Sova** protein nuggets (**sova** protein isolate, tapioca starch, salt), Skimmed **milk** powder, Humectant: glycerine, **Soya** protein nuggets (**soya** protein isolate, tapioca starch, malt extract (barley), salt), Sweetened dried cranberries (cranberries, sugar, sunflower oil), Milk protein, Textured soya protein, Sunflower oil, Oligofructose, Potassium phosphate, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Calcium carbonate, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, pyridoxine hydrochloride, vitamin A acetate, thiamin hydrochloride, riboflavin, folic acid, potassium iodate, chromic chloride, sodium selenite, sodium molybdate, vitamin K, D-biotin, vitamin D3, vitamin B12), Potassium chloride. Hydrogenated vegetable oil (sova, palm and cottonseed oil in varying proportions), **Soya** lecithin, Acid: citric acid, Flavouring, Sodium citrate, Magnesium oxide.

Allergen Advice: For allergens, including cereals containing gluten, see ingredients in bold. Not suitable for people with nut or sesame seeds alleray.

*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.



BARS

Peanut crunch bar





You should always consult your doctor before starting any weight loss programme.

Nutritional Information

Nutritional Inform	ialic	""			
		Per 100g	%RI* per 100g	Per 55g serving	%RI* per serving
Energy	kJ kcal	1659 395 1833 5.8 3.9 2.5 5.8 43.6 20.1 9.0 10.5 7.3 45.5 0.7 9.8 48.4 9.8 121.3 1.5 30.4 43.6 1411.1 493.4 4860.5 25.2 25.2 25.3 48.5 26.5 26.5 26.5 26.5 26.5 26.5 26.5 26		912 218 7.3 3.2 2.1 1.4 24.0 11.1 5.0 5.7 4.2 13.8 0.4 266.7 0.4 0.48 5.4 0.48 5.4 0.4 0.48 5.4 0.4 0.48 5.4 0.4 0.4 0.4 0.4 0.4 0.4 0.4 0.4 0.4 0	•
Fat	99999999999999999999999999999999999999	13.3		7.3	
Of which saturates	g	5.8		3.2	
Mono-unsaturates	g	3.9 2.5		Z. I	
Carbobydrate	ď	43.6		24.0	
Polyunsaturates Carbohydrate Of which sugars Polyols Starch Fibre	ă	20.1		11.1	
Polyols	ğ	9.0		5.0	
Starch	ğ	10.5		5.7	
Fibre .	ğ	7.6		4.2	
LIOTEILI	g	25.2		13.8	
Salt Vitamin A	y	0.0 //8// Q	61	266.7	22
Vitamin D	μg	3.5	61 69	1.9	38
Vitamin D Vitamin E	ma	7.3	61	4,0	33
Vitamin K	μg	45.5	61	25.0	33
Vitamin C	mg	48.5	61	26.7	33
Vitamin C Thiamin Riboflavin	mg	0.7	61 61 61 62 61 61 61 61 61 71	0.4	34
Niacin	mg	0.9	61	U.48	34 24
Vitamin R6	mn	0.8	61	0.47	33
Vitamin B6 Folic acid Vitamin B12 Biotin	ua	121.3	61	66.7	33
Vitamin B12	μď	1.5	60	0.8	33
Biotin	μğ	30.4	61	16.7	33
Pantothenic acid	mg	3.6	61	2.0	33
Potassium Chloride	mg	1411.1 400.4	/ I	//b.l	39
Calcium	ma	490.4	02 61	267.4	33 33
Phosphorus	mn	560.5	62 61 80 65	271.4 267.4 308.3 133.7 5.5 3.5 0.4 0.8	44
Magnesium	ma	243.1	65	133.7	36
Magnesium Iron Zinc	mğ	10.0	71	5.5	39
Zinc	mğ	6.4	64 76 76	3.5	35
Copper	mġ	0.8	76	0.4	42
Copper Manganese Selenium	mg	0.1	/b	0.8 21.1	33 38 33 33 34 34 34 33 33 33 33 33 34 44 36 39 42 42 42 42 38 34
Chromium	μy	00.4 24.7	70 62 62 62	13.6	34
Molyhdenum	μy	31.0	62	17.1	34
Molybdenum lodine		10.0 6.4 0.8 1.5 38.4 24.7 31.0 93.6	62	21.1 13.6 17.1 51.5	34 34
*DI Deference intel/			ro odult		

Peanut flavoured soya and milk protein bar covered in milk chocolate.

Ingredients: Milk chocolate (sugar, cocoa butter, whole milk powder, cocoa mass, whey powder (milk), emulsifier: soya lecithin, flavouring). Maltodextrin, Partially inverted sugar syrup, **Sova** protein nuggets (soya protein isolate, tapioca starch, salt), Humectant: glycerine, **Soya** protein nuggets (**soya** protein isolate, tapioca starch, malt extract (barley), salt), Textured soya protein, Smooth peanut butter (peanuts, sea salt), Oligofructose, Milk protein, Potassium phosphate, Conjugated linoleic acid powder (conjugated linoleic acid, sodium caseinate (milk), antioxidants: mixed tocopherols), Calcium carbonate, Flavouring, Potassium chloride, Hydrogenated vegetable oil (soya, palm and cottonseed oil in varying proportions), Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, pyridoxine hydrochloride, vitamin A acetate, thiamin hydrochloride, riboflavin, folic acid, potassium iodate, chromic chloride, sodium selenite, sodium molybdate, vitamin K, D-biotin, vitamin D3, vitamin B12), Magnesium oxide, Potassium chloride, Sodium phosphate.

Allergen Advice: For allergens, including cereals containing gluten, see ingredients in bold. Not suitable for people with nut or sesame seeds allergy.

*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.



BARS

Lemon Yoghurt Bar





You should always consult your doctor before starting any weight loss programme.

Nutritional Information

Nutritional Inform	iauc	ш			
		Per 100g	%RI* per 100g	Per 55g serving	%RI* per serving
Energy	kJ kcal	1602 382 12.5 6.8 1.7 3.6 6.8 1.7 3.6 40.8 32.5 4.4 40.5 8.2 48.5 9.8 80.8 121.3 1.8 30.4 48.5 9.8 80.8 142.7 7.5 6.9 9.8 8.7 6.8 1.8 1.8 1.8 1.8 1.8 1.8 1.8 1		881 210 6.9 3.8 0.9 2.4 17.9 2.4 0.3 3.2 13.8 0.5 266.7 1.9 4.0 25.0 25.0 66.7 1.0 16.7 2.0 782.5 303.0 297.6 297.6 297.6 21.7 21.7 126.3 4.8 0.3 0.7 21.7 13.7 13.7 13.7 17.1	
Fat	g	12.5		6.9	
Of which saturates	g	6.8		3.8	
Mono-unsaturates	g	1./		0.9	
Polyunsaturates	g	3.0		2.0	
Of which cugara	g	40.8 20.5		17.0	
Doluble	y	1/1		2.4	
Starch	y	0.6		0.3	
Fibre	ŭ	5.8		3.2	
Protein	ă	25.1		13.8	
Mono-unsaturates Polyunsaturates Carbohydrate Of which sugars Polyols Starch Fibre Protein Salt Vitamin A	q	1,0		0.5	
Vitamin A	μ̈́g	484.9	61	266.7	33
Vitamin D	μğ	3.5	69	1.9	38
Vitamin E	mg	7.3	61	4.0	33
Vitamin K	μg	45.5	61	25.0	33
Vitamin C	mg	48.5	01	20.7	33
Vitamin D Vitamin E Vitamin K Vitamin C Thiamin Riboflavin Niacin	ma	0.7	69 61 61 61 62 61 61 61	0.4	34 97
Niacin	ma	0.9	61	5.4	34 3/I
Vitamin R6	ma	0.8	61	0.5	33
Folic acid	III	121.3	61	66.7	33
Vitamin B12	IJū	1.8	Ž1	1.0	39
Vitamin B6 Folic acid Vitamin B12 Biotin Pantothenic acid	μď	30.4	61	16.7	33
Pantothenic acid	mg	3.6	61	2.0	33
Potassium Chloride Calcium	mg i	1422.7	71	782.5	39
Chloride	mg	550.9	69	303.0	38
Dhaabarra	mg	541.1	98	297.6	3/
Phosphorus Magnesium	ma	220.7	70 61	106.0	41 24
Iron	ma	223.1	62	120.0	3/1
Magnesium Iron Zinc	mn	6.7	62	3.4	34
Copper	ma	0.6	62	0.3	34
Copper Manganese Selenium	<u> </u>	1.3	61 61 71 69 68 75 61 62 62 62 67 72 62 62 62	0.7	33 38 33 33 34 34 34 33 33 33 33 33 33 34 34
Selenium	μg	39.5	72	21.7	39
Corromium	μğ	24.9	62	13.7	34
Molybdenum lodine	μğ	31.0	62	17.1	34
lodine	μg	93.4	62	51.4	34

Lemon flavoured milk and soya protein bar covered in yoghurt flavoured coating. With sweetener.

Ingredients: Yoghurt coating (sugar, palm kernel oil, lactose (milk), full cream voghurt powder (milk), emulsifier: sova lecithin). Partially inverted sugar syrup, Skimmed milk powder, Lemon nuggets (sugar, apple, lemon puree 20%, glycerol, pineapple fibre, acidity regulators (citric acid, potassium citrate), gelling agent (sodium alginate), stabiliser (calcium phosphate), flavouring, colour: curcumin)), Soya protein nuggets (soya protein isolate, tapioca starch, salt), Milk protein, Textured soya protein. Oligofructose. **Sova** protein nuggets (**sova** protein isolate. tapioca starch, malt extract (barley), salt), Sunflower oil, Water, Humectant: glycerine, Potassium phosphate, Potassium chloride, Hydrogenated vegetable oil (soya, palm and cottonseed oil in varying proportions), Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, pyridoxine hydrochloride, vitamin A acetate, thiamin hydrochloride, riboflavin, folic acid, potassium iodate, chromic chloride, sodium selenite, sodium molybdate, vitamin K. D-biotin, vitamin D3, vitamin B12). Calcium carbonate, Soya lecithin, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Sodium citrate, Acid: citric acid, Magnesium oxide, Flavouring, Sweetener: sucralose.

Allergen Advice: For allergens, including cereals containing gluten, **see ingredients in bold.** Not suitable for people with nut or sesame seeds allergy.

*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.



Real people, real support, real results.

BARS

Strawberry & Apple Yoghurt Bar





You should always consult your doctor before starting any weight loss programme.

Nutritional Information

Nutritional Inform	natio	n			
		Per	%RI*	Per 55g	1 %RI*
		100g	per 100g	serving	per serving
Energy	kJ	1604 382 10.7 6.3 1.3 2.5 43.4 33.6 1.5 1.9 7.9 24.0		882 210 5.9 3.5 0.7 1.3 23.9	
	kca	382		210	
Fat	9999999999	10.7		5.9	
Of which saturates	ğ	6.3		3 . 5	
Mono-unsaturates	ğ	1.3		0.7	
Polyunsaturates	ġ	2.5		1.3	
Polyunsaturates Carbohydrate Of which sugars Polyols Starch	g	43.4		23.9	
Of which sugars	g	33.6		18.5 0.8 1.0	
Polyols	g	1.5		0.8	
Starch	g	1.9		1.0	
FIDIE	g	7.9		4.4	
Protein	g	24.0		13.2	
Salt Vitamin A	g	404.0	04	13.2 0.3 266.7	00
Vitamin A	μg	484.9	61	200.7	33 00
Vitamin D Vitamin E	μg μg mg	4.0	69	1.9	J8
Vitamin IZ	mg	1.3	01	4.0	33 00
Vitamin K	μg	40.0	61 61 61	4.0 25.0 26.7	00 00
Vitamin C	mg	0.6 484.9 3.5 7.3 45.5 48.5 0.7 0.9 9.8 0.9 121.3 1.5 30.4	01 61	20.1	00 24
Thiamin Riboflavin	mğ	0.7	61 62 61 61	0.4 0.5	04 04
Niacin	mğ mg	0.9	02 61	5.4	2/I
Vitamin B6	ma	0.0	61	5.4 0.5	2/
Folio poid	mğ	101.3	61	66.7	22
Folic acid Vitamin B12	μy	15	61 60	0.8	33
Biotin	μg	30.4	61	16.7	33
Pantothenic acid	ma	36	61 61	2 0	33
Potassium	µg µg µg mg mg mg	3.6 1417.4	71	779.6 265.0 274.4	30
Chloride	ma	481.8	ŔÒ	265.0	33
Calcium	ma	481.8 499.0 439.1	60 62 63	274.4	34
Phosphorus	ma	439.1	63	241.5	34
Magnesium	mğ mg	232.3	62	127.8	34
Iron	ma	8.5	61	4.7	33
7inc	mg mg	232.3 8.5 6.2 0.6 1.3 34.3 25.2 31.5	62 61 62 61	3.4	34
Copper	mă	0.6	61	0.3	34
Copper Manganese Selenium	mğ mg	1.3	63	0.3 0.7 18.9 13.8	35
Selenium	μď	34.3	62	18.9	34
Unromium	μğ	25.2	63 62 63 63	13.8	35
Molybdenum	µg µg µg µg	31.5	63	17 . 3	33 33 33 34 34 34 34 33 33 33 34 34 34 3
lodine	μğ	91.1	61	50.1	33
	1.7				

*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Strawberry and apple flavoured soya and milk protein bar covered in yogurt flavoured coating.

Ingredients: Yoghurt compound 20% (sugar, non-hydrogenated palm kernel oil, lactose (milk), yoghurt powder (milk), soya lecithin), Textured soya protein, Partially inverted sugar syrup, Strawberry flavoured apple pieces 11% (dried diced apple (43%), dextrose, humectant: glycerol, strawberry juice concentrate (9%), maize starch, Acid: malic acid, elderberry juice extract, flavouring, preservative: **sulphur dioxide**), Soya protein crisps (soya protein, tapioca starch, salt), Skimmed milk powder, Oligofructose (sulphites), Milk protein, Sunflower oil. Humectant: glycerine, potassium phosphate, calcium carbonate, Acid: citric acid. **Sova l**ecithin, Potassium chloride, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, copper gluconate, manganese sulphate, vitamin A acetate, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, folic acid, potassium iodate, chromic chloride, sodium molybdate, sodium selenite, vitamin K, D-biotin, vitamin D3, vitamin B12), Magnesium oxide, Flavouring.

Allergen Advice: For allergens, **see ingredients in bold.** Not suitable for people with nut or sesame seeds allergy.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.