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BARS

Chocolate Chewy Bar

203kcal
853kJ

Suitable for
Vegetarians

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

Nutritional Information

		Per 100g	%RI* per 100g	Per 57g serving	%RI* per serving
Energy					
	kJ	1496		853	
	kcal	356		203	
Fat	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	
Carbohydrate	g	41.6		23.7	
Of which sugars	g	31.0		17.7	
Polyols	g	8.8		5.0	
Starch	g	1.3		0.8	
Fibre	g	5.4		3.1	
Protein	g	22.3		12.7	
Salt	g	0.8		0.5	
Vitamin A	µg	467.9	58	266.7	33
Vitamin D	µg	3.3	67	1.9	38
Vitamin E	mg	7.0	58	4.0	33
Vitamin K	µg	43.9	58	25.0	33
Vitamin C	mg	50.9	64	29.0	36
Thiamin	mg	0.7	64	0.4	36
Riboflavin	mg	0.8	60	0.5	34
Niacin	mg	9.5	59	5.4	34
Vitamin B6	mg	0.8	58	0.5	33
Folic acid	µg	117.0	59	66.7	33
Vitamin B12	µg	1.5	58	0.8	33
Biotin	µg	29.3	59	16.7	33
Pantothenic acid	mg	3.5	58	2.0	33
Potassium	mg	1364.1	68	777.6	39
Chloride	mg	472.2	59	269.1	34
Calcium	mg	470.7	59	268.3	34
Phosphorus	mg	447.1	64	254.9	36
Magnesium	mg	224.1	60	127.7	34
Iron	mg	9.5	68	5.4	39
Zinc	mg	6.3	63	3.6	36
Copper	mg	0.8	75	0.4	43
Manganese	mg	1.2	61	0.7	35
Selenium	µg	33.3	61	19.0	35
Chromium	µg	24.2	61	13.8	35
Molybdenum	µg	30.1	60	17.2	34
Iodine	µg	90.8	61	51.8	35

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

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.

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.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM372011

BARS

Orange Chewy Bar

203kcal
852kJ

Suitable for
Vegetarians

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

Nutritional Information

		Per 100g	%RI* per 100g	Per 57g serving	%RI* per serving
Energy					
	kJ	1494		852	
	kcal	356		203	
Fat	g	11.6		6.6	
Of which saturates	g	5.0		2.9	
Mono-unsaturates	g	3.2		1.9	
Polyunsaturates	g	2.6		1.5	
Carbohydrate	g	41.5		23.6	
Of which sugars	g	31.1		17.7	
Polyols	g	8.7		5.0	
Starch	g	1.1		0.6	
Fibre	g	5.4		3.1	
Protein	g	22.3		12.7	
Salt	g	0.8		0.5	
Vitamin A	µg	467.9	58	266.7	33
Vitamin D	µg	3.3	67	1.9	38
Vitamin E	mg	7.0	58	4.0	33
Vitamin K	µg	43.9	58	25.0	33
Vitamin C	mg	46.8	59	26.7	33
Thiamin	mg	0.6	59	0.4	34
Riboflavin	mg	0.8	60	0.5	34
Niacin	mg	9.5	59	5.4	34
Vitamin B6	mg	0.8	58	0.5	33
Folic acid	µg	117.0	59	66.7	33
Vitamin B12	µg	1.5	58	0.8	33
Biotin	µg	29.3	59	16.7	33
Pantothenic acid	mg	3.5	58	2.0	33
Potassium	mg	1366.3	68	778.8	39
Chloride	mg	484.6	61	276.2	35
Calcium	mg	469.2	59	267.4	33
Phosphorus	mg	458.8	66	261.5	37
Magnesium	mg	224.1	60	127.7	34
Iron	mg	10.6	76	6.1	43
Zinc	mg	6.0	60	3.4	34
Copper	mg	0.6	61	0.3	35
Manganese	mg	1.2	60	0.7	34
Selenium	µg	32.8	60	18.7	34
Chromium	µg	23.9	60	13.6	34
Molybdenum	µg	29.6	59	16.9	34
Iodine	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.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM371211

BARS

Toffee Chewy Bar

202kcal
849kJ

Suitable for
Vegetarians

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

Nutritional Information

		Per 100g	%RI* per 100g	Per 57g serving	%RI* per serving
Energy					
	kJ	1490		849	
	kcal	355		202	
Fat	g	11.5		6.6	
Of which saturates	g	4.8		2.8	
Mono-unsaturates	g	3.2		1.8	
Polyunsaturates	g	2.8		1.6	
Carbohydrate	g	41.7		23.7	
Of which sugars	g	31.7		18.1	
Polysols	g	8.7		4.9	
Starch	g	0.7		0.4	
Fibre	g	4.4		2.5	
Protein	g	22.4		12.8	
Salt	g	0.9		0.5	
Vitamin A	µg	467.9	58	266.7	33
Vitamin D	µg	3.3	67	1.9	38
Vitamin E	mg	7.0	58	4.0	33
Vitamin K	µg	43.9	58	25.0	33
Vitamin C	mg	49.1	61	28.0	35
Thiamin	mg	0.6	59	0.4	34
Riboflavin	mg	0.8	60	0.5	34
Niacin	mg	9.5	59	5.4	34
Vitamin B6	mg	0.8	58	0.5	33
Folic acid	µg	117.0	59	66.7	33
Vitamin B12	µg	1.5	58	0.8	33
Biotin	µg	29.3	59	16.7	33
Pantothenic acid	mg	3.5	58	2.0	33
Potassium	mg	1363.6	68	777.2	39
Chloride	mg	468.9	59	267.3	33
Calcium	mg	469.9	59	267.9	33
Phosphorus	mg	467.2	67	266.3	38
Magnesium	mg	224.5	60	127.9	34
Iron	mg	8.7	62	5.0	35
Zinc	mg	6.0	60	3.4	34
Copper	mg	0.6	61	0.3	35
Manganese	mg	1.2	60	0.7	34
Selenium	µg	32.8	60	18.7	34
Chromium	µg	23.9	60	13.6	34
Molybdenum	µg	29.6	59	16.9	34
Iodine	µg	89.5	60	51.0	34

*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.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM374611

BARS

Mint Crunch Bar

215kcal
903kJ

Suitable for
Vegetarians

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

Nutritional Information

		Per 100g	%RI*	Per 55g serving	%RI*
Energy					
	kJ	1642		903	
	kcal	391		215	
Fat	g	12.8		7.1	
Of which saturates	g	6.6		3.6	
Mono-unsaturates	g	3.1		1.7	
Polyunsaturates	g	2.4		1.3	
Carbohydrate	g	42.7		23.5	
Of which sugars	g	26.4		14.5	
Polyols	g	9.0		4.9	
Starch	g	2.0		1.1	
Fibre	g	5.6		3.1	
Protein	g	27.0		14.8	
Salt	g	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	61	4.0	33
Vitamin K	µg	45.5	61	25.0	33
Vitamin C	mg	48.5	61	26.7	33
Thiamin	mg	0.7	61	0.4	34
Riboflavin	mg	0.9	65	0.5	36
Niacin	mg	9.8	61	5.4	34
Vitamin B6	mg	0.8	61	0.5	33
Folic acid	µg	149.1	75	82.0	41
Vitamin B12	µg	1.5	60	0.8	33
Biotin	µg	30.4	61	16.7	33
Pantothenic acid	mg	3.6	61	2.0	33
Potassium	mg	1427.2	71	784.9	39
Chloride	mg	585.0	73	321.8	40
Calcium	mg	517.2	65	284.5	36
Phosphorus	mg	504.3	72	277.4	40
Magnesium	mg	238.9	64	131.4	35
Iron	mg	13.3	95	7.3	52
Zinc	mg	6.8	68	3.7	37
Copper	mg	1.0	97	0.5	53
Manganese	mg	1.6	78	0.9	43
Selenium	µg	38.1	69	21.0	38
Chromium	µg	24.7	62	13.6	34
Molybdenum	µg	31.0	62	17.1	34
Iodine	µg	92.7	62	51.0	34

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

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.

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.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM373711

BARS

Cranberry crunch bar

214kcal
899kJ

Suitable for
Vegetarians

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

Nutritional Information

		Per 100g	%RI* per 100g	Per 55g serving	%RI* per serving
Energy					
	kJ	1635		899	
	kcal	389		214	
Fat	g	12.3		6.8	
Of which saturates	g	5.5		3.0	
Mono-unsaturates	g	3.1		1.7	
Polysaturates	g	3.3		1.8	
Carbohydrate	g	42.9		23.6	
Of which sugars	g	27.4		15.1	
Polysols	g	9.0		4.9	
Starch	g	0.9		0.5	
Fibre	g	4.5		2.5	
Protein	g	27.7		15.3	
Salt	g	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	61	4.0	33
Vitamin K	µg	45.5	61	25.0	33
Vitamin C	mg	48.5	61	26.7	33
Thiamin	mg	0.7	61	0.4	34
Riboflavin	mg	0.9	62	0.5	34
Niacin	mg	9.8	61	5.4	34
Vitamin B6	mg	0.8	61	0.5	33
Folic acid	µg	121.3	61	66.7	33
Vitamin B12	µg	1.8	73	1.0	40
Biotin	µg	30.4	61	16.7	33
Pantothenic acid	mg	3.6	61	2.0	33
Potassium	mg	1440.6	72	792.3	40
Chloride	mg	484.9	61	266.7	33
Calcium	mg	544.6	68	299.5	37
Phosphorus	mg	617.3	88	339.5	49
Magnesium	mg	237.5	63	130.6	35
Iron	mg	9.8	70	5.4	38
Zinc	mg	6.4	64	3.5	35
Copper	mg	0.7	66	0.4	36
Manganese	mg	1.3	63	0.7	35
Selenium	µg	39.4	72	21.7	39
Chromium	µg	24.9	62	13.7	34
Molybdenum	µg	31.0	62	17.1	34
Iodine	µg	94.3	63	51.9	35

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

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, **Soya** protein nuggets (**soya** 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 (**soya**, 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 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.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM374911

Peanut crunch bar

218kcal
912kJ

Suitable for
Vegetarians

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

Nutritional Information

		Per 100g	%RI* per 100g	Per 55g serving	%RI* per serving
Energy					
	kJ	1659		912	
	kcal	395		218	
Fat	g	13.3		7.3	
Of which saturates	g	5.8		3.2	
Mono-unsaturates	g	3.9		2.1	
Polysaturates	g	2.5		1.4	
Carbohydrate	g	43.6		24.0	
Of which sugars	g	20.1		11.1	
Polysols	g	9.0		5.0	
Starch	g	10.5		5.7	
Fibre	g	7.6		4.2	
Protein	g	25.2		13.8	
Salt	g	0.8		0.4	
Vitamin A	µg	484.9	61	266.7	33
Vitamin D	µg	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	61	26.7	33
Thiamin	mg	0.7	61	0.4	34
Riboflavin	mg	0.9	62	0.48	34
Niacin	mg	9.8	61	5.4	34
Vitamin B6	mg	0.8	61	0.47	33
Folic acid	µg	121.3	61	66.7	33
Vitamin B12	µg	1.5	60	0.8	33
Biotin	µg	30.4	61	16.7	33
Pantothenic acid	mg	3.6	61	2.0	33
Potassium	mg	1411.1	71	776.1	39
Chloride	mg	493.4	62	271.4	34
Calcium	mg	486.1	61	267.4	33
Phosphorus	mg	560.5	80	308.3	44
Magnesium	mg	243.1	65	133.7	36
Iron	mg	10.0	71	5.5	39
Zinc	mg	6.4	64	3.5	35
Copper	mg	0.8	76	0.4	42
Manganese	mg	1.5	76	0.8	42
Selenium	µg	38.4	70	21.1	38
Chromium	µg	24.7	62	13.6	34
Molybdenum	µg	31.0	62	17.1	34
Iodine	µg	93.6	62	51.5	34

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

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, **Soya** 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.

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.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

BARS

Lemon Yoghurt Bar

210kcal
881kJ

Suitable for
Vegetarians

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

Nutritional Information

		Per 100g	%RI* per 100g	Per 55g serving	%RI* per serving
Energy					
	kJ	1602		881	
	kcal	382		210	
Fat	g	12.5		6.9	
Of which saturates	g	6.8		3.8	
Mono-unsaturates	g	1.7		0.9	
Polyunsaturates	g	3.6		2.0	
Carbohydrate	g	40.8		22.4	
Of which sugars	g	32.5		17.9	
Polyols	g	4.4		2.4	
Starch	g	0.6		0.3	
Fibre	g	5.8		3.2	
Protein	g	25.1		13.8	
Salt	g	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	61	4.0	33
Vitamin K	µg	45.5	61	25.0	33
Vitamin C	mg	48.5	61	26.7	33
Thiamin	mg	0.7	61	0.4	34
Riboflavin	mg	0.9	62	0.5	34
Niacin	mg	9.8	61	5.4	34
Vitamin B6	mg	0.8	61	0.5	33
Folic acid	µg	121.3	61	66.7	33
Vitamin B12	µg	1.8	71	1.0	39
Biotin	µg	30.4	61	16.7	33
Pantothenic acid	mg	3.6	61	2.0	33
Potassium	mg	1422.7	71	782.5	39
Chloride	mg	550.9	69	303.0	38
Calcium	mg	541.1	68	297.6	37
Phosphorus	mg	525.7	75	289.1	41
Magnesium	mg	229.7	61	126.3	34
Iron	mg	8.7	62	4.8	34
Zinc	mg	6.2	62	3.4	34
Copper	mg	0.6	62	0.3	34
Manganese	mg	1.3	67	0.7	37
Selenium	µg	39.5	72	21.7	39
Chromium	µg	24.9	62	13.7	34
Molybdenum	µg	31.0	62	17.1	34
Iodine	µg	93.4	62	51.4	34

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

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 yoghurt powder (**milk**), emulsifier: **soya** 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, **Soya** protein nuggets (**soya** 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.

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 PlanTM programme. Use as directed by your Cambridge Weight PlanTM Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM375011

BARS

Strawberry & Apple Yoghurt Bar

210kcal
882kJ

Suitable for
Vegetarians

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

Nutritional Information

		Per 100g	%RI*	Per 55g serving	%RI*
Energy					
	kJ	1604		882	
	kcal	382		210	
Fat	g	10.7		5.9	
Of which saturates	g	6.3		3.5	
Mono-unsaturates	g	1.3		0.7	
Polyunsaturates	g	2.5		1.3	
Carbohydrate	g	43.4		23.9	
Of which sugars	g	33.6		18.5	
Polyols	g	1.5		0.8	
Starch	g	1.9		1.0	
Fibre	g	7.9		4.4	
Protein	g	24.0		13.2	
Salt	g	0.6		0.3	
Vitamin A	µg	484.9	61	266.7	33
Vitamin D	µg	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	61	26.7	33
Thiamin	mg	0.7	61	0.4	34
Riboflavin	mg	0.9	62	0.5	34
Niacin	mg	9.8	61	5.4	34
Vitamin B6	mg	0.9	61	0.5	34
Folic acid	µg	121.3	61	66.7	33
Vitamin B12	µg	1.5	60	0.8	33
Biotin	µg	30.4	61	16.7	33
Pantothenic acid	mg	3.6	61	2.0	33
Potassium	mg	1417.4	71	779.6	39
Chloride	mg	481.8	60	265.0	33
Calcium	mg	499.0	62	274.4	34
Phosphorus	mg	439.1	63	241.5	34
Magnesium	mg	232.3	62	127.8	34
Iron	mg	8.5	61	4.7	33
Zinc	mg	6.2	62	3.4	34
Copper	mg	0.6	61	0.3	34
Manganese	mg	1.3	63	0.7	35
Selenium	µg	34.3	62	18.9	34
Chromium	µg	25.2	63	13.8	35
Molybdenum	µg	31.5	63	17.3	35
Iodine	µg	91.1	61	50.1	33

*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, **Soya** lecithin, 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.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

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