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READY TO DRINK

Chocolate Velvet

215kcal
906kJ

Suitable for
Vegetarians

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

Nutritional Information

		Per 100ml	% RI* per 100ml	Per 250ml serving	% RI* per serving
Energy					
	kJ	363		906	
	kcal	86		215	
Fat	g	1.6		4.0	
Of which Saturates	g	0.4		1.0	
Mono-unsaturates	g	0.4		1.0	
Polysaturates	g	0.8		1.9	
Carbohydrate	g	10.1		25.2	
Of which Sugars	g	9.9		24.7	
Fibre	g	1.2		3.0	
Protein	g	7.2		18.0	
Salt	g	0.2		0.4	
Vitamin A	µg	112.0	14	280.0	35
Vitamin D	µg	0.8	15	1.9	38
Vitamin E	mg	2.0	17	5.0	42
Vitamin K	µg	10.0	13	25.0	33
Vitamin C	mg	11.2	14	28.0	35
Thiamin	mg	0.2	15	0.4	36
Riboflavin	mg	0.3	19	0.7	46
Niacin	mg	2.2	14	5.4	34
Vitamin B6	mg	0.2	14	0.5	36
Folic acid	µg	28.0	14	70.0	35
Vitamin B12	µg	0.3	13	0.8	33
Biotin	µg	8.0	16	20.0	40
Pantothenic acid	mg	1.4	23	3.5	58
Potassium	mg	312.0	16	780.0	39
Chloride	mg	152.0	19	380.0	48
Calcium	mg	192.0	24	480.0	60
Phosphorus	mg	140.0	20	350.0	50
Magnesium	mg	50.0	13	125.0	33
Iron	mg	2.4	17	5.9	42
Zinc	mg	1.8	18	4.4	44
Copper	mg	0.1	12	0.3	33
Manganese	mg	0.3	14	0.7	35
Selenium	µg	7.3	13	18.3	33
Chromium	µg	7.2	18	18.0	45
Molybdenum	µg	8.0	16	20.0	40
Iodine	µg	20.0	13	50.0	33

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

Chocolate flavour skimmed milk and milk protein shake.
With sweetener.

Ingredients: Skimmed **milk** (86%), Skimmed **milk** powder, Lactose (**milk**), **milk** protein, Reduced fat cocoa powder, **Soya** oil, Microcrystalline cellulose, Flavouring, Magnesium carbonate, Potassium chloride, Stabiliser: carrageenan, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous sulphate, nicotinamide, copper gluconate, zinc oxide, vitamin E acetate, vitamin A acetate, calcium D-pantothenate, manganese sulphate, pyridoxine hydrochloride, thiamin mononitrate, vitamin D3, riboflavin, sodium molybdate, folic acid, D-biotin, sodium selenite, chromic chloride, vitamin K, potassium iodide, vitamin B12), **Soya** lecithin, Sweetener: acesulfame K, Partially hydrolysed maize starch, Salt.

Allergen Advice: For allergens, **see ingredients in bold.**

Shake well before drinking. Store in a cool, dry place away from direct sources of heat.

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.

READY TO DRINK

Banana Bliss

204kcal
861kJ

Suitable for
Vegetarians

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

Nutritional Information

		Per 100ml	% RI* per 100ml	Per 250ml serving	% RI* per serving
Energy	kJ	345		861	
	kcal	82		204	
Fat	g	1.1		2.7	
Of which Saturates	g	0.2		0.6	
Mono-unsaturates	g	0.2		0.6	
Polysaturates	g	0.5		1.3	
Carbohydrate	g	10.0		25.0	
Of which Sugars	g	9.9		24.7	
Fibre	g	1.4		3.6	
Protein	g	7.2		18.0	
Salt	g	0.2		0.4	
Vitamin A	µg	112.0	14	280.0	35
Vitamin D	µg	0.8	15	1.9	38
Vitamin E	mg	2.0	17	5.0	42
Vitamin K	µg	10.0	13	25.0	33
Vitamin C	mg	11.2	14	28.0	35
Thiamin	mg	0.2	15	0.4	36
Riboflavin	mg	0.3	19	0.7	46
Niacin	mg	2.2	14	5.5	34
Vitamin B6	mg	0.2	14	0.5	36
Folic acid	µg	28.0	14	70.0	35
Vitamin B12	µg	0.3	13	0.8	33
Biotin	µg	8.0	16	20.0	40
Pantothenic acid	mg	1.4	23	3.5	58
Potassium	mg	312.0	16	780.0	39
Chloride	mg	180.0	23	450.0	56
Calcium	mg	192.0	24	480.0	60
Phosphorus	mg	140.0	20	350.0	50
Magnesium	mg	50.0	13	125.0	33
Iron	mg	1.9	14	4.8	34
Zinc	mg	1.6	16	4.0	40
Copper	mg	0.1	12	0.3	33
Manganese	mg	0.3	14	0.7	35
Selenium	µg	7.3	13	18.3	33
Chromium	µg	7.2	18	18.0	45
Molybdenum	µg	8.0	16	20.0	40
Iodine	µg	20.0	13	50.0	33

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

Banana flavour skimmed milk and milk protein shake.
With sweetener.

Ingredients: Skimmed **milk** (87%), Skimmed **milk** powder, Lactose (**milk**), **Milk** protein, **Soya** oil, Microcrystalline cellulose, Inulin, Potassium chloride, Flavouring, Magnesium carbonate, Stabiliser: carrageenan, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous sulphate, nicotinamide, copper gluconate, zinc oxide, vitamin E acetate, vitamin A acetate, calcium D-pantothenate, manganese sulphate, pyridoxine hydrochloride, thiamin mononitrate, vitamin D3, riboflavin, sodium molybdate, folic acid, D-biotin, sodium selenite, chromic chloride, vitamin K, potassium iodide, vitamin B12), **Soya** lecithin, Colour: beta-carotene, Sweetener: acesulfame K, Salt.

Allergen Advice: For allergens, **see ingredients in bold.**

Shake well before drinking. Store in a cool, dry place away from direct sources of heat.

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.

READY TO DRINK

Strawberry Silk

204kcal
867kJ

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

Nutritional Information

	Per 100ml	% RI* per 100ml	Per 250ml serving	% RI* per serving
Energy	kJ	345	867	
	kcal	82	204	
Fat	g	1.1	2.7	
Of which Saturates	g	0.2	0.6	
Mono-unsaturates	g	0.2	0.6	
Polyunsaturates	g	0.5	1.3	
Carbohydrate	g	10.1	25.3	
Of which Sugars	g	10.0	24.9	
Fibre	g	1.4	3.6	
Protein	g	7.2	18.0	
Salt	g	0.2	0.4	
Vitamin A	µg	108.0	14	270.0 34
Vitamin D	µg	0.8	15	1.9 38
Vitamin E	mg	2.0	17	5.0 42
Vitamin K	µg	10.0	13	25.0 33
Vitamin C	mg	11.2	14	28.0 35
Thiamin	mg	0.2	15	0.4 36
Riboflavin	mg	0.3	19	0.7 46
Niacin	mg	2.2	14	5.5 34
Vitamin B6	mg	0.2	14	0.5 36
Folic acid	µg	28.0	14	70.0 35
Vitamin B12	µg	0.3	13	0.8 33
Biotin	µg	8.0	16	20.0 40
Pantothenic acid	mg	1.4	23	3.5 58
Potassium	mg	312.0	16	780.0 39
Chloride	mg	180.0	23	450.0 56
Calcium	mg	192.0	24	480.0 60
Phosphorus	mg	140.0	20	350.0 50
Magnesium	mg	50.0	13	125.0 33
Iron	mg	1.9	14	4.8 34
Zinc	mg	1.6	16	4.0 40
Copper	mg	0.1	12	0.3 33
Manganese	mg	0.3	14	0.7 35
Selenium	µg	7.3	13	18.3 33
Chromium	µg	7.2	18	18.0 45
Molybdenum	µg	8.0	16	20.0 40
Iodine	µg	20.0	13	50.0 33

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

Strawberry flavour skimmed milk and milk protein shake
With sweetener.

Ingredients: Skimmed **milk** (87%), Skimmed **milk** powder, Lactose (**milk**), **milk** protein, Soya oil, Microcrystalline cellulose, Inulin, Potassium chloride, Magnesium carbonate, Flavouring, Stabiliser: carrageenan, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous sulphate, nicotinamide, copper gluconate, zinc oxide, vitamin E acetate, vitamin A acetate, calcium D-pantothenate, manganese sulphate, pyridoxine hydrochloride, thiamin mononitrate, vitamin D3, riboflavin, sodium molybdate, folic acid, D-biotin, sodium selenite, chromic chloride, vitamin K, potassium iodide, vitamin B12), **Soya** lecithin, Sweetener: acesulfame K, Colour: carmine, Salt.

Allergen Advice: For allergens, **see ingredients in bold**. Not suitable for vegetarians.

Shake well before drinking. Store in a cool, dry place away from direct sources of heat.

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.

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