



New You

# The New You Plan Product Nutritional Information

## Shakes

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Chocolate  
Strawberry  
Vanilla  
Banana

## Soup

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Chicken  
Mushroom

## Meals

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Spicy Noodle Nosh  
Chicken Noodle Curry  
Country Cottage Pie  
Chilli con Carne (Vegetarian)

## Bars

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Luxurious Chocolate Truffa Bar  
Luxurious Milk Chocolate Truffa Bar  
Lemon Yoghurt Bar  
Maple and Fruit Almond Bar  
Nougat and Honey Bar  
Muesli Bar

## Snacks

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Texas BBQ Soy Snacks  
Fiery Chilli Soy Snacks  
Chocolate Soy Snacks  
Sour Cream and Onion Soy Snacks  
Peanut Soy Snacks  
Smokey BBQ Nuts  
Chocolate Wafer  
Mocha Wafer  
Strawberry Wafer  
Vanilla Wafer  
Hot Chocolate  
Peanut Crunch Bar  
Double Chocolate Moment Bar

# Chocolate Shakes

## Chocolate Flavoured Milk-shake MRP.

TFR/VLCD Meal replacement for weight control.

Average nutritional values:

Serving size: 1 packet 34 g.

Portion: 1 sachet 34 g.



	100g powder	1 packet (34g)	% RDA / packet
<b>Energy values</b>			
Kcal	397	135	
Kjoules	1669	567	
<b>Typical nutritional values</b>			
Proteins (g)	36.8	12.5	
Total carbohydrates (g)	36.8	12.5	
Sugars (g)	27.3	9.3	
Total fat (g)	9.7	3.3	
Saturated (g)	2.6	0.9	
Monounsaturated (g)	2.0	0.7	
Polyunsaturated (g)	4.2	1.4	
Omega 3 (g)	0.26	0.09	
Omega 6 (g)	3.3	1.1	
Fibre (g)	7.4	2.5	
Sodium (g)	0.735	0.25	
Vitamin A (µg RE)	762	259	32.5
Vitamin D (µg)	7.62	2.59	52.0
Vitamin E (mg TE)	14.71	5.00	41.5
Vitamin C (mg)	80.2	27.3	34.0
Thiamin (mg)	1.03	0.35	32.0
Riboflavin (mg)	1.44	0.49	35.0
Niacin (mg NE)	16.17	5.50	34.5
Vitamin B6 (mg)	1.35	0.46	33.0
Folate (µg)	31.1	105	53.0
Vitamin B12 (µg)	2.59	0.88	35.0
Biotin (µg)	44	15	30.0
Pantothenic acid (mg)	6.79	2.31	38.5
Calcium (mg)	735	250	31.0
Phosphorus (mg)	577	196	28.0
Potassium (mg)	1676	570	28.5
Iron (mg)	17.7	6.0	43.0
Zinc (mg)	9.17	3.12	31.0
Copper (mg)	1.44	0.49	49.0
Iodine (µg)	146	49	33.0
Selenium (µg)	48.5	16.5	30.0
Magnesium (mg)	298.3	101.4	27.0
Manganese (mg)	1.76	0.60	30.0



### List of ingredients

Protein blend (skim milk, milk protein); cocoa powder (11.8%); fructose; vegetable oils; acidity regulators: sodium citrate, potassium chloride, magnesium oxide; oligofructose (chicory root extract); flavours; vitamin and mineral mix (vitamin A as acetate, cholecalciferol, tocopherol acetate, ascorbic acid, thiamine hydrochloride, riboflavin, niacinamide, calcium pantothenate, pyridoxine hydrochloride, biotin, folic acid, cyanocobalamin, ferric pyrophosphate, zinc oxide, potassium iodide, sodium selenite, potassium citrate, manganese sulphate, copper gluconate); thickeners: carrageenan, guar gum; emulsifier: soy lecithin; sweetener: aspartame (contains phenylalanine); anti-caking agent: silicon dioxide.

### Allergens

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

### With sugars and sweetener - contains phenylalanine

This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such a diet. Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

### Instructions

- 1 - Empty content of one packet into a shaker.
- 2 - Add 250 mL of skim milk.
- 3 - Shake until well dissolved.
- 4 - Consume in the 10 following minutes.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%). Make sure that the bag or container is properly closed.

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

# Strawberry Shakes

## Strawberry Flavoured Milk-shake MRP.

TFR/VLCD Meal replacement for weight control.

Average nutritional values:

Serving size: 1 packet 35 g.

Portion: 1 sachet 35 g.



	100g powder	1 packet (35g)	% RDA / packet
<b>Energy values</b>			
Kcal	377	132	
Kjoules	1588	557	
<b>Typical nutritional values</b>			
Proteins (g)	35.7	12.5	
Total carbohydrates (g)	35.7	12.5	
Sugars (g)	31.0	10.8	
Total fat (g)	8.5	3.0	
Saturated (g)	2.2	0.8	
Monounsaturated (g)	1.71	0.60	
Polyunsaturated (g)	4.00	1.40	
Omega 3 (g)	0.09	0.25	
Omega 6 (g)	2.9	1.0	
Fibre (g)	7.4	2.6	
Sodium (g)	0.71	0.25	
Vitamin A (µg RE)	740	259	32.5
Vitamin D (µg)	7.85	2.75	55.0
Vitamin E (mg TE)	14.03	4.91	41.0
Vitamin C (mg)	78.3	27.4	34.5
Thiamin (mg)	1.01	0.36	32.5
Riboflavin (mg)	1.44	0.51	36.0
Niacin (mg NE)	15.70	5.50	34.5
Vitamin B6 (mg)	1.34	0.47	33.5
Folate (µg)	305	106	53.5
Vitamin B12 (µg)	2.72	0.95	38.0
Biotin (mcg)	43	15	30.0
Pantothenic acid (mg)	6.63	2.32	38.5
Calcium (mg)	743	260	32.5
Phosphorus (mg)	766	268	38.5
Potassium (mg)	1429	500	25.0
Iron (mg)	14.3	5.0	35.5
Zinc (mg)	8.11	2.84	28.5
Copper (mg)	0.94	0.33	33.0
Iodine (µg)	142	49	33.0
Selenium (µg)	47.1	16.5	30.0
Magnesium (mg)	277.7	97.2	26.0
Manganese (mg)	1.71	0.60	30.

### List of ingredients

Protein blend (skim milk powder, milk protein); fructose; vegetable oils; oligofructose (chicory root extract); flavours; acidity regulators: sodium citrate, potassium chloride, magnesium oxide; dehydrated strawberry (1.85 %); stabilizer: magnesium phosphate; vitamin and mineral mix (vitamin A as acetate, cholecalciferol, tocopherol acetate, ascorbic acid, thiamine hydrochloride, riboflavin, niacinamide, calcium pantothenate, pyridoxine hydrochloride, biotin, folic acid, cyanocobalamin, ferric pyrophosphate, zinc oxide, potassium iodide, sodium selenite, potassium citrate, manganese sulphate, copper gluconate); thickeners: carrageenan, guar gum; emulsifier: soy lecithin; colours: beet juice powder, turmeric extract; sweetener: aspartame (contains phenylalanine); anti-caking: silicon dioxide.



### Allergens

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

### With sugars and sweetener - contains phenylalanine

This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such a diet. Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

### Instructions

- 1 - Empty content of one packet into a shaker. 2 - Add 250 mL of skim milk.
- 3 - Shake until well dissolved.
- 4 - Consume in the 10 followings minutes.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).  
Make sure that the bag or container is properly closed.

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

# Vanilla Shakes

Vanilla Flavoured Milk-shake MRP.  
TFR/VLCD Meal replacement for weight control.

Average nutritional values:

Serving size: 1 packet 34.5 g.

Portion: 1 sachet 34.5 g.



	100g powder	1 packet (34.5g)	% RDA / packet
<b>Energy values</b>			
Kcal	386	133	
Kjoules	1625	560	
<b>Typical nutritional values</b>			
Proteins (g)	36.2	12.5	
Total carbohydrates (g)	36.2	12.5	
Sugars (g)	29.9	10.3	
Total fat (g)	9.1	3.1	
Saturated (g)	2.6	0.9	
Monounsaturated (g) 1.9	0.7		
Polyunsaturated (g) 4.0	1.4		
Omega 3 (g)	0.25	0.09	
Omega 6 (g)	2.9	1.0	
Fibre (g)	7.2	2.5	
Sodium (g)	0.73	0.25	
Vitamin A (µg RE)	968	334	41.5
Vitamin D (µg)	7.93	2.74	54.5
Vitamin E (mg TE)	14.33	4.94	41.0
Vitamin C (mg)	80.5	27.8	34.5
Thiamin (mg)	1.03	0.35	32.0
Riboflavin (mg)	1.46	0.50	36.0
Niacin (mg NE)	15.93	5.50	34.5
Vitamin B6 (mg)	1.35	0.47	33.5
Folate (µg)	309	106	53.5
Vitamin B12 (µg)	2.75	0.95	38.0
Biotin (µg)	43	15	30.0
Pantothenic acid (mg)	6.72	2.32	38.5
Calcium (mg)	753	260	32.5
Phosphorus (mg)	775	267	38.0
Potassium (mg)	1449	500	25.0
Iron (mg)	14.5	5.0	36.0
Zinc (mg)	8.23	2.84	28.5
Copper (mg)	0.95	0.33	33.0
Iodine (µg)	144	50	33.0
Selenium (µg)	47.8	16.5	30.0
Magnesium (mg)	280.6	96.8	26.0
Manganese (mg)	1.74	0.60	30.0

## List of ingredients

Protein blend (skim milk, milk protein); vegetable oils; fructose; oligofructose (chicory root extract); flavours; acidity regulators: sodium citrate, potassium chloride, magnesium oxide; stabilizer: magnesium phosphate; vitamin and mineral mix (vitamin A as acetate, cholecalciferol, tocopherol acetate, ascorbic acid, thiamine hydrochloride, riboflavin, niacinamide, calcium pantothenate, pyridoxine hydrochloride, biotin, folic acid, cyanocobalamin, ferric pyrophosphate, zinc oxide, potassium iodide, sodium selenite, potassium citrate, manganese sulphate, copper gluconate); thickeners: carrageenan, guar gum; emulsifier: soy lecithin; vanillin; sweetener: aspartame (contains phenylalanine); colour: beta-carotene.

## Allergens

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

## With sugars and sweetener - contains phenylalanine

This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such a diet. Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

## Instructions

- 1 - Empty content of one packet into a shaker.
- 2 - Add 250 mL of skim milk.
- 3 - Shake until well dissolved.
- 4 - Consume in the 10 following minutes.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

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

# Banana Shakes

Banana Flavoured Milk-shake MRP.  
TFR/VLCD Meal replacement for weight control.

Average nutritional values:

Serving size: 1 packet 34.5 g.

Portion: 1 sachet 34.5 g.

	100g powder	1 packet (34.5g)	% RDA / packet
<b>Energy values</b>			
Kcal	379	131	
Kjoules	1597	550	
<b>Typical nutritional values</b>			
Proteins (g)	36.3	12.5	
Total carbohydrates (g)	36.3	12.5	
Sugars (g)	31.3	10.8	
Total fat (g)	8.2	2.8	
Saturated (g)	2.0	0.7	
Monounsaturated (g)	1.7	0.6	
Polyunsaturated (g)	4.0	1.4	
Omega 3 (g)	0.26	0.09	
Omega 6 (g)	2.9	1	
Fibre (g)	7.4	2.6	
Sodium (g)	0.73	0.25	
Vitamin A (µg RE)	1089	376	47.0
Vitamin D (µg)	7.91	2.73	54.5
Vitamin E (mg TE)	14.38	4.96	41.5
Vitamin C (mg)	81.2	28.0	35.0
Thiamin (mg)	1.03	0.35	32.0
Riboflavin (mg)	1.45	0.50	36.0
Niacin (mg NE)	15.92	5.49	34.5
Vitamin B6 (mg)	1.35	0.47	33.5
Folate (µg)	309	106	53.0
Vitamin B12 (µg)	2.74	0.94	37.5
Biotin (µg)	43	15	30.0
Pantothenic acid (mg)	6.71	2.31	38.5
Calcium (mg)	754	260	32.5
Phosphorus (mg)	819	282	40.5
Potassium (mg)	1449	500	25.0
Iron (mg)	14.5	5.0	35.5
Zinc (mg)	8.24	2.84	28.5
Copper (mg)	0.95	0.33	33.0
Iodine (µg)	144	50	33.0
Selenium (µg)	47.8	16.5	30.0
Magnesium (mg)	281.6	97.1	26.0
Manganese (mg)	1.74	0.60	30.0

## List of ingredients

Protein blend (skim milk, milk protein); fructose; vegetable oils; oligofructose (chicory root extract); flavours; acidity regulators: sodium citrate, potassium chloride; stabilizer: magnesium phosphate; vitamin and mineral mix (vitamin A as acetate, cholecalciferol, tocopherol acetate, ascorbic acid, thiamine hydrochloride, riboflavin, niacinamide, calcium pantothenate, pyridoxine hydrochloride, biotin, folic acid, cyanocobalamin, ferric pyrophosphate, zinc oxide, potassium iodide, sodium selenite, potassium citrate, manganese sulphate, copper gluconate); thickeners: carrageenan, guar gum; emulsifier: soy lecithin; salt; anti-caking agent: silicon dioxide; color: beta-carotene; sweetener: aspartam (contains phenylalanine).

## Allergens

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

## With sugars and sweetener - contains phenylalanine

This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such a diet. Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

## Instructions

- 1 - Empty content of one packet into a shaker.
- 2 - Add 250 mL of skim milk.
- 3 - Shake until well dissolved.
- 4 - Consume in the 10 followings minutes.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%). Make sure that the bag or container is properly closed.

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

# Chicken Soup

Chicken Flavoured Soup MRP.  
TFR/VLCD Meal replacement for weight control.

Average nutritional values:

Serving size: 1 packet 34 g.

Portion: 1 sachet 34 g.



	100g powder	1 packet (34g)	% RDA / packet
<b>Energy values</b>			
Kcal	396	135	
Kjoules	1664	565	
<b>Typical nutritional values</b>			
Proteins (g)	38.0	12.9	
Total carbohydrates (g)	31.2	10.6	
Sugars (g)	9.2	3.1	
Total fat (g)	12.1	4.1	
Saturated (g)	4.2	1.4	
Monounsaturated (g)	3.5	1.2	
Polyunsaturated (g)	3.2	1.1	
Omega 3 (g)	0.27	0.09	
Omega 6 (g)	2.0	0.7	
Fibre (g)	5.0	1.7	
Sodium (g)	1.18	0.40	
Vitamin A (µg RE)	474	161	20.0
Vitamin D (µg)	3.53	1.20	24.0
Vitamin E (mg TE)	7.06	2.40	20.0
Vitamin C (mg)	47.8	16.3	20.5
Thiamin (mg)	0.67	0.23	20.5
Riboflavin (mg)	0.96	0.33	23.5
Niacin (mg NE)	10.63	3.61	22.5
Vitamin B6 (mg)	0.88	0.30	21.5
Folate (µg)	118	40	20.0
Vitamin B12 (µg)	1.77	0.60	24.0
Biotin (µg)	34.6	11.8	23.5
Pantothenic acid (mg)	3.57	1.21	20.0
Calcium (mg)	471	160	20.0
Phosphorus (mg)	493	168	24.0
Potassium (mg)	1373	467	23.5
Iron (mg)	9.6	3.3	23.5
Zinc (mg)	5.9	2.0	20.0
Copper (mg)	0.80	0.27	27.5
Iodine (µg)	90	31	20.5
Selenium (µg)	32.6	11.1	20.0
Magnesium (mg)	222.7	75.7	20.0
Manganese (mg)	1.20	0.41	20.5



## List of ingredients

Protein blend (soy protein, milk protein, pea protein, hydrolyzed vegetable protein); maltodextrin; vegetable oils; skim milk powder; flavours; oligofructose (chicory root extract); thickeners: modified corn starch, guar gum, xanthan gum, sodium alginate; acidity correcting agent: potassium chloride, tricalcium phosphate, magnesium oxide; spices; onion powder; vitamin and mineral mix (thiamine hydrochloride, vitamin A as acetate, cholecalciferol, vitamin E as acetate, biotin, folic acid, niacinamide, calcium pantothenate, cyanocobalamin, riboflavin, pyridoxine hydrochloride, ascorbic acid, copper gluconate, potassium iodide, ferric pyrophosphate, manganese sulfate, sodium selenite, zinc oxide); stabilizer: potassium citrate; magnesium phosphate; yeast extract; color: turmeric; salt; parsley; anti-caking agent: silicon dioxide.

## Allergens

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

## Instructions

- 1 - Empty content of one packet into a bowl.
- 2 - Add 160 to 170 mL of hot but not boiling water and stir a few seconds until well dissolve with a whisk.
- 3 - To consume in the 10 following minutes.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%). Make sure that the bag or container is properly closed.

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

# Mushroom Soup

## Mushroom Soup MRP

TFR/VLCD Meal replacement for weight control.

Average nutritional values:

Serving size: 1 packet 34 g.

Portion: 1 sachet 34 g.



	100g powder	1 packet (34g)	% RDA / packet
<b>Energy values</b>			
Kcal	396	135	
Kjoules	1663	565	
<b>Typical nutritional values</b>			
Proteins (g)	38.0	12.9	
Total carbohydrates (g)	30.5	10.4	
Sugars (g)	8.5	2.9	
Total fat (g)	12.4	4.2	
Saturated (g)	4.3	1.5	
Monounsaturated (g)	3.6	1.2	
Polyunsaturated (g)	3.2	1.09	
Omega 3 (g)	0.3	0.10	
Omega 6 (g)	2.0	0.68	
Fibre (g)	5.0	1.7	
Sodium (g)	1.00	0.34	
Vitamin A (µg RE)	472	160	20.0
Vitamin D (µg)	3.45	1.17	23.5
Vitamin E (mg TE)	7.06	2.40	20.0
Vitamin C (mg)	47.7	16.2	20.5
Thiamin (mg)	1.00	0.34	31.0
Riboflavin (mg)	0.94	0.32	23.0
Niacin (mg NE)	10.59	3.60	22.5
Vitamin B6 (mg)	0.88	0.30	21.5
Folate (µg)	116	40	20.0
Vitamin B12 (µg)	2.00	0.68	27.0
Biotin (µg)	34.5	11.7	23.5
Pantothenic acid (mg)	3.53	1.20	20.0
Calcium (mg)	490	167	21.0
Phosphorus (mg)	620	211	30.0
Potassium (mg)	1353	460	23.0
Iron (mg)	9.6	3.3	23.0
Zinc (mg)	5.9	2.0	20.0
Copper (mg)	0.80	0.27	27.0
Iodine (µg)	90	31	20.5
Selenium (µg)	32.7	11.1	20.0
Magnesium (mg)	220.6	75.0	20.0
Manganese (mg)	1.50	0.51	25.5

### List of ingredients

Protein blend (soy protein, milk protein, pea protein, hydrolyzed vegetable protein); maltodextrin; vegetable oils; skim milk powder; flavours; oligofructose (chicory root extract); acidity correcting agent: potassium chloride, calcium phosphate, potassium citrate, magnesium oxide; mushroom powder (2%); thickeners: methylcellulose, xanthan gum, guar gum, sodium alginate; vitamin and mineral mix (thiamine hydrochloride, vitamin A as acetate, cholecalciferol, vitamin E as acetate, biotin, folic acid, niacinamide, calcium pantothenate, cyanocobalamin, riboflavin, pyridoxine hydrochloride, ascorbic acid, copper gluconate, potassium iodide, ferric pyrophosphate, manganese sulfate, sodium selenite, zinc oxide); stabilizer: magnesium phosphate; dried mushrooms (0.9%); garlic powder; onion powder; spices; yeast extract; salt; parsley; anti caking agent: silicon dioxide; colour: caramel.

### Allergens

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

This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such a diet. Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

### Instructions

- 1 - Empty content of one packet into a bowl.
- 2 - Add 160 to 170 mL of hot but not boiling water and stir a few seconds until well dissolve with a wisk.
- 3 - Consume in the 10 following minutes.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

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

# Spicy Noodle Nosh

## Spicy Noodle Nosh MRP

TFR/VLCD Meal replacement for weight control.

Average nutritional values:

Serving size: 1 packet 38 g.

Portion: 1 sachet 38 g.



	100g powder	1 packet (38g)	% RDA / packet
<b>Energy values</b>			
Kcal	368	140	
Kjoules	1547	587	
<b>Typical nutritional values</b>			
Proteins (g)	34.2	13.0	
Total carbohydrates (g)	32.9	12.5	
Sugars (g)	4.7	1.8	
Total fat (g)	9.0	3.4	
Saturated (g)	1.3	0.5	
Monounsaturated (g)	3.55	1.35	
Polyunsaturated (g)	2.61	0.99	
Omega 3 (g)	0.25	0.09	
Omega 6 (g)	1.97	0.75	
Fibre (g)	9.2	3.5	
Sodium (g)	1.45	0.55	
Vitamin A (µg RE)	557	211	26.5
Vitamin D (µg)	3.38	1.28	25.5
Vitamin E (mg TE)	10.73	4.08	34.0
Vitamin C (mg)	61.0	23.2	29.0
Thiamin (mg)	1.11	0.42	38.5
Riboflavin (mg)	1.14	0.43	31.0
Niacin (mg NE)	14.46	5.50	34.5
Vitamin B6 (mg)	1.08	0.41	29.5
Folate (µg)	201	76	38.0
Vitamin B12 (µg)	1.80	0.68	27.5
Biotin (µg)	34	13	25.5
Pantothenic acid (mg)	4.02	1.53	25.5
Calcium (mg)	526	200	25.0
Phosphorus (mg)	758	288	41.0
Potassium (mg)	1395	530	26.5
Iron (mg)	11.3	4.3	30.5
Zinc (mg)	8.1	3.1	30.5
Copper (mg)	0.74	0.28	28.5
Iodine (µg)	101	38	25.5
Selenium (µg)	53.6	20.3	37.0
Magnesium (mg)	261.0	99.2	26.5
Manganese (mg)	1.58	0.60	30.0

### List of ingredients

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

### Allergens

Contains gluten, eggs, milk and soy.

Manufactured on equipment that processes: celery and sulfites.

This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such a diet. Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

### Instructions

- 1 - Empty content of one packet into a small saucepan (or into a microwave safe bowl).
- 2 - Add 125 to 145 mL of boiling water.
- 3 - Microwave on high (800W) for 2 or 3 minutes, stirring occasionally. (Cooking guidelines may vary depending on the microwave.)
- 4 - Take off the microwave and let stand for 2 or 3 minutes. 5 - Eat in the 10 following minutes.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

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

# Chicken Noodle Curry

Chicken Curry Noodles MRP.  
TFR/VLCD Meal replacement for weight control.

Average nutritional values:

Serving size: 1 packet 36 g.

Portion: 1 sachet 36 g.



	100g powder	1 packet (36g)	% RDA / packet
<b>Energy values</b>			
Kcal	377	143	
Kjoules	1587	603	
<b>Typical nutritional values</b>			
Proteins (g)	28.0	10.1	
Total carbohydrates (g)	43.2	15.6	
Sugars (g)	5.3	1.9	
Total fat (g)	8.9	3.2	
Saturated (g)	2.0	0.7	
Monounsaturated (g)	3.0	1.08	
Polyunsaturated (g)	3.0	1.07	
Omega 3 (g)	0.27	0.10	
Omega 6 (g)	1.99	0.72	
Fibre (g)	5.9	2.1	
Sodium (g)	0.95	0.34	
Vitamin A (µg RE)	504	181	22.5
Vitamin D (µg)	2.95	1.06	21.0
Vitamin E (mg TE)	7.1	2.57	21.5
Vitamin C (mg)	49.3	17.7	22.0
Thiamin (mg)	0.91	0.33	30.0
Riboflavin (mg)	1.01	0.36	25.5
Niacin (mg NE)	12.6	4.53	28.5
Vitamin B6 (mg)	1.00	0.36	25.5
Folate (µg)	169	61	30.5
Vitamin B12 (µg)	1.57	0.56	22.5
Biotin (µg)	30.8	11.1	22.0
Pantothenic acid (mg)	3.68	1.3	22.0
Calcium (mg)	446	160	20.0
Phosphorus (mg)	527	189	27.0
Potassium (mg)	1428	514	25.5
Iron (mg)	9.05	3.3	23.5
Zinc (mg)	6.29	2.26	22.5
Copper (mg)	0.86	0.31	31.0
Iodine (µg)	89.4	32.2	21.5
Selenium (µg)	46.2	16.6	30.0
Magnesium (mg)	229	82.4	22.0
Manganese (mg)	1.88	0.68	34.0



## List of ingredients

Proteins blend (milk proteins, vegetable proteins); maltodextrin; egg noodles (19.6%) (durum flour, water, dried yolk, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid); textured soy flour; vegetables oils; acidity regulators: potassium citrate, tricalcium phosphate; potassium chloride, magnesium oxide; dehydrated vegetables (onion, carrot); curry powder (2,6%); oligofructose (chicory root extract); flavours; vitamin and mineral blend (thiamin hydrochloride, vitamin A acetate, cholecalciferol, vitamin E acetate, biotin, folic acid, niacinamide, calcium pantothenate, cyanocobalamin, riboflavin, pyridoxine hydrochloride, ascorbic acid, copper gluconate, potassium iodide, ferric pyrophosphate, manganese sulfate, sodium selenite, zinc oxide); salt; spices; yeast extract; stabilizer: magnesium phosphate; anti-caking agent: silicon dioxide; color: turmeric; parsley; emulsifier: soy lecithin.

## Allergens

Contains milk, egg, soy, gluten and celery.  
Manufactured on equipment that processes sulfites.  
This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such a diet. Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

## Instructions

- 1 - Empty one packet into a bowl.
- 2 - Add slowly 130 mL of hot but not boiling water and stir a few seconds until well dissolve with a whisk.
- 3 - Cover the bowl with plate (or lid) and let sit for 3 minutes.
- 4 - Consume within a short period of time.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

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

# Country Cottage Pie

Country Cottage Pie MRP:  
TFR/VLCD Meal replacement for weight control.

Average nutritional values:

Serving size: 1 packet 39 g.

Portion: 1 sachet 39 g.

	100g powder	1 packet (39g)	% RDA / packet
<b>Energy values</b>			
Kcal	359	140	
Kjoules	1509	589	
<b>Typical nutritional values</b>			
Proteins (g)	33.3	13.0	
Total carbohydrates (g)	32.1	12.5	
Sugars (g)	4.3	1.7	
Total fat (g)	8.2	3.2	
Saturated (g)	1.2	0.5	
Monounsaturated (g)	3.1	1.2	
Polyunsaturated (g)	2.3	0.9	
Omega 3 (g)	0.25	0.10	
Omega 6 (g)	1.92	0.75	
Fibre (g)	11.7	4.6	
Sodium (g)	1.54	0.60	
Vitamin A (µg RE)	610	238	29.5
Vitamin D (µg)	3.23	1.26	25.0
Vitamin E (mg TE)	10.08	3.93	32.5
Vitamin C (mg)	77.6	30.3	38.0
Thiamin (mg)	1.10	0.43	39.0
Riboflavin (mg)	1.03	0.40	28.5
Niacin (mg NE)	13.85	5.40	33.5
Vitamin B6 (mg)	1.28	0.50	35.5
Folate (µg)	144	56	28.0
Vitamin B12 (µg)	1.61	0.63	25.0
Biotin (µg)	32	12	25.5
Pantothenic acid (mg)	4.31	1.68	28.0
Calcium (mg)	513	200	25.0
Phosphorus (mg)	754	294	42.0
Potassium (mg)	1359	530	26.5
Iron (mg)	10.0	3.9	27.5
Zinc (mg)	7.9	3.1	31.0
Copper (mg)	0.69	0.27	27.0
Iodine (µg)	97	38	25.0
Selenium (µg)	39.6	15.4	28.0
Magnesium (mg)	243.8	95.1	25.5
Manganese (mg)	1.42	0.55	27.5

## List of ingredients



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

## Allergens

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

This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such a diet. Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

## Instructions

- 1 - Empty content of one packet into a small saucepan (or into a microwave safe bowl).
- 2 - Add 160 to 170 mL of boiling water.
- 3 - Microwave on high (800W) for 30 seconds. (Cooking guidelines may vary depending on the microwave.)
- 4 - Stir and microwave for 15 to 30 seconds. 5 - Eat in the 10 following minutes.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

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

# Chilli con Carne (Vegetarian)

Chilli con Carne (vegetarian) MRP:

TFR/VLCD Meal replacement for weight control.

Average nutritional values:

Serving size: 1 packet 38 g.

Portion: 1 sachet 38 g.



	100g powder	1 packet (38g)	% RDA / packet
<b>Energy values</b>			
Kcal	367	140	
Kjoules	1544	587	
<b>Typical nutritional values</b>			
Proteins (g)	34.2	13.0	
Total carbohydrates (g)	32.9	12.5	
Sugars (g)	8.5	3.2	
Total fat (g)	8.9	3.4	
Saturated (g)	1.2	3.6	
Monounsaturated (g)	2.65	0.26	
Polyunsaturated (g)	0.5	1.4	
Omega 3 (g)	1.0	0.10	
Omega 6 (g)	2.0	0.75	
Fibre (g)	9.2	3.5	
Sodium (g)	1.08	0.41	
Vitamin A (µg RE)	747	284	35.5
Vitamin D (µg)	3.44	1.31	26.0
Vitamin E (mg TE)	10.96	4.16	34.5
Vitamin C (mg)	94.5	35.9	45.0
Thiamin (mg)	0.86	0.33	30.0
Riboflavin (mg)	1.04	0.40	28.5
Niacin (mg NE)	12.62	4.80	30.0
Vitamin B6 (mg)	1.12	0.43	30.5
Folate (µg)	139	53	26.5
Vitamin B12 (µg)	1.72	0.65	26.0
Biotin (µg)	35.4	13.4	27.0
Pantothenic acid (mg)	3.94	1.50	25.0
Calcium (mg)	526	200	25.0
Phosphorus (mg)	656	249	35.5
Potassium (mg)	1395	530	26.5
Iron (mg)	11.47	4.36	31.0
Zinc (mg)	8.14	3.09	31.0
Copper (mg)	0.73	0.28	28.0
Iodine (µg)	103.4	39.3	26.0
Selenium (µg)	38.6	14.7	26.5
Magnesium (mg)	262.5	99.7	26.5
Manganese (mg)	1.49	0.57	28.5



## List of ingredients

Protein blend (texturized soy protein, soy protein isolate); vegetable oils; red beans (8,3%); corn starch; tomato powder (5,2%); dehydrated onion (5%); mexican chili powder (5%); sugar; maltodextrin; acidity correcting agents: tricalcium phosphate, citric acid, potassium chloride, potassium citrate, magnesium oxide; flavours; red bell pepper (1,5%); vitamin and mineral mix (thiamin hydrochloride, vitamin A acetate, cholecalciferol, vitamin E acetate, biotin, folic acid, niacinamide, calcium pantothenate, cyanocobalamin, riboflavin, pyridoxine hydrochloride, ascorbic acid, copper gluconate, potassium iodide, ferric pyrophosphate, manganese sulfate, sodium selenite, zinc oxide); salt; spice; thickener: guar gum; colors: beet juice powder, lycopene extract; garlic powder; antioxidant: tocopherol.

## Allergens

Contains milk and soy.

Manufactured on equipment that processes gluten, celery, egg and sulfites.

This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such a diet. Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

## Instructions

- 1 - Empty one packet into a bowl.
- 2 - Add slowly 125 to 140 mL of at room temperature water and stir a few seconds until well dissolve with a wisk.
- 3 - Cook 4 or 5 mn in a pan OR microwave for 1 mn 30, stir and microwave (800W) for other 1 mn 30 to 2 mn (Cooking guidelines may vary depending on the microwave.)
- 4 - Consume within the 10 followings minutes.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%). Make sure that the bag or container is properly closed.

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

# Luxurious Chocolate Truffa Bar

## Luxurious Chocolate Truffa TFR Diet Bar

TFR/VLCD Meal replacement for weight control.

### Nutritional Information:

Serving size: 1 bar 35 g.

Portion: 1 bar 35 g.



	100g	1 bar (35 g)	2 bars (70g)	%RDA 2 bars
<b>Energy values</b>				
Kcal	371	130	260	
Kjoules	1560	548	1092	
<b>Typical nutritional values</b>				
Proteins (g)	24.3	8.5	17.0	
Total fat (g)	11.6	4.1	8.1	
Saturated (g)	5.0	1.75	3.5	
Monounsaturated (g)	3.0	1.05	2.1	
Polyunsaturated (g)	2.1	0.74	1.5	
Omega 3 (g)	0.12	0.042	0.08	
Omega 6 (g)	1.52	0.53	1.06	
Total carbohydrates (g)	39.4	13.8	27.6	
Sugars (g)	34.0	11.9	23.8	
Starch (g)	5.4	1.9	3.8	
Fibre (g)	6.0	2.1	4.2	
Sodium (g)	0.432	0.15	0.302	
Vitamin A (µg RE)	492	172	344	43.0
Vitamin D (µg)	3.32	1.16	2.32	46.5
Vitamin E (mg TE)	7.34	2.57	5.14	43.0
Vitamin C (mg)	48.9	17.1	34.2	42.5
Thiamin (mg)	0.74	0.26	0.52	47.5
Riboflavin (mg)	0.91	0.32	0.64	45.5
Niacin (mg NE)	10.32	3.61	7.22	45.0
Vitamin B6 (mg)	0.89	0.31	0.62	44.5
Folate (µg)	122.2	42.8	85.5	42.5
Vitamin B12 (µg)	1.53	0.54	1.07	42.5
Biotin (µg)	32.07	11.22	22.45	45.0
Pantothenic acid (mg)	3.87	1.35	2.71	45.0
Calcium (mg)	716	251	501	62.5
Phosphorus (mg)	484	169	339	48.5
Potassium (mg)	946	331	662	33.0
Iron (mg)	15.6	5.4	10.9	78.0
Zinc (mg)	7.7	2.7	5.4	54.0
Copper (mg)	0.65	0.23	0.45	45.0
Iodide (µg)	92	32	64	42.5
Selenium (µg)	37.3	13.1	26.1	47.5
Magnesium (mg)	195.5	68.4	136.8	36.5
Manganese (mg)	1.22	0.43	0.85	42.5



### List of ingredients

Proteins blend (vegetable and milk proteins); fructose syrup; dark chocolate coating (14%) (cocoa; sugar; cocoa butter; emulsifier: soy lecithin; vanilla flavor); cocoa powder; glucose syrup; fructose; acidity correcting agent: potassium lactate, magnesium oxide, tricalcium phosphate, sodium citrate, potassium citrate; textured soy; oligofructose (chicory root extract); soy nuts; soybean oil; marzipan (almonds; sugar; water; invert sugar syrup); flavor; milk mineral concentrate; emulsifier: soy lecithin; vitamin and mineral mix (vitamin A as palmitate, vitamin D3 as cholecalciferol, vitamin E as tocopheryl acetate, biotin, folic acid, niacinamide, pantothenic acid, thiamine mononitrate, vitamin B12 as cyanocobalamin, vitamin B2 as riboflavin, vitamin B6 as pyridoxine hydrochloride, vitamin C as ascorbic acid, vitamin K1 as phytonadione, chromium chloride, copper gluconate, sodium fluoride, potassium iodide, ferrous fumarate, manganese sulfate, sodium molybdate, sodium selenite, zinc oxide).

### Allergens

Contains milk, soy, gluten and tree nuts.

Manufactured on equipment that processes gluten, celery, eggs, seeds and sulfites

This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such diet. Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

### Instructions

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

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

# Luxurious Milk Chocolate Truffa Bar

Luxurious Chocolate Truffa TFR Diet Bar

TFR/VLCD Meal replacement for weight control.

## Nutritional Information:

Serving size: 1 bar 35 g.

Portion: 1 bar 35 g.



	100g	1 bar (35 g)	2 bars (70g)	%RDA 2 bars
<b>Energy values</b>				
Kcal	371	130	260	
Kjoules	1560	548	1092	
<b>Typical nutritional values</b>				
Proteins (g)	24.3	8.5	17.0	
Total fat (g)	11.6	4.1	8.1	
Saturated (g)	5.0	1.75	3.5	
Monounsaturated (g)	3.0	1.05	2.1	
Polyunsaturated (g)	2.1	0.74	1.5	
Omega 3 (g)	0.12	0.042	0.08	
Omega 6 (g)	1.52	0.53	1.06	
Total carbohydrates (g)	39.4	13.8	27.6	
Sugars (g)	34.0	11.9	23.8	
Starch (g)	5.4	1.9	3.8	
Fibre (g)	6.0	2.1	4.2	
Sodium (g)	0.432	0.15	0.302	
Vitamin A (µg RE)	492	172	344	43.0
Vitamin D (µg)	3.32	1.16	2.32	46.5
Vitamin E (mg TE)	7.34	2.57	5.14	43.0
Vitamin C (mg)	48.9	17.1	34.2	42.5
Thiamin (mg)	0.74	0.26	0.52	47.5
Riboflavin (mg)	0.91	0.32	0.64	45.5
Niacin (mg NE)	10.32	3.61	7.22	45.0
Vitamin B6 (mg)	0.89	0.31	0.62	44.5
Folate (µg)	122.2	42.8	85.5	42.5
Vitamin B12 (µg)	1.53	0.54	1.07	42.5
Biotin (µg)	32.07	11.22	22.45	45.0
Pantothenic acid (mg)	3.87	1.35	2.71	45.0
Calcium (mg)	716	251	501	62.5
Phosphorus (mg)	484	169	339	48.5
Potassium (mg)	946	331	662	33.0
Iron (mg)	15.6	5.4	10.9	78.0
Zinc (mg)	7.7	2.7	5.4	54.0
Copper (mg)	0.65	0.23	0.45	45.0
Iodide (µg)	92	32	64	42.5
Selenium (µg)	37.3	13.1	26.1	47.5
Magnesium (mg)	195.5	68.4	136.8	36.5
Manganese (mg)	1.22	0.43	0.85	42.5

## List of ingredients

Proteins blend (vegetable and milk proteins); fructose syrup; milk chocolate coating (14%) (sugar; cocoa butter; whole milk powder; cocoa; emulsifier: soy lecithin; vanilla extract); cocoa powder; glucose syrup; fructose; acidity correcting agent: potassium lactate, magnesium oxide, tricalcium phosphate, sodium citrate, potassium citrate; textured soy; oligofructose (chicory root extract); soy nuts; soybean oil; marzipan (almonds; sugar; water; invert sugar syrup); flavor; milk mineral concentrate; emulsifier: soy lecithin; vitamin and mineral mix (vitamin A as palmitate, vitamin D3 as cholecalciferol, vitamin E as tocopheryl acetate, biotin, folic acid, niacinamide, pantothenic acid, thiamine mononitrate, vitamin B12 as cyanocobalamin, vitamin B2 as riboflavin, vitamin B6 as pyridoxine hydrochloride, vitamin C as ascorbic acid, vitamin K1 as phytonadione, chromium chloride, copper gluconate, sodium fluoride, potassium iodide, ferrous fumarate, manganese sulfate, sodium molybdate, sodium selenite, zinc oxide).

## Allergens

Contains milk, soy, gluten and tree nuts.

Manufactured on equipment that processes gluten, celery, eggs, seeds and sulfites

This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such diet. Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

## Instructions

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

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

# Lemon Yoghurt Bar

Lemon Yoghurt TFR Diet Bar  
TFR/VLCD Meal replacement for weight control.

## Nutritional Information:

Serving size: 1 bar 35 g.

Portion: 1 bar 35 g.



	100g	1 bar (35 g)	1 meal = 2 bars (70 g)	%RDA 2 bars
<b>Energy values</b>				
Kcal	372	130	260	
Kjoules	1564	546	1096	
<b>Typical nutritional values</b>				
Proteins (g)	24.3	8.5	17.0	
Total carbohydrates (g)	41.8	14.6	29.3	
Sugars (g)	38.3	13.4	26.8	
Starch (g)	3.5	1.2	2.5	
Total fat (g)	10.7	3.7	7.5	
Saturated (g)	4.3	1.5	3.0	
Monounsaturated (g)	2.2	0.8	1.5	
Polyunsaturated (g)	1.8	0.6	1.3	
Omega 3 (g)	0.16	0.06	0.11	
Omega 6 (g)	1.44	0.49	1.00	
Fibre (g)	5.6	2.0	3.9	
Sodium (g)	0.432	0.151	0.302	
Vitamin A (µg RE)	498	174	348	43.5
Vitamin D (µg)	3.24	1.13	2.27	45.5
Vitamin E (mg TE)	7.3	2.5	5.1	42.5
Vitamin C (mg)	48.9	17.1	34.2	42.5
Thiamin (mg)	0.70	0.24	0.49	44.5
Riboflavin (mg)	0.93	0.32	0.65	46.5
Niacin (mg NE)	10.0	3.5	7.0	43.5
Vitamin B6 (mg)	0.86	0.30	0.60	43.0
Folate (µg)	122	43	85	42.5
Vitamin B12 (µg)	1.59	0.55	1.11	44.5
Biotin (µg)	31.6	11.0	22.1	44.0
Pantothenic acid (mg)	3.68	1.29	2.58	43.0
Calcium (mg)	608	213	425	53.0
Phosphorus (mg)	361	126	253	36.0
Potassium (mg)	946	331	662	33.0
Iron (mg)	10.30	3.60	7.21	51.5
Zinc (mg)	6.7	2.3	4.7	47.0
Copper (mg)	0.63	0.22	0.44	44.0
Iodide (µg)	92.5	32.4	64.7	43.0
Selenium (µg)	37.8	13.2	26.5	48.0
Magnesium (mg)	188.0	65.8	131.6	35.0
Manganese (mg)	1.23	0.43	0.86	43.0

## List of ingredients

Proteins blend (vegetable and milk proteins); fructose syrup; white chocolate (14,5%) (sugar; cocoa butter; whole milk powder; emulsifier: soy lecithin; vanilla); glucose syrup; apple paste (fruit: apple juice, apple puree, apple; saccharose; fructose syrup; flavor); oligofructose (chicory root extract); acidity correcting agents: potassium lactate, tricalcium phosphate, sodium citrate, potassium citrate, magnesium oxide, malic acid; fructose; emulsifier: soy lecithin; textured soy; soybean oil; milk mineral concentrate; flavors; vitamin and mineral mix (vitamin A as palmitate, vitamin D3 as cholecalciferol, vitamin E as tocopheryl acetate, biotin, folic acid, niacinamide, pantothenic acid, thiamine mononitrate, vitamin B12 as cyanocobalamin, vitamin B2 as riboflavin, vitamin B6 as pyridoxine hydrochloride, vitamin C as ascorbic acid, vitamin K1 as phytonadione, chromium chloride, copper gluconate, sodium fluoride, potassium iodide, ferrous fumarate, manganese sulfate, sodium molybdate, sodium selenite, zinc oxide); color: turmeric.

## Allergens

Contains milk, gluten and soy.  
Manufactured on equipment that processes sulfites, celery, eggs, nuts and seeds.  
This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such diet. Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

## Instructions

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

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

# Maple and Fruit Almond Bar

Maple and Fruit Almond TFR Diet Bar.  
TFR/VLCD Meal replacement for weight control.

## Nutritional Information:

Serving size: 1 bar 35 g.

Portion: 1 bar 35 g.



	100g	1 bar (35 g)	1 meal = 2 bars (70 g)	%RDA 2 bars
<b>Energy values</b>				
Kcal	385	135	269	
Kjoules	1618	567	1130	
<b>Typical nutritional values</b>				
Proteins (g)	24.3	8.5	17.0	
Total carbohydrates (g)	42.6	14.9	29.8	
Sugars (g)	36.9	12.9	25.8	
Starch (g)	5.7	2.0	4.0	
Total fat (g)	12.2	4.3	8.5	
Saturated (g)	4.8	1.7	3.4	
Monounsaturated (g)	2.7	1.0	1.9	
Polyunsaturated (g)	2.4	0.8	1.7	
Omega 3 (g)	0.02	< 0.01	0.01	
Omega 6 (g)	1.43	0.50	1.00	
Fibre (g)	3.6	1.3	2.5	
Sodium (g)	0.378	0.132	0.265	
Vitamin A (µg RE)	460	161	322	40.0
Vitamin D (µg)	3.12	1.09	2.18	43.5
Vitamin E (mg TE)	5.7	2.0	4.0	33.5
Vitamin C (mg)	45.7	16.0	32.0	40.0
Thiamin (mg)	0.66	0.23	0.46	42.0
Riboflavin (mg)	0.81	0.28	0.57	40.5
Niacin (mg NE)	9.4	3.3	6.6	41.0
Vitamin B6 (mg)	0.81	0.28	0.57	40.5
Folate (µg)	11.4	40	80	40.0
Vitamin B12 (µg)	1.43	0.50	1.00	40.0
Biotin (µg)	28.5	10.0	20.0	40.0
Pantothenic acid (mg)	3.49	1.2	2.44	40.5
Calcium (mg)	622	218	435	54.5
Phosphorus (mg)	345	121	242	34.5
Potassium (mg)	946	331	662	33.0
Iron (mg)	11.05	3.87	7.73	55.0
Zinc (mg)	6.35	2.22	4.45	44.5
Copper (mg)	0.57	0.20	0.40	40.0
Iodide (µg)	85.6	30.0	59.9	40.0
Selenium (µg)	34.5	12.1	24.1	44.0
Magnesium (mg)	201.2	70.4	140.8	37.5
Manganese (mg)	1.15	0.40	0.80	40.0

## List of ingredients

Proteins blend (vegetable and milk proteins); dark chocolate coating (1.4%) (cocoa; sugar; cocoa butter; emulsifier: soy lecithin; vanilla flavour); apple paste (12,1%) (fruit: apple juice, apple puree, apple; saccharose; fructose syrup; flavour); soy nuts; fructose syrup; apple pieces (9,4%) (fruit: apple, apple juice; saccharose; fructose syrup; rice flour; vegetable fat; acidifying agents: citric acid; gelling agent: pectin; flavour); glucose syrup; acidity correcting agent: potassium lactate, tricalcium phosphate, sodium citrate, magnesium oxide, potassium citrate, almonds; fructo-oligosaccharides (chicory root extract); maple syrup; milk mineral concentrate; emulsifiers: mono- and diglycerides, soy lecithin; vitamin and mineral mix (vitamin A as palmitate, vitamin D3 as cholecalciferol, vitamin E as tocopheryl acetate, biotin, folic acid, niacinamide, pantothenic acid, thiamine mononitrate, vitamin B12 as cyanocobalamin, vitamin B2 as riboflavin, vitamin B6 as pyridoxine hydrochloride, vitamin C as ascorbic acid, vitamin K1 as phytonadione, chromium chloride, copper gluconate, sodium fluoride, potassium iodide, ferrous fumarate, manganese sulfate, sodium molybdate, sodium selenite, zinc oxide); water; soybean oil; stabilizer: potassium; flavor; antioxidant: tocopherols.

## Allergens

Contains milk, gluten and soy.  
Manufactured on equipment that processes sulfites, celery, eggs, nuts and seeds.  
This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such diet. Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

## Instructions

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

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

# Nougat and Honey Bar

Nougat and Honey Flavoured TFR Diet Bar.

TFR/VLCD Meal replacement for weight control.

## Nutritional Information:

Serving size: 1 bar 37 g.

Portion: 1 bar 37 g.

	100g	%RDA	1 bar (37g)	2 bars (74 g)	%RDA 2 bars
<b>Energy values</b>					
Kcal	354		130	262	
Kjoules	1581		546	1097	
<b>Typical nutritional values</b>					
Proteins (g)	27.6		10.2	20.4	
Total carbohydrates (g)	43.0		15.9	31.9	
Sugars (g)	11.6		4.3	8.6	
Polyols (g)	29.3		10.8	21.7	
Starch (g)	2.1		0.8	1.6	
Total fat (g)	12.3		4.5	9.1	
Saturated (g)	5.7		2.1	4.2	
Monounsaturated (g)	3.30		1.22	2.44	
Polyunsaturated (g)	2.55		0.95	1.89	
Omega 3 (g)	0.12		0.05	0.09	
Omega 6 (g)	1.74		0.65	1.29	
Fibre (g)	3.9		1.4	2.9	
Sodium (g)	0.297		0.110	0.220	
Vitamin A (µg RE)	371	46.5	137	275	34.5
Vitamin D (µg)	2.62	52.5	0.97	1.94	38.5
Vitamin E (mg TE)	8.04	67.0	2.98	5.95	49.5
Vitamin C (mg)	26.8	33.5	9.9	19.8	24.5
Vitamin K (µg)	33.9	45.5	12.6	25.1	33.5
Thiamin (mg)	0.55	50.0	0.20	0.41	37.0
Riboflavin (mg)	0.93	66.5	0.34	0.69	49.0
Niacin (mg NE)	11.4	71.5	4.23	8.5	53.0
Vitamin B6 (mg)	0.83	59.5	0.31	0.61	44.0
Folate (µg)	107	53.5	39	79	39.5
Vitamin B12 (µg)	0.72	29.0	0.27	0.53	21.5
Biotin (µg)	38.3	76.5	14.2	28.3	56.5
Pantothenic acid (mg)	2.01	33.5	0.74	1.49	25.0
Calcium (mg)	432	54.0	160	320	40.0
Phosphorus (mg)	452	64.5	167	334	48.0
Potassium (mg)	676	34.0	250	500	25.0
Iron (mg)	9.50	68.0	3.52	7.03	50.0
Zinc (mg)	5.47	54.5	2.02	4.05	40.5
Copper (mg)	0.79	79.5	0.29	0.59	59.0
Iodine (µg)	65.8	44.0	24.3	48.7	32.5
Selenium (µg)	29.4	53.5	10.9	21.7	39.5
Magnesium (mg)	11.6	31.0	43	86	23.0
Manganese (mg)	1.80	90.0	0.67	1.33	66.5

## List of ingredients

Protein blend (soy protein; milk proteins; textured soy protein); sweeteners: maltitol, glycerin; milk chocolate coating (maltitol syrup; cocoa butter; whole milk powder; cocoa powder; soy lecithin; flavour); raisins; raisins paste; oligofructose (chicory root extract); soy nuts; vegetable oil (soybean oil, cocoa butter); apple paste (fruit; saccharose; fructose; flavour); acidity correcting agent: tricalcium phosphate, magnesium oxide; stabilizers: dipotassium phosphate, potassium lactate; emulsifiers: soy lecithin, mono and diglycerides; salt; vitamin and mineral blend (vitamin C as ascorbic acid, ferrous fumarate, niacinamide, vitamin E as tocopheryl acetate, copper gluconate, zinc oxide, manganese sulfate, calcium pantothenate, vitamin B6, vitamin B2, vitamin B1, vitamin A as palmitate, folic acid, potassium iodide, chromium chloride, sodium molybdate, sodium selenite, biotin, vitamin K1, vitamin D3, vitamin B12); honey; flavor; antioxidant: tocopherol.

## Allergens

Contains milk, gluten and soy.  
Manufactured on equipment that processes sulfites, celery, eggs, nuts and seeds.  
This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such diet. Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

## Instructions

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

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

# Muesli Bar

## Nougat and Honey Flavoured TFR Diet Bar.

TFR/VLCD Meal replacement for weight control.

### Nutritional Information:

Serving size: 1 bar 37 g.

Portion: 1 bar 37 g.

2bars=1 meal



	100g	%RDA	1 bar (37g)	1 meal = 2 bars (74g)	%RDA
<b>Energy values</b>					
Kcal	396		146	293	
Kjoules	1664		614	1232	
<b>Typical nutritional values</b>					
Proteins (g)	27.0		10.0	20.0	
Total carbohydrates (g)	43.3		16.0	32.0	
Sugars (g)	35.7		13.2	26.4	
Polyols (g)	2.9		1.1	2.2	
Starch (g)	4.7		1.7	3.4	
Total fat (g)	12.5		4.6	9.3	
Saturated (g)	6.4		2.37	4.8	
Monounsaturated (g)	1.97		0.73	1.46	
Polyunsaturated (g)	3.39		1.26	2.51	
Omega 3 (g)	0.15		0.05	0.11	
Omega 6 (g)	2.42		0.9	1.8	
Fibre (g)	3.3		1.2	2.4	
Sodium (g)	0.405		0.15	0.30	
Vitamin A (µg RE)	357	44.5	132	264	33.0
Vitamin D (µg)	2.28	45.5	0.84	1.69	33.5
Vitamin E (mg TE)	7.4	61.5	2.7	5.5	45.5
Vitamin C (mg)	26.27	33.0	9.72	19.44	24.5
Vitamin K (µg)	32.8	43.5	12.1	24.3	32.5
Thiamin (mg)	0.56	50.5	0.21	0.41	37.5
Riboflavin (mg)	0.93	66.0	0.34	0.69	49.0
Niacin (mg NE)	12.9	80.5	4.8	9.5	59.5
Vitamin B6 (mg)	0.86	61.5	0.32	0.64	45.5
Folate (µg)	117	58.5	43.4	87	43.5
Vitamin B12 (µg)	0.66	26.5	0.25	0.49	19.5
Biotin (µg)	37.1	74.0	13.7	27.4	55.0
Pantothenic acid (mg)	1.88	31.5	0.70	1.39	23.0
Calcium (mg)	365	45.5	135	270	33.5
Phosphorus (mg)	445	63.5	165	329	47.0
Potassium (mg)	676	34.0	250	500	25.0
Iron (mg)	9.20	65.5	3.40	6.81	48.5
Zinc (mg)	5.39	54.0	1.99	3.99	40.0
Copper (mg)	0.82	82.0	0.30	0.61	60.5
Iodide (µg)	63.2	42.0	23.4	46.8	31.0
Selenium (µg)	29.8	54.0	11.0	22.0	40.0
Magnesium (mg)	121.1	32.5	44.8	89.6	24.0
Manganese (mg)	1.90	95.0	0.70	1.41	70.0

### List of ingredients

Yogurt flavored compound coating (sugar; vegetable oil; lactose; fermented milk powder; emulsifier: soy lecithin); milk and vegetable proteins; soy wheat crisps; soy nuts; raisins and raisins paste; fructose syrup; glucose syrup; oligofructose (chicory); apple paste; emulsifiers: glycerin, mono and diglycerides, soy lecithin; soybean oil; fructose; oat flakes; apple pieces; stabilizers: dipotassium phosphate, potassium lactate; acidity correcting agents: tricalcium phosphate, magnesium oxide, malic acid; flavours; oat bran; salt; vitamin and mineral mix (vitamin C as ascorbic acid, ferrous fumarate, niacinamide, vitamin E as tocopheryl acetate, copper gluconate, zinc oxide, manganese sulfate, calcium pantothenate, vitamin B6, vitamin B2, vitamin B1, vitamin A as palmitate, folic acid, potassium iodide, chromium chloride, sodium molybdate, sodium selenite, biotin, vitamin K1, vitamin D3, vitamin B12); antioxidant: tocopherols.



### Allergens

Contains milk, soy, gluten and sulfites.  
Manufactured on equipment that processes peanuts, nuts and tree nuts.

Sweetened with sugars and polyols. An excessive consumption can lead laxative effects.

### Instructions

This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such a diet. Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

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

# Texas BBQ Soy Snacks

Texas BBQ Flavoured High Protein Diet Snacks.  
High protein supplement.

## Nutritional Information:

Serving size: 1 packet 30 g.

Portion: 1 sachet 30g.



	100g	%RDA	Portion (30 g)	%RDA
<b>Energy values</b>				
Kcal	412		124	
KJ	1737		522	
<b>Typical nutritional values</b>				
Proteins (g)	50		15	
Total carbohydrates (g)	26.7		8	
Sugars (g)	10.6		3.2	
Total Fat (g)	11.6		3.5	
Saturated (g)	0.9		0.3	
Fibre (g)	0.5		0.15	
Sodium (g)	1.215		0.364	
Potassium (mg)	557		167	
Calcium (mg)	1034	129	310	39

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

### List of ingredients

Soy puffs (soy protein isolate; tapioca flour; sugar; rising agent: calcium carbonate); sunflower oil; seasoning (sugar; salt; autolyzed yeast extract; onion powder; dextrose; torula yeast; tomato powder; acidifier: sodium diacetate; garlic powder; paprika; hydrolyzed wheat protein; flavours; acidifier: citric acid; anti-caking agent: silicon dioxide; spices); antioxidant: tocopherol.

### Allergens

Contains soy and gluten.  
Manufactured on equipment that processes milk and eggs.  
Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

### Instructions

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.



# Fiery Chilli Soy Snacks

Fiery Hot Chilli Flavoured High Protein Diet Snacks.  
High protein supplement.

## Nutritional Information:

Serving size: 1 packet 30 g.

Portion: 1 sachet 30g.

	100g	%RDA (30 g)	Portion	%RDA
Energy values				
Kcal	414		124	
KJ	1745		523	
Typical nutritional values				
Proteins (g)	50		15	
Total carbohydrates (g)	25.7		7.7	
Sugars (g)	9.7		2.9	
Total Fat (g)	12.0		3.6	
Saturated (g)	1.0		0.3	
Fibre (g)	1.7		0.5	
Sodium (g)	1.040		0.312	
Potassium (mg)	573		172	
Calcium (mg)	1033	129	310	39

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

### List of ingredients

Soy puffs (soy protein isolate; tapioca flour; sugar; rising agent: calcium carbonate); seasoning (chilli powder (20%); spices; hydrolyzed plant protein (contains wheat); onion powder; salt; sugar; (dehydrated vegetables (tomatoes; red bell pepper); garlic powder; acidifier: citric acid; soybean oil); sunflower oil; antioxidant: tocopherol.

### Allergens

Contains soy and gluten.  
Manufactured on equipment that processes milk and eggs.

#### PACKAGE LABEL SPECIFICATION

Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

### Instructions

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

# Chocolate Soy Snacks

Chocolate High Protein Diet Snacks.

High protein supplement.

## Nutritional Information:

Serving size: 1 packet 35 g.

Portion: 1 sachet 35g.

	100g	%RDA	Portion (35 g)	%RDA
Energy values				
Kcal	447		156	
KJ	1879		657	
Typical nutrition facts				
Proteins (g)	42.9		15.0	
Total carbohydrates (g)	30.3		10.6	
Sugars (g)	22.9		8.0	
Total Fat (g)	16.6		5.8	
Saturated (g)	13.4		4.7	
Fibre (g)	2.6		0.9	
Sodium (g)	0.500		0.175	
Calcium (mg)	600	75.0	210	26.0

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

### List of ingredients

Soy puffs (soy proteins; rice flour; cocoa; rising agent: calcium carbonate; flavours); chocolate flavoured coating (sugar; vegetable oil; milk protein; cocoa; emulsifier: soy lecithin; flavours); sweetener: sucralose.

### Allergens

Contains soy and milk.  
Manufactured on equipment that processes nuts, peanuts, eggs and gluten. With sweetener.



### Instructions

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.



# Sour Cream and Onion Soy Snacks

Sour cream and onion flavoured soy snacks.

High protein supplement.

## Nutritional Information:

Serving size: 1 packet 30 g.

Portion: 1 sachet 30g.

	100g	%RDA (30 g)	Portion	%RDA
Energy values				
Kcal	410		123	
KJ	1726		519	
Typical nutritional facts				
Proteins (g)	50		15	
Total carbohydrates (g)	24.5		7.4	
Sugars (g)	11		3.3	
Total Fat (g)	12.3		3.7	
Saturated (g)	1.8		0.5	
Fibres (g)	0.6		0.2	
Sodium (g)	1.283		0.385	
Potassium (mg)	340		102	
Calcium (mg)	1050	131.5	315	39.5

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

### List of ingredients

Soy puffs (soy protein isolate; tapioca flour; sugar; rising agent: calcium carbonate); seasoning (onion powder; dextrose; salt; skimmed milk powder; sour cream powder; autolyzed yeast extract; hydrogenated vegetable oil; modified starch; dehydrated parsley; acidifiers: lactic acid, citric acid; garlic powder; flavour); sunflower oil.

### Allergens

Contains soy, milk and gluten.  
Manufactured on equipment that processes eggs.

### Instructions

Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

# Peanut Soy Snacks

Peanut flavoured coated soy snacks.

High protein supplement.

## Nutritional Information:

Serving size: 1 packet 35 g.

Portion: 1 sachet 35 g.



	100g	%RDA	Portion (35 g)	%RDA
Energy values				
Kcal	464		163	
KJ	1946		682	
Typical nutritional values				
Proteins (g)	42.9		15	
Total carbohydrates (g)	27.1		9.5	
Sugars (g)	19.2		6.7	
Total Fat (g)	19.9		7.0	
Saturated (g)	13.8		4.8	
Fibres (g)	2.4		0.8	
Sodium (mg)	0.629		0.220	
Calcium (mg)	429	53.5	150	18.5
Potassium (mg)	371		130	

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

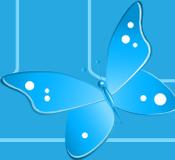
### List of ingredients

Soy puffs (soy protein; tapioca starch; rice flour; calcium carbonate); peanut coating\* (sugar; vegetable oil; milk protein; partially defatted peanut flour; whey powder; emulsifier: soy lecithin; salt; flavour); flavours; salt; acidifier: citric acid.

(\* ) *Ingredients made with genetically modified corn or soy*

### Allergens

Contains soy, milk, gluten, sesam and peanut.  
Manufactured on equipment that processes eggs and sulfites.



### Instructions

Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

# Smokey BBQ Nuts

Smoky BBQ Protein Diet Nuts.  
High protein supplement.

## Nutritional Information:

Serving size: 1 packet 30 g.

Portion: 1 sachet 30 g.



	100g	Portion (30 g)
Energy values		
Kcal	453	136
KJ	1884	566
Typical nutritional values		
Proteins (g)	38.0	11.4
Total carbohydrates (g)	11.0	3.3
Sugars (g)	7.0	2.1
Total Fat (g)	24.3	7.3
Saturated (g)	1.3	0.39
Monounsaturated	9.2	2.76
Polyunsaturated	12.0	3.59
Linoleic acid (Omega 6)	10.5	3.15
Linolenic acid (Omega 3)	1.5	0.45
Fibre (g)	19.0	5.7
Sodium (g)	0.440	0.132

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

### List of ingredients

Soybeans; sunflower oil; sugar; salt; yeast; spice; onion powder; tomato powder; garlic powder; acidifier: citric acid; flavour; anti-caking agent: silicon dioxide.

### Allergens

Contains soy.  
Manufactured on equipment that processes peanuts, nuts, tree nuts and gluten.

### Instructions

Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.



# Chocolate Wafer

Chocolate Flavoured Wafer.

High protein supplement.

## Nutritional Information:

Serving size: 1 packet = 2 wafers: 41.9 g.



	100g	Portion (41.9 g)
<b>Energy values</b>		
Kcal	466	195
KJ	1950	817
<b>Typical nutritional values</b>		
Proteins (g)	35.8	15
Total carbohydrates (g)	31	13
Sugars (g)	13.1	5.5
Total fat (g)	21.5	9
Saturated (g)	14.3	6
Fibre (g)	2.4	1
Sodium (g)	0.200	0.084

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

### List of ingredients

Protein blend (milk protein isolate, hydrolyzed gelatin, whey protein isolate); wheat; soy and corn flour; vegetable oil; cocoa liquor; sugar; fructose; emulsifier: soy lecithin; cocoa powder; pea protein; cocoa butter; dairy fat; sunflower oil; water; salt; flavours; leavening agent: sodium bicarbonate; sweetener: sucralose.

### Allergens

Contains milk, soy and gluten.  
Manufactured on equipment that processes tree nuts.



### Instructions

Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

Contains liquorice. With sugars and sweetener.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

# Mocha Wafer

Mocha flavoured wafer.

High protein supplement.

## Nutritional Information:

Serving size: 1 packet = 2 wafers: 41.9 g.



	100g	Portion (41.9 g)
<b>Energy values</b>		
Kcal	465	195
KJ	1948	816
<b>Typical nutritional values</b>		
Proteins (g)	35.8	15
Total carbohydrates (g)	31	13
Sugars (g)	13.8	5.8
Total fat (g)	21.5	9
Saturated (g)	13.8	5.8
Fibre (g)	2.1	0.9
Sodium (g)	0.220	0.092

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

### List of ingredients

Protein blend (milk protein isolate, hydrolyzed gelatin, whey protein isolate); wheat; soy and corn flour; vegetable oil; sugar; cocoa paste; fructose; cocoa butter; skimmed milk powder; cocoa liquor; emulsifier: soy lecithin; flavours; whole milk powder; pea protein; dairy fat; sunflower oil; water; salt; leavening agent: sodium bicarbonate; sweetener: sucralose.

### Allergens

Contains milk, soy and gluten.  
Manufactured on equipment that processes tree nuts.

### Instructions

Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

Contains liquorice. With sugars and sweetener.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

# Strawberry Wafer

Strawberry Flavoured Milk-shake MRP.

TFR/VLCD Meal replacement for weight control.

## Nutritional Information:

Serving size: 1 packet 38 g.

Portion: 1 sachet 38 g.



	100g powder	1 packet (38g)	% RDA / packet
<b>EnEnergy values</b>			
Kcal	377	132	
Kjoules	1588	557	
<b>Typical nutritional values</b>			
Proteins (g)	35.7	12.5	
Total carbohydrates (g)	35.7	12.5	
Sugars (g)	31.0	10.8	
Total fat (g)	8.5	3.0	
Saturated (g)	2.2	0.8	
Monounsaturated (g)	1.71	0.60	
Polyunsaturated (g)	4.00	1.40	
Omega 3 (g)	0.09	0.25	
Omega 6 (g)	2.9	1.0	
Fibre (g)	7.4	2.6	
Sodium (g)	0.71	0.25	
Vitamin A (µg RE)	740	259	32.5
Vitamin D (µg)	7.85	2.75	55.0
Vitamin E (mg TE)	14.03	4.91	41.0
Vitamin C (mg)	78.3	27.4	34.5
Thiamin (mg)	1.01	0.36	32.5
Riboflavin (mg)	1.44	0.51	36.0
Niacin (mg NE)	15.70	5.50	34.5
Vitamin B6 (mg)	1.34	0.47	33.5
Folate (µg)	305	106	53.5
Vitamin B12 (µg)	2.72	0.95	38.0
Biotin (mcg)	43	15	30.0
Pantothenic acid (mg)	6.63	2.32	38.5
Calcium (mg)	743	260	32.5
Phosphorus (mg)	766	268	38.5
Potassium (mg)	1429	500	25.0
Iron (mg)	14.3	5.0	35.5
Zinc (mg)	8.11	2.84	28.5
Copper (mg)	0.94	0.33	33.0
Iodine (µg)	142	49	33.0
Selenium (µg)	47.1	16.5	30.0
Magnesium (mg)	277.7	97.2	26.0
Manganese (mg)	1.71	0.60	30.0

## List of ingredients

Protein blend (skim milk powder, milk protein); fructose; vegetable oils; oligofructose (chicory root extract); flavours; acidity regulators: sodium citrate, potassium chloride, magnesium oxide; dehydrated strawberry (1.85 %); stabilizer: magnesium phosphate; vitamin and mineral mix (vitamin A as acetate, cholecalciferol, tocopherol acetate, ascorbic acid, thiamine hydrochloride, riboflavin, niacinamide, calcium pantothenate, pyridoxine hydrochloride, biotin, folic acid, cyanocobalamin, ferric pyrophosphate, zinc oxide, potassium iodide, sodium selenite, potassium citrate, manganese sulphate, copper gluconate); thickeners: carrageenan, guar gum; emulsifier: soy lecithin; colours: beet juice powder, turmeric extract; sweetener: aspartame (contains phenylalanine); anti-caking: silicon dioxide.

## Allergens

Contains milk and soy.

Manufactured on equipment that processes: gluten, celery, sulfites and eggs.

With sugars and sweetener - contains phenylalanine

This meal replacement is useful only as part of an energy-restricted diet and other foodstuffs should be a necessary part of such a diet. Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

## Instructions

- 1 - Empty content of one packet into a shaker. 2 - Add 250 mL of skim milk.
- 3 - Shake until well dissolved.
- 4 - Consume in the 10 following minutes.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

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

# Vanilla Wafer

Vanilla Flavoured Wafer.

High protein wafer.

## Nutritional Information:

Serving size: 1 packet = 2 wafers: 40.4 g.



	100g	Portion (40.4 g)
Energy values		
Kcal	481	194
KJ	2015	814
Typical nutritional values		
Proteins (g)	37.1	15
Total carbohydrates (g)	32.2	13
Sugars (g)	14.3	5.8
Total fat (g)	22.3	9
Saturated (g)	14.1	5.7
Fibre (g)	1.5	0.6
Sodium (g)	0.220	0.089

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

### List of ingredients

Protein blend (milk protein isolate, hydrolyzed gelatin, whey protein isolate); wheat, soy and corn flour; vegetable oil; sugar; fructose; cocoa butter; skim milk powder; cocoa liquor; emulsifier: soy lecithin; whole milk powder; dairy fat; pea protein; sunflower oil; water; flavours; salt; leavening agent: sodium bicarbonate; sweetener: sucralose.

### Allergens

Contains milk, soy and gluten.  
Manufactured on equipment that processes tree nuts.

### Instructions

Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

Contains liquorice. With sugars and sweetener.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

# Hot Chocolate

## Hot Chocolate

High protein drink

### Nutritional Information:

Serving size: 1 packet 26.5 g

Portion: 1 sachet 26.5 g.



	100g	%RDA	Portion (26.5g)	%RDA
Energy values				
Kcal	369		97	
KJ	1558		412	
Typical nutritional values				
Proteins (g)	68		18	
Total carbohydrates (g)	10		2.6	
Sugars (g)	4.5		1.2	
Total fat (g)	5.3		1.4	
Saturated (g)	3		0.8	
Fibre (g)	4.5		1.2	
Sodium (g)	1.00		0.265	
Potassium (mg)	1000		265	
Calcium (mg)	950	119	252	31

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

### List of ingredients

Milk proteins; cocoa powder (18,5%); dried skimmed milk; salt; emulsifier: diglycerids, lecithin; flavour; sweetener: aspartam (contains phenylalanine); methionine; anti-caking agent: silicium dioxide.

### Allergens

Contains milk, soy and gluten.  
Manufactured on equipment that processes celery, eggs and sulfites.  
With sweetener.  
Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

### Instructions

- 1 - Empty one packet into a bowl.
- 2 - Add slowly 220 ml of cold water while stirring with a whisk until well dissolve.
- 3 A - Simmer in a saucepan until the wished temperature and without bring to the boil. OR
- 3 B - Cook the mix in a micro wave oven at maximum heat for 1 minute.
- 4 - Serve in a big coffee cup and consume in the 10 followings minutes.

If using an Electric mixer :

- 1 - Empty one packet into a mixe and add 220 ml of hot but not boiling water.
- 2 - Mix for a few seconds until well dissolve.
- 3 - Serve in a big coffee cup and consume in the 10 followings minutes.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).  
Make sure that the bag or container is properly closed.



# Peanut Crunch Bar

Peanut Crunch Bar.

High protein bar.

## Nutritional Information:

Serving size: 1 bar 42 g

Portion: 1 bar 42 g.



	100g	%RDA	Portion (42g)	%RDA
<b>Energy values</b>				
Kcal	411		173	
Kjoules	1722		723	
<b>Typical nutritional values</b>				
Proteins (g)	35.7		15.0	
Total carbohydrates (g)	33.0		13.9	
Sugars (g)	12.9		5.4	
Polyols (g)	13.3		5.6	
Maltitol (g)	6.7		2.8	
Glycerol (g)	6.6		2.8	
Starch (g)	6.8		2.9	
Total fat (g)	16.0		6.7	
Saturated (g)	9.5		4.0	
Fibre (g)	6.9		2.9	
Sodium (g)	0.380		0.160	
Potassium (mg)	420		176	
Calcium (mg)	300	38	126	16



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

### List of ingredients

Protein blend (soy protein isolate\*, whey protein isolate, milk protein concentrate); sweeteners: maltitol syrup\*, maltitol, sucralose (Tate & Lyle); sugar; glycerin\*; peanuts (4%); fructooligosaccharides; water; vegetable fat; cane sugar; partially defatted peanut flour (2%); skim milk preparation\*; tapioca starch; cocoa (1.7%); buttermilk; flavours\*; unsweetened chocolate; butter; cream; emulsifiers: soy lecithin\*, mono and diglycerides\*, DATEM (diacetyl tartaric acid ester of mono and diglycerides)\*; salt; thickeners: pectin and carrageenan; stabilizer: sodium phosphate; acidity regulator: sodium citrate; raising agent: calcium carbonate; antioxidant: tocopherol.

(\* ingredients made with genetically modified corn or soy.

### Instructions

Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

An excessive consumption can lead laxative effects.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed.

### Allergens

Contains soy, milk and peanuts.

Manufactured on equipment that processes gluten and nuts.

With sugars and sweeteners.

# Double Chocolate Moment Bar

Double Chocolate Moment High Protein Diet Bar.

High protein bar.

## Nutritional Information:

Serving size: 1 bar 42 g.

Portion: 1 bar 42 g.

	100g	Serving (42 g)
<b>Energy values</b>		
Kcal	372	157
KJ	1558	656
<b>Typical nutritional values</b>		
Proteins (g)	35.7	15
Total carbohydrates (g)	32.5	13.7
Sugars (g)	12.6	5.3
Polyols (g)	13.0	5.5
Maltitol (g)	6.6	2.8
Glycerol (g)	6.4	2.7
Starch (g)	6.9	2.9
Total fat (g)	11.6	4.9
Saturated (g)	6.8	2.9
Fibre (g)	7.6	3.2
Sodium (g)	0.460	0.193
Potassium (mg)	600	252
Calcium (mg)	350	147

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

## List of ingredients

Protein blend (soy protein isolate \*, milk protein); sweeteners: maltitol syrup\*, maltitol, sucralose (Tate & Lyle), glycerin\*; sugar; fructooligosaccharides; water; vegetable fat; almonds; cocoa (3.7%); cane sugar; unsweetened chocolate (2.5%); skim milk preparation\*; tapioca starch; prune juice concentrate; buttermilk; flavours\*; butter; cream; emulsifiers: mono- and diglycerides\*, soy lecithin\*, DATEM (diacetyl tartaric acid esters of mono- and diglycerides)\*; salt; thickeners: pectin, carrageenan; stabilizer: sodium phosphate; acidity regulator: sodium citrate; raising agent: calcium carbonate.

(\* Ingredients made with genetically modified corn or soy.

## Allergens

Contains milk, nut and soy.

Manufactured on equipment that processes gluten and peanuts.

Sweetened with polyols: an excessive consumption can lead laxative effects. (> 10%)

With sugars and sweeteners.

## Instructions

Make sure you drink plenty of liquid every day. Do not use as a sole source of nutrition.

Excessive consumption can lead laxative effects.

Store in the original container in a cool (< 25°C) and dry place (RH < 65%).

Make sure that the bag or container is properly closed