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SMOOTHIES

Blackcurrant & Apple Flavour

203kcal
856kJ

Suitable for
Vegetarians

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

Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy	kJ	1585		856	
	kcal	376		203	
Fat	g	6.5		3.5	
Of which saturates	g	2.0		1.1	
Mono-unsaturates	g	1.3		0.7	
Polyunsaturates	g	2.2		1.2	
Carbohydrate	g	46.3		25.0	
Of which sugars	g	44.1		23.8	
Starch	g	1.0		0.6	
Fibre	g	6.1		3.3	
Protein	g	30.0		16.2	
Salt	g	1.0		0.5	
Vitamin A	µg	493.9	62	266.7	33
Vitamin D	µg	3.5	70	1.9	38
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	µg	46.3	62	25.0	33
Vitamin C	mg	50.0	63	27.0	34
Thiamin	mg	0.7	62	0.4	34
Riboflavin	mg	0.9	63	0.5	34
Niacin	mg	10.0	63	5.4	34
Vitamin B6	mg	0.9	62	0.5	34
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.8	71	1.0	38
Biotin	µg	32.0	64	17.3	35
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1435.2	72	775.0	39
Chloride	mg	965.7	121	521.5	65
Calcium	mg	828.4	104	447.3	56
Phosphorus	mg	688.2	98	371.6	53
Magnesium	mg	231.4	62	125.0	33
Iron	mg	10.7	77	5.8	41
Zinc	mg	6.9	69	3.7	37
Copper	mg	0.8	82	0.4	44
Manganese	mg	1.5	76	0.8	41
Selenium	µg	38.4	70	20.7	38
Chromium	µg	28.8	72	15.5	39
Molybdenum	µg	37.1	74	20.0	40
Iodine	µg	108.9	73	58.8	39

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

Blackcurrant and apple flavour skimmed milk and yoghurt smoothie mix. With sweeteners.

Ingredients: Skimmed **milk** powder, Skimmed **milk** yoghurt powder, Powdered cellulose, Maltodextrin, **Soya** flour, **Milk** protein, Thickener: Guar gum, Refined fractionated palm oil, Blackcurrant powder, **Soya** lecithin, Conjugated linoleic acid powder (conjugated linoleic acid, sodium caseinate (**Milk**), antioxidants: mixed tocopherols), Refined soya oil, Flavouring, Potassium chloride, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, copper gluconate, manganese sulphate, calcium D-pantothenate, vitamin A acetate, pyridoxine hydrochloride, thiamin hydrochloride, potassium iodate, chromic chloride, folic acid, sodium molybdate, sodium selenite, vitamin K, D-biotin, vitamin D3), Stabiliser: carrageenan, Colour: beetroot powder, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Magnesium oxide, Sweeteners (acesulfame K, sucralose).

Allergen Advice: For allergens, **see ingredients in bold**. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.

How to make your delicious smoothie:

Pour 227ml of cold water into a container and add sachet contents. Using a blender or whisk, mix until smooth or shake vigorously in a Cambridge Weight Plan[®] Drink shaker for 45–60 seconds. Consume within 15 minutes.

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.

LAM355973

SMOOTHIES

Cherry & Strawberry Flavour

203kcal
857kJ

Suitable for
Vegetarians

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

Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy	kJ	1586		857	
	kcal	376		203	
Fat	g	6.6		3.5	
Of which saturates	g	2.0		1.1	
Mono-unsaturates	g	1.3		0.7	
Polysaturates	g	2.3		1.2	
Carbohydrate	g	46.7		25.2	
Of which sugars	g	44.7		24.2	
Starch	g	0.7		0.4	
Fibre	g	5.8		3.1	
Protein	g	29.6		16.0	
Salt	g	1.0		0.5	
Vitamin A	µg	493.9	62	266.7	33
Vitamin D	µg	3.5	70	1.9	38
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	µg	46.3	62	25.0	33
Vitamin C	mg	53.7	67	29.0	36
Thiamin	mg	0.7	62	0.4	34
Riboflavin	mg	0.9	63	0.5	34
Niacin	mg	10.0	63	5.4	34
Vitamin B6	mg	0.9	62	0.5	33
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.7	69	0.9	37
Biotin	µg	33.5	67	18.1	36
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1435.2	72	775.0	39
Chloride	mg	961.9	120	519.4	65
Calcium	mg	810.8	101	437.8	55
Phosphorus	mg	675.3	96	364.7	52
Magnesium	mg	229.2	61	123.8	33
Iron	mg	11.7	83	6.3	45
Zinc	mg	7.2	72	3.9	39
Copper	mg	0.9	88	0.5	47
Manganese	mg	1.6	82	0.9	44
Selenium	µg	40.9	74	22.1	40
Chromium	µg	31.2	78	16.9	42
Molybdenum	µg	40.4	81	21.8	44
Iodine	µg	118.3	79	63.9	43

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

Cherry and strawberry flavour skimmed milk and yoghurt smoothie mix. With sweeteners.

Ingredients: Skimmed **milk** powder, Skimmed **milk** yoghurt powder, Powdered cellulose, Maltodextrin, **Soya** flour, **Milk** protein, Thickener: guar gum, Sour cherry powder, Refined fractionated palm oil, **Soya** lecithin, Conjugated linoleic acid powder (conjugated linoleic acid, sodium caseinate (**milk**), antioxidants: mixed tocopherols), Refined **soya** oil, Strawberry juice powder, Potassium chloride, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, copper gluconate, manganese sulphate, calcium D-pantothenate, vitamin A acetate, pyridoxine hydrochloride, thiamin hydrochloride, potassium iodate, chromic chloride, folic acid, sodium molybdate, sodium selenite, vitamin K, D-biotin, vitamin D3), Stabiliser: carrageenan, Flavouring, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Colour: Beetroot powder, Magnesium oxide, Sweeteners (acesulfame K, sucralose).

Allergen Advice: For allergens, **see ingredients in bold**. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.

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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.

LAM375882