

**LighterLife**  
**Product Nutritional Information**  
**Issued: February 2025**

## Formulation of products

LighterLife UK very-low-calorie diet (VLCD) Foodpacks are formulated, manufactured, and labelled to a strict LighterLife specification in line with existing regulations and guidance:

- CODEX standard 203-1995 for formula foods for use in very-low-calorie diets for weight reduction.
- Commission regulation (EU) 1924/2006
- Commission regulation (EU) 1169/2011

LighterLife UK “meal replacement for weight control” Foodpacks are regulated under general EU food legislation and meet the requirements of:

- Commission regulation (EU) 2016/1413
- Commission regulation (EU) 1169/2011
- Commission Directive 96/8/EC

*All LighterLife Foodpacks are suitable for vegetarians.*

## Nutrition

**LighterLife TotalFast** is a very-low-calorie diet (VLCD) on which clients have four Foodpacks a day (including up to 1 meal-replacement FastPot/bar). It provides:

- **Energy:** between 600 and 799 kcal
- **Protein:** minimum of 50g protein
- **Carbohydrate:** minimum of 50g carbohydrate
- **Fats:** average of 18g fat
- **Fibre:** between 10 and 30g fibre
- **Vitamins and minerals:** at least 100% RI (reference intake)

## Foodpacks -

### VLCD -

Banana Shake  
Chocolate Shake  
Strawberry Shake  
Vanilla Shake  
Chai Latte  
Mango & Passionfruit Shake  
Apple & Cinnamon Porridge  
Original Porridge  
Porridge with Vanilla FastPot  
Vegetable Soup  
Chicken & Sweetcorn Soup  
Sweet Potato & Spicy Carrot Soup  
Blueberry Pancake  
Chocolate Mug Cake  
Shepherd's Pie  
Pasta Carbonara  
Spaghetti Bolognese  
Garlic Flatbread  
Crispy Peanut Bar  
Nut Fudge Bar  
Toffee Bar

### MRF -

Chocolate Smoothie  
Mixed Berry Smoothie  
Super Green Vegetable Soup  
Banana Porridge  
Maple Syrup Pancakes  
Jerk Noodle FastPot  
Pasta Bolognese FastPot  
Thai Noodle FastPot  
Chicken Noodle FastPot  
Chocolate Raisin Bar  
Chocolate Peanut Bar  
Double Chocolate Bar  
Salted Caramel Bar

### Optional extras -

**Drink Mixes** – powders used to make up cold drinks, in three flavours:

- Fruits of the Forest
- Pink Grapefruit
- Sunrise Orange

**Fibre Mix** – 100% inulin powder that can be added to any Foodpack or water without affecting the taste.

**Mousse Mix** – gelatine powder to be added to LighterLife shakes to make a mousse. Not suitable for vegetarians.

**Savoury Broth** – mix with water to make a hot drink; can also be used as stock for cooking.

**Jelly Mixes** – can also be added to LighterLife shakes to make “blancmange”. Not suitable for vegetarians. in three flavours:

- Raspberry
- Orange & Mango
- Blackcurrant

**Popped Chips** – healthy eating options for Management/FlexiFasting plans, and suitable for occasional use on Total:

- BBQ
- Salt & Vinegar

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## Apple and Cinnamon Porridge - VLCD

### Ingredients:

**Oat** flakes (21%), **soya** protein, skimmed milk powder (19%), **milk** protein concentrate, fat powder (**soya** oil, glucose syrup, **milk** protein, stabiliser: triphosphates, natural flavouring), fat powder (palm oil, glucose syrup, **milk** protein), **oat** fibre (3.7%), trisodium citrate, wholemeal **wheat** flour, maltodextrin, tripotassium citrate, magnesium citrate, cinnamon (1%), dextrose, flavour enhancer: calcium chloride, flavourings, vitamin and mineral premix (vitamin C, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, sodium selenite, pantothenic acid, sodium fluoride, manganese sulphate, biotin, sodium molybdate, potassium iodide, copper sulphate, vitamin B12, vitamin B6, vitamin D, folic acid, vitamin K, thiamin, riboflavin, chromium chloride), calcium phosphates, sweetener: sucralose, colour: paprika extract.

- Allergy advice: for allergens, , see ingredients underlined and in **bold**.
- May also contain egg, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1638	655	Vitamin A	µg	567	227	28
(kcal)	389	156	Vitamin D	µg	3.5	1.4	28
Fat (g)	11.5	4.6	Vitamin E	mg	7.7	3.1	26
of which saturates (g)	3.6	1.5	Vitamin K	µg	62.5	25	33
Carbohydrates (g)	29.8	11.9	Vitamin C	mg	52.6	21.1	26
of which sugars (g)	12	4.8	Thiamin	mg	0.99	0.4	36
Fibre (g)	6.3	2.5	Riboflavin	mg	1.3	0.53	38
Protein (g)	35.5	14.2	Niacin	mg	12.8	5.1	32
Salt (g)	3	1.2	Vitamin B6	mg	1.5	0.58	41
			Folic acid	µg	181	72.4	36
			Vitamin B12	µg	2.1	0.82	33
			Biotin	µg	39.3	15.7	31
			Pantothenic acid	mg	4.6	1.8	30
			Potassium	mg	1266	506	25
			Chloride	mg	1780	712	89
			Calcium	mg	684	274	34
			Phosphorus	mg	471	189	27
			Magnesium	mg	296	119	32
			Iron	mg	13.9	5.6	40
			Zinc	mg	8.4	3.3	33
			Copper	mg	1.3	0.52	52
			Manganese	mg	2.4	0.95	47
			Fluoride	mg	2.2	0.88	25
			Selenium	µg	55.5	22.2	40
			Chromium	µg	25	10	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	122	48.9	33

## Banana Porridge 7 Serve Doy - MRF

### Ingredients:

**Soya** protein, gluten free **oat** flakes (23.5%), maltodextrin, inulin, fat powder (sunflower oil, modified starch, glucose syrup, anti-oxidant: extracts of rosemary), emulsifier: lecithins (contains **soya**); tripotassium citrate, natural flavourings, calcium phosphates, chia seeds (*salvia hispanica*) (1%), thickener: sodium carboxy methyl cellulose, magnesium carbonates, banana (0.5%), vitamin and mineral premix (maltodextrin, vitamin C, zinc gluconate, vitamin E, ferric pyrophosphate, niacin, sodium selenite, vitamin A, pantothenic acid, biotin, copper gluconate, manganese sulphate, potassium iodide, vitamin B12, vitamin D, vitamin B6, folic acid, thiamin, vitamin K, riboflavin) sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- Produced in a factory that handles egg, milk, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegans.
- Gluten free.

### Nutrition information

Typical analysis	Per 100g	Per 205g serving	Typical analysis	Per 100g	Per 205g serving	% RI	
Energy (kJ)	1666	916	Vitamin A	µg	436	240	30
(kcal)	397	218	Vitamin D	µg	2.7	1.5	30
Fat (g)	11.5	6.3	Vitamin E	mg	6.9	3.8	32
of which saturates (g)	1.9	1.1	Vitamin K	µg	40.9	22.5	30
Carbohydrates (g)	40	22	Vitamin C	mg	43.9	24.1	30
of which sugars (g)	3.8	2.1	Thiamin	mg	0.81	0.45	41
Fibre (g)	12.1	6.6	Riboflavin	mg	0.78	0.43	31
Protein (g)	25.8	14.2	Niacin	mg	8.9	4.9	31
Salt (g)	1.1	0.59	Vitamin B6	mg	0.84	0.46	33
			Folic acid	µg	140	77.3	39
			Vitamin B12	µg	1.4	0.75	30
			Biotin	µg	32.2	17.7	35
			Pantothenic acid	mg	3.6	2	33
			Potassium	mg	999	549	27
			Calcium	mg	496	273	34
			Phosphorus	mg	733	403	58
			Magnesium	mg	216	119	32
			Iron	mg	10.9	6	43
			Zinc	mg	6.7	3.7	37
			Copper	mg	0.87	0.48	48
			Manganese	mg	1.2	0.63	32
			Selenium	µg	54.5	30	54
			Iodine	µg	81.8	45	30

## Banana Shake - VLCD

### Ingredients:

Skimmed **milk** powder (50%), **soya** protein (14%), inulin, fat powder (palm oil, glucose syrup, **milk** protein), fat powder (**soya** oil, glucose syrup, **milk** protein, stabiliser: triphosphates, natural flavouring), trisodium citrate, thickeners: guar gum and xanthan gum, maltodextrin, magnesium citrate, tripotassium citrate, flavouring, vitamin and mineral premix (vitamin C, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, sodium selenite, pantothenic acid, sodium fluoride, manganese sulphate, biotin, sodium molybdate, potassium iodide, copper sulphate, vitamin B12, vitamin B6, vitamin D, folic acid, vitamin K, thiamin, riboflavin, chromium chloride), colour: carotenes, sweetener: sucralose.

- Allergy advice: for allergens, see ingredients underlined and in **bold**.
- May also contain egg, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten free.

### Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1649	660	Vitamin A	µg	692	277	35
(kcal)	392	157	Vitamin D	µg	4.3	1.7	34
Fat (g)	11.4	4.5	Vitamin E	mg	7.7	3.1	25
of which saturates (g)	4.7	1.9	Vitamin K	µg	62.5	25	33
Carbohydrates (g)	32.8	13.1	Vitamin C	mg	57.3	22.9	29
of which sugars (g)	29.1	11.6	Thiamin	mg	0.9	0.36	33
Fibre (g)	8.1	3.2	Riboflavin	mg	1.9	0.76	54
Protein (g)	33.7	13.5	Niacin	mg	12.8	5.1	32
Salt (g)	2.7	1.1	Vitamin B6	mg	1.6	0.63	45
			Folic acid	µg	183	73.1	37
			Vitamin B12	µg	3	1.2	48
			Biotin	µg	42.3	16.9	34
			Pantothenic acid	mg	5.6	2.2	37
			Potassium	mg	1250	500	25
			Chloride	mg	1493	597	75
			Calcium	mg	723	289	36
			Phosphorus	mg	648	259	37
			Magnesium	mg	258	103	28
			Iron	mg	12.6	5	36
			Zinc	mg	9	3.6	36
			Copper	mg	1.2	0.46	46
			Manganese	mg	1.5	0.62	31
			Fluoride	mg	2.2	0.87	25
			Selenium	µg	54.6	21.8	40
			Chromium	µg	25	10	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	176	70.4	47

## Berry Smoothie 7 Serve Doy - MRF

### Ingredients:

Skimmed **milk** powder (30%), maltodextrin, inulin, fat powder (**soya** oil, maltodextrin, **milk** protein, emulsifier: lecithins (containing **soya**), antioxidants: alpha-tocopherol, fatty acid esters of ascorbic acid), **whey** protein concentrate (**milk**) (6%), thickeners: xanthan gum, guar gum and carboxy methyl cellulose, magnesium citrate, dried strawberries (1%), colours: beetroot red and anthocyanins, flavouring, vitamin and mineral premix (maltodextrin, vitamin C, ferric pyrophosphate, vitamin E, niacin, zinc sulphate, sodium selenite, vitamin A, copper gluconate, manganese sulphate, biotin, potassium iodide, pantothenic acid, vitamin D, folic acid, vitamin K, vitamin B6, thiamin), quinoa (0.5%), tripotassium citrate, salt, emulsifier: lecithins, sweeteners: acesulfame K and sucralose.

- Allergy advice: for allergens, see ingredients underlined and in **bold**.
- Produced in a factory that handles: egg, celery, mustard and sulphite.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten free.
- To be made with skimmed milk.

### Nutrition information

Typical analysis	Per 100g	Per 298g as prepared	Typical analysis	Per 100g	Per 298g as prepared	% RI	
Energy (kJ)	1483	957	Vitamin A	µg	684	280	35
(kcal)	353	227	Vitamin D	µg	4.4	1.8	35
Fat (g)	5.8	2.6	Vitamin E	mg	11.7	4.7	39
of which saturates (g)	1.1	0.4	Vitamin K	µg	69	27.6	35
Carbohydrates (g)	48.1	31.4	Vitamin C	mg	63.9	28.1	37
of which sugars (g)	19.8	20	Thiamin	mg	0.71	0.39	35
Fibre (g)	19.7	7.9	Riboflavin	mg	0.49	0.63	45
Protein (g)	17	15.6	Niacin	mg	13.8	5.8	36
Salt (g)	0.89	0.61	Vitamin B6	mg	0.87	0.48	34
			Folic acid	µg	144	69.3	35
			Vitamin B12	µg	0.78	1.3	54
			Biotin	µg	33	17.1	34
			Pantothenic acid	mg	2.8	1.9	32
			Potassium	mg	561	624	31
			Calcium	mg	399	468	59
			Phosphorus	mg	305	372	53
			Magnesium	mg	213	116	31
			Iron	mg	12.7	5.1	36
			Zinc	mg	6	3.4	34
			Copper	mg	0.9	0.36	36
			Manganese	mg	1.8	0.72	36
			Selenium	µg	51.3	20.5	37
			Iodine	µg	129	51.6	34



## Blueberry Pancakes - VLCD

### Ingredients:

Skimmed **milk** powder (32%), **oat** flour, **milk** protein concentrate, **egg** white powder, inulin, fat powder (**soya** oil, maltodextrin, **milk** protein, emulsifier: lecithins (contains **soya**), antioxidants: alpha-tocopherol, fatty acid esters of ascorbic acid), fat powder (palm oil, glucose syrup, **milk** protein), whole **egg**, tripotassium citrate emulsifier: lecithins (contains **soya**), raising agent: sodium carbonates, natural blueberry flavouring, dipotassium phosphate, magnesium oxide, vitamin and mineral premix (vitamin C, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, sodium selenite, pantothenic acid, sodium fluoride, manganese sulphate, biotin, sodium molybdate, potassium iodide, copper sulphate, vitamin B12, vitamin B6, vitamin D, folic acid, vitamin K, thiamin, riboflavin, chromium chloride), salt, stabiliser: diphosphates, colours: beetroot red, anthocyanins, thickener: xanthan gum, sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- Produced in a factory that handles celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1589	636	Vitamin A	µg	627	251	31
(kcal)	378	151	Vitamin D	µg	3.9	1.6	31
Fat (g)	11.2	4.5	Vitamin E	mg	8.5	3.4	28
of which saturates (g)	4.3	1.7	Vitamin K	µg	64.6	25.8	34
Carbohydrates (g)	31.1	12.4	Vitamin C	mg	55.8	22.3	28
of which sugars (g)	18.3	7.3	Thiamin	mg	1	0.41	37
Fibre (g)	10.2	4.1	Riboflavin	mg	1.8	0.71	51
Protein (g)	32.5	13	Niacin	mg	13.2	5.3	33
Salt (g)	2.1	0.85	Vitamin B6	mg	1.5	0.62	44
			Folic acid	µg	158	63.3	32
			Vitamin B12	µg	2.5	1	40
			Biotin	µg	47.4	19	38
			Pantothenic acid	mg	5.3	2.1	35
			Potassium	mg	1422	569	28
			Chloride	mg	553	221	28
			Calcium	mg	661	264	33
			Phosphorus	mg	571	228	33
			Magnesium	mg	258	103	27
			Iron	mg	11.2	4.5	32
			Zinc	mg	8.2	3.3	33
			Copper	mg	1.1	0.42	42
			Manganese	mg	2.1	0.84	42
			Fluoride	mg	2.3	0.9	26
			Selenium	µg	39.5	15.8	29
			Chromium	µg	25.8	10.3	26
			Molybdenum	µg	32.3	12.9	26
			Iodine	µg	144	57.7	38

## Chai Latte – VLCD

### Ingredients:

Skimmed **milk** powder (45%), **soya** protein (17%), inulin, fat powder (palm oil, glucose syrup, **milk** protein), fat powder (**soya** oil, glucose syrup, **milk** protein, stabiliser: triphosphates, natural flavouring) maltodextrin, trisodium citrate, tripotassium citrate, magnesium citrate, spices (cinnamon, ginger, cloves, cardamom, star anise), thickeners: guar gum, xanthan gum; caramelised sugar syrup; salt, vitamin and mineral premix (vitamin C, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, sodium selenite, pantothenic acid, sodium fluoride, manganese sulphate, biotin, sodium molybdate, potassium iodide, copper sulphate, vitamin B12, vitamin B6, vitamin D, folic acid, vitamin K, thiamin, riboflavin, chromium chloride), dipotassium phosphate, flavourings, sweetener: sucralose.

- Allergy advice: for allergens, see ingredients in **bold**.
- Produced in a factory that handles egg, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten free.

### Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1587	635	Vitamin A	µg	658	263	33
(kcal)	378	151	Vitamin D	µg	4.1	1.6	33
Fat (g)	10.2	4.1	Vitamin E	mg	7.6	3.1	25
of which saturates (g)	4.5	1.8	Vitamin K	µg	62.5	25	33
Carbohydrates (g)	31.2	12.5	Vitamin C	mg	56	22.4	28
of which sugars (g)	25.3	10.1	Thiamin	mg	0.86	0.34	31
Fibre (g)	13.2	5.3	Riboflavin	mg	1.7	0.69	50
Protein (g)	31.7	12.7	Niacin	mg	12.7	5.1	32
Salt (g)	2.9	1.2	Vitamin B6	mg	1.5	0.61	43
			Folic acid	µg	181	72.5	36
			Vitamin B12	µg	2.7	1.1	44
			Biotin	µg	40.3	16.1	32
			Pantothenic acid	mg	5.2	2.1	35
			Potassium	mg	1257	503	25
			Chloride	mg	1575	630	79
			Calcium	mg	599	240	30
			Phosphorus	mg	602	241	34
			Magnesium	mg	246	98.5	26
			Iron	mg	12.8	5.1	37
			Zinc	mg	8.7	3.5	35
			Copper	mg	1.2	0.47	47
			Manganese	mg	1.6	0.62	31
			Fluoride	mg	2.2	0.88	25
			Selenium	µg	55.1	22	40
			Chromium	µg	25	10	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	161	64.5	43

## Chicken & Sweetcorn Soup – VLCD

### Ingredients:

**Milk** protein concentrate, skimmed **milk** powder (13%), **soya** protein (10%), inulin, modified starch (potato), fat powder (contains **soya, milk**), fat powder (contains **milk**), fat powder, **cream** powder (3%) (contains **milk**), rice flour, maltodextrin, salt, potassium phosphates, flavourings (contains **egg**), sweetcorn (2%), peas (2%), sucrose, leek (1%), onion powder, magnesium oxide, vitamin and mineral premix (sodium ascorbate, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, copper sulphate, pantothenic acid, sodium fluoride, manganese sulphate, biotin, chromium chloride, potassium iodide, vitamin B12, sodium selenite, vitamin B6, folic acid, vitamin D3, vitamin K, thiamin, riboflavin, sodium molybdate), nutmeg extract, thickener: xanthan gum.

- Allergy advice: for allergens, see ingredients underlined and in **bold**.
- Produced in a factory that handles egg, milk, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1618	647	Vitamin A	µg	563	225	28
(kcal)	386	154	Vitamin D	µg	3.5	1.4	28
Fat (g)	12.5	5.0	Vitamin E	mg	7.8	3.1	26
of which saturates (g)	7.2	2.9	Vitamin K	µg	64.9	25.8	34
Carbohydrates (g)	31.8	12.7	Vitamin C	mg	53.5	21.4	27
of which sugars (g)	12.2	4.9	Thiamin	mg	0.8	0.3	28
Fibre (g)	9.7	3.9	Riboflavin	mg	1.3	0.5	36
Protein (g)	31.2	12.5	Niacin	mg	12.8	5.1	32
Salt (g)	3.65	1.46	Vitamin B6	mg	1.4	0.6	39
			Folic acid	µg	156	62.6	31
			Vitamin B12	µg	2.0	0.8	31
			Biotin	µg	35.0	14	28
			Pantothenic acid	mg	4.3	1.7	29
			Potassium	mg	1279	512	26
			Chloride	mg	1843	737	92
			Calcium	mg	568	227	28
			Phosphorus	mg	631	253	36
			Magnesium	mg	246	98.4	26
			Iron	mg	12.1	4.8	34
			Zinc	mg	7.4	3.0	30
			Copper	mg	1.1	0.5	45
			Manganese	mg	1.4	0.6	28
			Fluoride	mg	2.3	0.9	26
			Selenium	µg	37.0	14.8	27
			Chromium	µg	25.8	10.3	26
			Molybdenum	µg	32.3	12.9	26
			Iodine	µg	117	46.7	31

## Chicken Noodle FastPot® - MRF

### Ingredients:

Pasta (32.5%), (Durum **wheat**, semolina, salt), **soya** protein, inulin, palm fat, glucose syrup, starch, minerals (calcium phosphates, magnesium phosphate, potassium chloride, ferric pyrophosphate, zinc sulphate, copper-II-gluconate, manganese sulphate, potassium iodate, sodium selenite), bell pepper, maize (1.6%), salt, flavourings, peas (1.2%), **lactose**, **celery**, yeast extract, herbs (0.4%), vitamins (vitamin A, vitamin D, vitamin E, vitamin K, vitamin C, thiamin, riboflavin, niacin, vitamin B6, folic acid, vitamin B12, biotin, pantothenic acid), **milk** protein, turmeric, emulsifier: lecithins; (containing **soya**), garlic, maltodextrin.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 255g serving	Typical analysis	Per 100g	Per 255g serving	% RI	
Energy (kJ)	1583	870	Vitamin A	µg	450	247	31
(kcal)	376	207	Vitamin D	µg	2.8	1.5	31
Fat (g)	8.6	4.7	Vitamin E	mg	7.6	4.2	31
of which saturates (g)	4.6	2.5	Vitamin K	µg	42.7	23.5	35
Carbohydrates (g)	39.7	21.8	Vitamin C	mg	44.7	24.6	31
of which sugars (g)	5	2.7	Thiamin	mg	0.7	0.4	32
Fibre (g)	12.5	6.9	Riboflavin	mg	0.9	0.5	37
Protein (g)	28.7	15.8	Niacin	mg	10.6	5.8	37
Salt (g)	2.64	1.45	Vitamin B6	mg	0.9	0.5	37
			Folic acid	µg	185	102	51
			Vitamin B12	µg	1.4	0.77	31
			Biotin	µg	31.9	17.5	35
			Pantothenic acid	mg	3.4	1.9	31
			Potassium	mg	914	503	25
			Calcium	mg	472	241	30
			Phosphorus	mg	437	340	49
			Magnesium	mg	207	114	30
			Iron	mg	13.9	7.7	55
			Zinc	mg	7.2	4.0	40
			Copper	mg	1.0	0.5	54
			Manganese	mg	1.4	0.8	38
			Selenium	µg	34.4	18.9	34
			Iodine	µg	98.6	54.2	36

## Chocolate Mug Cake - VLCD

### Ingredients:

**Oat** flour (32%), **whey** protein concentrate, cocoa powder (12%), fat powder (**soya** oil, maltodextrin, **milk** protein, emulsifier: lecithins and fatty acid esters of ascorbic acid, antioxidant: alphatocopherol), **milk** protein concentrate (5.5%), inulin, maltodextrin, natural flavouring, **egg** white powder, tripotassium citrate, dark chocolate flavoured flakes (1.5%) (sugar, reduced fat cocoa powder, shea butter, palm fat, emulsifier: lecithins; glazing agent: shellac), raising agent: sodium carbonates; whole **egg**, diphosphates, emulsifier: mono- and diglycerides of fatty acids and lecithins, calcium chloride, calcium phosphates, magnesium oxide, potassium chloride, vitamin and mineral premix (vitamin C, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, sodium selenite, pantothenic acid, sodium fluoride, manganese sulphate, biotin, sodium molybdate, potassium iodide, copper sulphate, vitamin B12, vitamin B6, vitamin D, folic acid, vitamin K, thiamin, riboflavin, chromium chloride), thickener: xanthan gum, sweetener: sucralose.

- Allergy advice: for allergens, see ingredients underlined and in **bold**.
- Produced in a factory that handles celery, mustard soya and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 42g serving	Typical analysis	Per 100g	Per 42g serving	% RI	
Energy (kJ)	1526	641	Vitamin A	µg	502	211	26
(kcal)	363	153	Vitamin D	µg	3.1	1.3	26
Fat (g)	10.7	4.5	Vitamin E	mg	8.7	3.6	30
of which saturates (g)	3.2	1.3	Vitamin K	µg	62.5	26.3	35
Carbohydrates (g)	29.9	12.6	Vitamin C	mg	50	21	26
of which sugars (g)	5.4	2.3	Thiamin	mg	1	0.44	40
Fibre (g)	11.1	4.7	Riboflavin	mg	1.1	0.46	33
Protein (g)	30.1	12.6	Niacin	mg	12.8	5.4	34
Salt (g)	2	0.85	Vitamin B6	mg	1.4	0.57	41
			Folic acid	µg	133	55.9	28
			Vitamin B12	µg	1.6	0.66	26
			Biotin	µg	38.4	16.1	32
			Pantothenic acid	mg	4.2	1.8	30
			Potassium	mg	1369	575	29
			Chloride	mg	568	238	30
			Calcium	mg	567	238	30
			Phosphorus	mg	633	266	38
			Magnesium	mg	349	147	39
			Iron	mg	15.4	6.5	46
			Zinc	mg	7.9	3.3	33
			Copper	mg	1.5	0.65	65
			Manganese	mg	2.6	1.1	54
			Fluoride	mg	2.2	0.92	26
			Selenium	µg	35.3	14.8	27
			Chromium	µg	25	10.5	26
			Molybdenum	µg	31.3	13.1	26
			Iodine	µg	93.8	39.4	26

## Chocolate Peanut Bar - MRF

### Ingredients:

**soya** crisps (17.6%) (**soya** protein, tapioca starch, salt), glucose syrup, **peanuts** (11.3%), **milk** chocolate (10.7%) (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier: **soya** lecithin; flavours), bulking agent: polydextrose; humectant: glycerol; **soya** crisps (6.0%) (**soya** protein, low fat cocoa, tapioca starch), rice flour, minerals (dipotassium phosphate, magnesium carbonate, tricalcium phosphate, trisodium citrate, ferric pyrophosphate, zinc oxide, copper(II)gluconate, manganese sulphate, potassium iodide, sodium selenite), dates, chicory root fibre, fructose, skimmed **milk** powder, **soya** protein (1.5%), sunflower oil, flavours (contains **peanut**), rice bran, sugar, acidity regulator: malic acid; vitamins (vitamin C, vitamin E, nicotinamide, calcium pantothenate, vitamin B2, vitamin B1, vitamin B6, vitamin A, folic acid, vitamin K, biotin, vitamin D, vitamin B12), rice extract.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- May also contain gluten, nuts and sesame.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 255g serving	Typical analysis	Per 100g	Per 255g serving	% RI	
Energy (kJ)	1597	894	Vitamin A	µg	435	244	30
(kcal)	381	213	Vitamin D	µg	2.7	1.6	31
Fat (g)	12.5	7.0	Vitamin E	mg	6.5	3.6	30
of which saturates (g)	4.0	2.2	Vitamin K	µg	40.9	22.9	30
Carbohydrates (g)	40.8	22.9	Vitamin C	mg	43.6	24.4	30
of which sugars (g)	19.7	11.0	Thiamin	mg	0.6	0.3	31
Fibre (g)	10.3	5.7	Riboflavin	mg	0.8	0.4	30
Protein (g)	24.2	13.5	Niacin	mg	8.7	4.9	30
Salt (g)	1.01	0.57	Vitamin B6	mg	0.8	0.4	30
			Folic acid	µg	109	61	30
			Vitamin B12	µg	1.4	0.8	31
			Biotin	µg	27.2	15.2	30
			Pantothenic acid	mg	3.3	1.9	31
			Potassium	mg	906	507	25
			Calcium	mg	444	248	31
			Phosphorus	mg	646	361	51
			Magnesium	mg	202	113	30
			Iron	mg	11.1	6.2	44
			Zinc	mg	6.4	3.6	36
			Copper	mg	1.0	0.6	55
			Manganese	mg	1.2	0.7	35
			Selenium	µg	30.0	16.8	30
			Iodine	µg	82.1	46.0	30

## Chocolate Raisin Bar - MRF

### Ingredients:

**Soya** crisps (25.1%) (soya protein, tapioca starch, salt), fructose syrup, **milk** chocolate (11.7%) (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier: **soya** lecithin; flavours), chicory root fibre, glucose syrup, raisins (7.3%), acacia gum, **soya** granules, cream powder (contains **milk**), minerals (dipotassium phosphate, magnesium carbonate, tricalcium phosphate, ferric pyrophosphate, zinc oxide, copper gluconate, manganese sulphate, potassium iodide, sodium selenite), **soya** protein, gluten free **oat** flakes, sunflower oil, cocoa mass, flavours, emulsifier: **soya** lecithin; vitamins (vitamin C, vitamin E, nicotinamide, calcium pantothenate, riboflavin, thiamin, vitamin B6, vitamin A, folic acid, vitamin K, biotin, vitamin D, vitamin B12).

- Allergy advice: for allergens, see ingredients underlined and in **bold**.
- May also contain traces of egg, cereals containing gluten, nuts peanuts and sesame.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 60g serving	Typical analysis	Per 100g	Per 60g serving	% RI	
Energy (kJ)	1568	941	Vitamin A	µg	401	240	30
(kcal)	374	224	Vitamin D	µg	2.5	1.5	30
Fat (g)	11.2	6.7	Vitamin E	mg	6	3.6	30
of which saturates (g)	5	3	Vitamin K	µg	37.6	22.6	30
Carbohydrates (g)	36.3	21.7	Vitamin C	mg	40.1	24	30
of which sugars (g)	29.8	17.9	Thiamin	mg	0.55	0.33	30
Fibre (g)	12.6	7.6	Riboflavin	mg	0.7	0.42	30
Protein (g)	25.4	15.2	Niacin	mg	8	4.8	30
Salt (g)	1.1	0.63	Vitamin B6	mg	0.7	0.42	30
			Folic acid	µg	100	60.2	30
			Vitamin B12	µg	1.3	0.77	31
			Biotin	µg	25.1	15	30
			Pantothenic acid	mg	3	1.8	30
			Potassium	mg	871	523	26
			Calcium	mg	444	266	33
			Phosphorus	mg	640	384	55
			Magnesium	mg	199	120	32
			Iron	mg	11.5	6.9	49
			Zinc	mg	6.2	3.7	37
			Copper	mg	1.1	0.64	64
			Manganese	mg	1.4	0.81	40
			Selenium	µg	27.6	16.6	30
			Iodine	µg	75.7	45.4	30

## Chocolate shake - VLCD

### Ingredients:

Whey powder (19.5%) (**milk**); inulin; maltodextrin; **soya** protein (13.7%); **milk** protein; vegetable oil preparation (contains **milk**); fat reduced cocoa powder (8.3%); emulsifier: **soya** lecithin; acidity regulators: potassium chloride, magnesium carbonate; thickeners: xanthan gum, carboxymethylcellulose; flavouring; stabiliser: diphosphates; salt; vitamin and mineral premix (vitamin C, vitamin E, vitamin B3, ferric pyrophosphate, vitamin B5, zinc oxide, sodium fluoride, manganese sulphate, vitamin B6, vitamin B2, vitamin B1, copper carbonate, vitamin A, vitamin B9, potassium iodide, vitamin K1, sodium selenite, vitamin B8, sodium molybdate, chromium chloride, vitamin D3, vitamin B12); vanilla extract; antioxidants: calcium citrate, sweeteners: acesulfame K, sucralose.

- Allergy advice: for allergens see ingredients underlined and in **bold**.
- Produced in a factory that handles eggs.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten free.

### Nutrition information

Typical analysis	Per 100g	Per 42g serving	Typical analysis	Per 100g	Per 42g serving	% RI	
Energy (kJ)	1522	640	Vitamin A	µg	619	260	33
(kcal)	363	153	Vitamin D	µg	4.5	1.9	38
Fat (g)	8.8	3.7	Vitamin E	mg	17.0	7.1	59
of which saturates (g)	2.1	0.9	Vitamin K	µg	77.0	32.3	43
Carbohydrates (g)	31.0	13.0	Vitamin C	mg	90.0	37.8	47
of which sugars (g)	13.0	5.5	Thiamin	mg	1.0	0.4	38
Fibre (g)	18.0	7.6	Riboflavin	mg	1.5	0.6	45
Protein (g)	30.9	13.0	Niacin	mg	15.0	6.3	39
Salt (g)	1.80	0.76	Vitamin B6	mg	1.3	0.6	39
			Folic acid	µg	200	84.0	42
			Vitamin B12	µg	3.4	1.4	56
			Biotin	µg	60.0	25.2	50
			Pantothenic acid	mg	6.0	2.5	42
			Potassium	mg	1200	504	25
			Chloride	mg	1000	420	53
			Calcium	mg	477	200	25
			Phosphorus	mg	450	189	27
			Magnesium	mg	224	94.0	25
			Iron	mg	18.0	7.6	54
			Zinc	mg	6.0	2.5	25
			Copper	mg	1.5	0.6	60
			Manganese	mg	1.6	0.7	34
			Fluoride	mg	3.1	1.3	37
			Selenium	µg	40.0	16.8	31
			Chromium	µg	38.0	16.0	40
			Molybdenum	µg	45.0	18.9	38
			Iodine	µg	135	56.7	38



## Chocolate Smoothie 7 Serve Doy - MRF

### Ingredients:

Skimmed **milk** powder (30%), maltodextrin, inulin, cocoa powder (12%), fat powder (**soya** oil, maltodextrin, **milk** protein, emulsifier: lecithins (containing **soya**), antioxidants: fatty acid esters of ascorbic acid, alphatocopherol), **whey** protein concentrate (5%), thickeners: guar gum, xanthan gum and carboxy methyl cellulose, magnesium citrate, vitamin and mineral premix (maltodextrin, vitamin C, ferric pyrophosphate, vitamin E, niacin, zinc sulphate, sodium selenite, vitamin A, copper gluconate, manganese sulphate, biotin, potassium iodide, pantothenic acid, vitamin D, folic acid, vitamin K, vitamin B6, thiamin), flavourings (containing **lactose**), emulsifier: lecithins, salt, sweeteners: sucralose and acesulfame K.

- Allergy advice: for allergens, see ingredients underlined and in **bold**.
- May also contain egg, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten free.
- To be made with skimmed milk

### Nutrition information

Typical analysis	Per 100g	Per 298g as prepared	Typical analysis	Per 100g	Per 298g as prepared	% RI	
Energy (kJ)	1489	960	Vitamin A	µg	683	279	35
(kcal)	355	228	Vitamin D	µg	4.4	1.7	35
Fat (g)	7	3.1	Vitamin E	mg	12.1	4.8	40
of which saturates (g)	1.9	0.7	Vitamin K	µg	69	27.6	37
Carbohydrates (g)	44.3	29.8	Vitamin C	mg	63.8	28.1	35
of which sugars (g)	18.3	19.4	Thiamin	mg	0.72	0.39	36
Fibre (g)	19.6	7.9	Riboflavin	mg	0.51	0.64	46
Protein (g)	18.4	16.1	Niacin	mg	14	5.8	37
Salt (g)	0.79	0.57	Vitamin B6	mg	0.86	0.47	34
			Folic acid	µg	144	69.1	35
			Vitamin B12	µg	0.76	1.3	53
			Biotin	µg	32.9	17	34
			Pantothenic acid	mg	2.9	2	33
			Potassium	mg	1075	829	41
			Calcium	mg	403	470	59
			Phosphorus	mg	378	401	57
			Magnesium	mg	215	117	31
			Iron	mg	16.9	6.8	48
			Zinc	mg	6.8	3.7	37
			Copper	mg	1.4	0.55	55
			Manganese	mg	1.8	0.72	36
			Selenium	µg	51.2	20.5	37
			Iodine	µg	128	51.1	34

## Crispy Peanut Bar - VLCD

### Ingredients:

**Soya** crisps (16.2%) (**soya** protein, tapioca starch, salt), bulking agent: polydextrose, calcium carbonate; rice syrup, **peanuts** (11.2%), rice crisps (7.4%) (rice flour, **wheat gluten**, sugar, **wheat** malt, glucose, salt), **soya** granules, humectant: glycerol, **milk** protein, maltodextrin, **soya** protein, minerals (dipotassium phosphate, trimagnesium citrate, ferric diphosphate, zinc oxide, copper gluconate, sodium fluoride, manganese sulphate, chromium chloride, potassium iodide, sodium molybdate, sodium selenite), sweetener: erythritol and sucralose, thickener: acacia gum, flavours, salt, emulsifier: **soya** lecithin, vitamins (vitamin C, nicotinamide, vitamin E, vitamin A, calcium pantothenate, vitamin B6, vitamin D, thiamin, riboflavin, folic acid, vitamin K, biotin, vitamin B12).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- May also contain egg, nuts and sesame.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 46g serving	Typical analysis	Per 100g	Per 46g serving	% RI	
Energy (kJ)	1376	633	Vitamin A	µg	449	206	26
(kcal)	328	151	Vitamin D	µg	2.8	1.3	26
Fat (g)	8.6	3.9	Vitamin E	mg	6.7	3.1	26
of which saturates (g)	1.8	0.8	Vitamin K	µg	56.1	25.8	34
Carbohydrates (g)	33.7	15.5	Vitamin C	mg	45	20.7	26
of which sugars (g)	10.6	4.9	Thiamin	mg	0.62	0.28	25
Fibre (g)	13.8	6.3	Riboflavin	mg	0.9	0.41	29
Protein (g)	26.8	12.5	Niacin	mg	10.1	4.6	29
Salt (g)	1.3	0.62	Vitamin B6	mg	1.1	0.51	37
			Folic acid	µg	112	51.6	26
			Vitamin B12	µg	1.4	0.64	26
			Biotin	µg	28	12.9	26
			Pantothenic acid	mg	3.4	1.6	26
			Potassium	mg	1087	500	25
			Chloride	mg	435	200	25
			Calcium	mg	520	239	30
			Phosphorus	mg	574	264	38
			Magnesium	mg	204	94	25
			Iron	mg	11.6	5.3	38
			Zinc	mg	6.5	3	30
			Copper	mg	1.2	0.55	55
			Manganese	mg	1.5	0.67	33
			Fluoride	mg	2	0.9	25
			Selenium	µg	31	14.3	26
			Chromium	µg	22	10	26
			Molybdenum	µg	28.1	12.9	26
			Iodine	µg	84.4	38.8	26

## Double Chocolate Bar - MRF

### Ingredients:

**Milk** chocolate (17.9%) (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier: **soya** lecithin; flavours), glucose syrup, **milk** protein (11.9%), hydrolysed **wheat** gluten, **soya** protein (8.0%), chicory root fibre, bulking agent: polydextrose; humectant: glycerol; low fat cocoa (0.6%), minerals (dipotassium phosphate, trimagnesium citrate, tricalcium phosphate, ferric pyrophosphate, zinc oxide, copper(II)gluconate, manganese sulphate, potassium iodide, sodium selenite), **soya** crisps (3.2%) (**soya** protein, low fat cocoa, tapioca starch), sunflower oil, cocoa mass, flavours, emulsifier: **soya** lecithin; vitamins (vitamin C, vitamin E, nicotinamide, calcium pantothenate, vitamin B2, vitamin B1, vitamin B6, vitamin A, folic acid, vitamin K, biotin, vitamin D, vitamin B12), salt.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- May also contain traces of nuts and sesame.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 56g serving	Typical analysis	Per 100g	Per 56g serving	% RI	
Energy (kJ)	1513	847	Vitamin A	µg	431	241	30
(kcal)	361	202	Vitamin D	µg	2.7	1.5	30
Fat (g)	11.5	6.4	Vitamin E	mg	6.4	3.6	30
of which saturates (g)	5.1	2.9	Vitamin K	µg	43.1	24.1	30
Carbohydrates (g)	29.8	16.7	Vitamin C	mg	40.4	22.6	30
of which sugars (g)	18.3	10.2	Thiamin	mg	0.6	0.3	30
Fibre (g)	11.6	6.5	Riboflavin	mg	0.8	0.4	30
Protein (g)	30.4	17.0	Niacin	mg	8.6	4.8	30
Salt (g)	0.78	0.44	Vitamin B6	mg	0.8	0.4	30
			Folic acid	µg	108	60.3	30
			Vitamin B12	µg	1.4	0.8	31
			Biotin	µg	26.9	15.1	30
			Pantothenic acid	mg	3.3	1.8	30
			Potassium	mg	896	502	25
			Calcium	mg	452	253	31
			Phosphorus	mg	601	337	48
			Magnesium	mg	207	116	31
			Iron	mg	12.3	6.9	49
			Zinc	mg	6.4	3.5	36
			Copper	mg	1.0	0.6	56
			Manganese	mg	1.3	0.7	35
			Selenium	µg	29.7	16.6	30
			Iodine	µg	81.5	45.6	30

## Garlic Flatbread - VLCD

### Ingredients:

**Oat** flour (30%), **whey** protein concentrate (**milk**), inulin, **milk** protein concentrate, maltodextrin, fat powder (**soya** oil, glucose syrup, **milk** protein, stabiliser: triphosphates, natural flavouring), garlic (2.3%), tripotassium citrate, yeast extract, emulsifier: mono- and diglycerides of fatty acids, natural flavourings, raising agent: sodium carbonates, calcium chloride, potassium chloride, diphosphates, **egg** white powder, whole **egg**, cheese powder (**milk**), parsley, oregano, magnesium oxide, vitamin and mineral premix (vitamin C, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, sodium selenite, pantothenic acid, sodium fluoride, manganese sulphate, biotin, sodium molybdate, potassium iodide, copper sulphate, vitamin B12, vitamin B6, vitamin D, folic acid, vitamin K, thiamin, riboflavin, chromium chloride), thickener: xanthan gum, ground black pepper, emulsifier: lecithins.

- Allergy advice: for allergens including cereals containing gluten, see ingredients underlined and in **bold**.
- May also contain celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 43g serving	Typical analysis	Per 100g	Per 43g serving	% RI	
Energy (kJ)	1509	649	Vitamin A	µg	467	201	25
(kcal)	360	155	Vitamin D	µg	2.9	1.3	25
Fat (g)	10.4	4.5	Vitamin E	mg	7.2	3.1	26
of which saturates (g)	3.7	1.6	Vitamin K	µg	58.3	25.1	33
Carbohydrates (g)	28.8	12.4	Vitamin C	mg	46.7	20.1	25
of which sugars (g)	4.2	1.8	Thiamin	mg	0.96	0.41	37
Fibre (g)	14.6	6.3	Riboflavin	mg	0.97	0.42	30
Protein (g)	29.4	12.6	Niacin	mg	11.7	5	31
Salt (g)	2	0.86	Vitamin B6	mg	1.3	0.55	39
			Folic acid	µg	123	53	27
			Vitamin B12	µg	1.5	0.63	25
			Biotin	µg	35.4	15.2	30
			Pantothenic acid	mg	3.8	1.6	27
			Potassium	mg	1496	643	32
			Chloride	mg	998	429	54
			Calcium	mg	556	239	30
			Phosphorus	mg	436	188	27
			Magnesium	mg	219	94.2	25
			Iron	mg	10.4	4.5	32
			Zinc	mg	6.5	2.8	28
			Copper	mg	0.99	0.43	43
			Manganese	mg	2.4	1	51
			Fluoride	mg	2.1	0.88	25
			Selenium	µg	33	14.2	26
			Chromium	µg	23.3	10	25
			Molybdenum	µg	29.2	12.5	25
			Iodine	µg	87.5	37.6	25

## Jerk Noodle FastPot® - MRF

### Ingredients:

Pasta (41.5%), (Durum **wheat**, semolina, salt), **soya** protein, tomatoes, maltodextrin, flavourings, sunflower oil, roasted onions, minerals: (calcium phosphates, magnesium phosphate, ferric pyrophosphate, zinc sulphate, potassium iodate, copper-II-gluconate, sodium selenite, manganese sulphate); concentrated pineapple juice, garlic, spices, parsley, lemon juice, glucose syrup, **milk** protein, salt, vitamins (vitamin A, vitamin D, vitamin E, vitamin K, vitamin C, thiamin, riboflavin, niacin, vitamin B6, folic acid, vitamin B12, biotin, pantothenic acid), acidity regulator: E472c.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in bold.
- The soya in this product is from a non-genetically modified source.
- Produced in a factory that handles egg, celery and mustard.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 265g serving	Typical analysis	Per 100g	Per 265g serving	% RI	
Energy (kJ)	1620	1053	Vitamin A	µg	376	244	31
(kcal)	383	249	Vitamin D	µg	2.4	1.5	31
Fat (g)	5.6	3.6	Vitamin E	mg	7.4	4.8	40
of which saturates (g)	0.8	0.5	Vitamin K	µg	35.5	23	31
Carbohydrates (g)	54.6	35.5	Vitamin C	mg	37.6	24.4	31
of which sugars (g)	8.5	5.5	Thiamin	mg	0.55	0.36	33
Fibre (g)	6.5	4.2	Riboflavin	mg	0.8	0.52	37
Protein (g)	25.1	16.3	Niacin	mg	9.3	6	38
Salt (g)	1.2	0.78	Vitamin B6	mg	0.95	0.62	44
			Folic acid	µg	143	93	47
			Vitamin B12	µg	1.2	0.76	31
			Biotin	µg	25.9	16.9	34
			Pantothenic acid	mg	3.0	1.9	32
			Potassium	mg	874	568	28
			Calcium	mg	376	244	31
			Phosphorus	mg	548	356	51
			Magnesium	mg	177	115	31
			Iron	mg	12.5	8.1	58
			Zinc	mg	6.9	4.5	45
			Copper	mg	1	0.6	63
			Manganese	mg	2.5	1.6	80
			Selenium	µg	29.4	19.1	35
			Iodine	µg	91.3	59.3	40

## Mango & Passion Fruit Shake - VLCD

### Ingredients:

Skimmed **milk** powder (45%), **soya** protein (19%), inulin, fat powder (contains **milk**), fat powder (contains **soya**, **milk**), flavourings, trisodium citrate, maltodextrin, thickeners: guar gum, sodium carboxy methyl cellulose, xanthan gum; tripotassium citrate, magnesium citrate, colour: carotenes; salt, vitamin and mineral premix (sodium ascorbate, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, copper sulphate, pantothenic acid, sodium fluoride, manganese sulphate, biotin, chromium chloride, potassium iodide, vitamin B12, sodium selenite, vitamin B6, folic acid, vitamin D, vitamin K, thiamin, riboflavin, sodium molybdate), dipotassium phosphate, sweetener: sucralose.

- Allergy advice: for allergens, see ingredients underlined and in **bold**.
- Produced in a factory that handles egg, milk, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten free.

### Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1618	647	Vitamin A	µg	658	263	33
(kcal)	385	154	Vitamin D	µg	4.1	1.6	33
Fat (g)	10.5	4.2	Vitamin E	mg	7.6	3.1	26
of which saturates (g)	4.8	1.9	Vitamin K	µg	62.5	25.0	33
Carbohydrates (g)	31.3	12.5	Vitamin C	mg	56.0	22.4	28
of which sugars (g)	24.8	9.9	Thiamin	mg	0.9	0.3	31
Fibre (g)	10.5	4.2	Riboflavin	mg	1.7	0.7	50
Protein (g)	33.8	13.5	Niacin	mg	12.7	5.1	32
Salt (g)	3.10	1.24	Vitamin B6	mg	1.5	0.6	44
			Folic acid	µg	186	74.4	37
			Vitamin B12	µg	2.7	1.1	44
			Biotin	µg	40.3	16.1	32
			Pantothenic acid	mg	5.2	2.1	35
			Potassium	mg	1282	513	26
			Chloride	mg	1583	633	79
			Calcium	mg	603	241	30
			Phosphorus	mg	630	252	36
			Magnesium	mg	247	98.9	26
			Iron	mg	13.2	5.3	38
			Zinc	mg	8.8	3.5	35
			Copper	mg	1.2	0.5	48
			Manganese	mg	1.6	0.6	32
			Fluoride	mg	2.2	0.9	25
			Selenium	µg	57	23	42
			Chromium	µg	25.0	10.0	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	161	64.5	43

## Maple Syrup Pancake and Waffles 7 Serve Doy - MRF

### Ingredients:

Skimmed **milk** powder (36%); **oat** flour (18%); **egg** white powder (10%); fat powder (**soya** oil, maltodextrin, **milk** protein, emulsifier: lecithins (containing **soya**), antioxidants: alpha-tocopherol, fatty acid esters of asorbic acid); **milk** protein concentrate (8%); fat powder (palm oil, glucose syrup, **milk** protein); inulin; natural flavouring; whole **egg**; emulsifier: lecithins (containing **soya**); raising agent: sodium carbonates; tripotassium citrate; vitamin and mineral premix (maltodextrin, vitamin C, zinc gluconate, vitamin E, ferric pyrophosphate, niacin, sodium selenite, vitamin A, pantothenic acid, biotin, copper gluconate, manganese sulphate, potassium iodide, vitamin B12, vitamin D, vitamin B6, folic acid, thiamin, vitamin K, riboflavins); caramelised sugar; salt; diphosphates; magnesium oxide; thickener: xanthan gum; dipotassium phosphate; sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- Produced in a factory that handles celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 125g serving	Typical analysis	Per 100g	Per 125g serving	% RI	
Energy (kJ)	1687	844	Vitamin A	µg	694	347	43
(kcal)	402	201	Vitamin D	µg	4.3	2.2	43
Fat (g)	13.3	6.7	Vitamin E	mg	9.4	4.7	39
of which saturates (g)	5.2	2.6	Vitamin K	µg	53.2	26.6	35
Carbohydrates (g)	35.4	17.7	Vitamin C	mg	61.4	30.7	38
of which sugars (g)	20.6	10.3	Thiamin	mg	1.1	0.56	51
Fibre (g)	5.3	2.7	Riboflavin	mg	1.8	0.91	65
Protein (g)	32.1	16	Niacin	mg	11.9	6	37
Salt (g)	2.1	1.1	Vitamin B6	mg	1.3	0.64	45
			Folic acid	µg	131	65.3	33
			Vitamin B12	µg	2.8	1.4	55
			Biotin	µg	51.4	25.7	51
			Pantothenic acid	mg	5.8	2.9	48
			Potassium	mg	1088	544	27
			Calcium	mg	653	327	41
			Phosphorus	mg	560	280	40
			Magnesium	mg	239	120	32
			Iron	mg	8.5	4.2	30
			Zinc	mg	8.3	4.2	42
			Copper	mg	0.63	0.32	32
			Manganese	mg	1.8	0.9	45
			Selenium	µg	48	24	44
			Iodine	µg	161	80.3	54

## Nut Fudge Bar - VLCD

### Ingredients:

milk chocolate 15,2% (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier (**soya** lecithin), flavours), rice syrup, **milk** protein, hydrolysed **wheat** gluten, **soya** protein, soluble corn fibre, humectant (glycerol), butterscotch pieces 4.5% (sugar, glucose syrup, **milk** fat), **soya** granules, minerals (dipotassium phosphate, trimagnesium citrate, potassium chloride, ferric diphosphate, zinc oxide, copper gluconate, sodium fluoride, manganese sulphate, chromium chloride, potassium iodide, sodium molybdate, sodium selenite), sweetener: erythritol, rice crisps (rice flour, **wheat** gluten, sugar, **wheat** malt, glucose, salt), **peanuts** 2,1%, sunflower oil, colouring agent: calcium carbonate, flavours, vitamins (vitamin C, nicotinamide, vitamin E, vitamin A, calcium pantothenate, vitamin B6, vitamin D, thiamin, riboflavin, folic acid, vitamin K, biotin, vitamin B12).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- May also contain egg, nuts and sesame seeds.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 46g serving	Typical analysis	Per 100g	Per 46g serving	% RI	
Energy (kJ)	1431	658	Vitamin A	µg	441	203	25
(kcal)	340	155	Vitamin D	µg	2.8	1.3	25
Fat (g)	9.5	4.4	Vitamin E	mg	6.6	3	25
of which saturates (g)	4.1	1.9	Vitamin K	µg	55.2	25.4	34
Carbohydrates (g)	37.3	17.1	Vitamin C	mg	44.1	20.3	25
of which sugars (g)	21.4	9.9	Thiamin	mg	0.61	0.28	25
Fibre (g)	8.4	3.9	Riboflavin	mg	0.88	0.41	29
Protein (g)	27.7	12.7	Niacin	mg	9.9	4.5	28
Salt (g)	0.57	0.26	Vitamin B6	mg	1.1	0.5	36
			Folic acid	µg	110	50.8	25
			Vitamin B12	µg	1.4	0.65	26
			Biotin	µg	27.6	12.7	25
			Pantothenic acid	mg	3.3	1.5	25
			Potassium	mg	1199	551	27
			Chloride	mg	435	199	25
			Calcium	mg	460	211	26
			Phosphorus	mg	385	177	25
			Magnesium	mg	207	95.2	25
			Iron	mg	11.2	5.1	37
			Zinc	mg	6.1	2.8	28
			Copper	mg	1.1	0.52	52
			Manganese	mg	1.3	0.59	30
			Fluoride	mg	2	0.9	25
			Selenium	µg	30.4	14	25
			Chromium	µg	22	10	25
			Molybdenum	µg	27.6	12.7	25
			Iodine	µg	83.4	38.3	25



## Original Porridge - VLCD

### Ingredients:

Skimmed **milk** powder (23.5%), **oats** (22%), **soya** protein, milk protein concentrate, fat powder (**soya** oil, glucose syrup, **milk** protein, stabiliser: triphosphates, natural flavouring); fat powder (palm oil, glucose syrup, **milk** protein); **oat** fibres (4%), trisodium citrate, wholemeal **wheat** flour, tripotassium citrate, maltodextrin, magnesium citrate, calcium chloride, flavouring, vitamin and mineral premix (vitamin C, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, sodium selenite, pantothenic acid, sodium fluoride, manganese sulphate, biotin, sodium molybdate, potassium iodide, copper sulphate, vitamin B12, vitamin B6, vitamin D, folic acid, vitamin K, thiamin, riboflavin, chromium chloride), sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- Produced in a factory that handles egg, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1634	654	Vitamin A	µg	582	233	29
(kcal)	388	155	Vitamin D	µg	3.6	1.5	29
Fat (g)	11.5	4.6	Vitamin E	mg	7.7	3.1	26
of which saturates (g)	3.6	1.5	Vitamin K	µg	62.5	25	33
Carbohydrates (g)	31.2	12.5	Vitamin C	mg	53.2	21.3	27
of which sugars (g)	13.1	5.3	Thiamin	mg	1	0.41	37
Fibre (g)	6.4	2.6	Riboflavin	mg	1.4	0.56	40
Protein (g)	33.9	13.6	Niacin	mg	12.9	5.1	32
Salt (g)	3	1.2	Vitamin B6	mg	1.5	0.59	42
			Folic acid	µg	179	71.7	36
			Vitamin B12	µg	2.2	0.87	35
			Biotin	µg	40.5	16.2	32
			Pantothenic acid	mg	4.7	1.9	31
			Potassium	mg	1267	507	25
			Chloride	mg	1871	749	94
			Calcium	mg	673	269	34
			Phosphorus	mg	458	183	26
			Magnesium	mg	303	121	32
			Iron	mg	13.6	5.4	39
			Zinc	mg	8.5	3.4	34
			Copper	mg	1.3	0.51	51
			Manganese	mg	2.4	0.96	48
			Fluoride	mg	2.2	0.88	25
			Selenium	µg	53.9	21.6	39
			Chromium	µg	25	10	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	129	51.6	34

## Pasta Bolognese FastPot® - MRF

### Ingredients:

Pasta (38.5%) (durum **wheat**, semolina), **soya** protein, tomatoes, glucose syrup, flavourings, sunflower oil, onions, starch, garlic, minerals (calcium carbonate, magnesium phosphate, ferric pyrophosphate (microencapsulated), zinc sulphate, potassium iodate, cupric-II-gluconate (encapsulated), sodium selenite, manganese sulphate), caramelised sugar syrup, beetroot, sea salt, maltodextrin, **milk** protein, vitamins (vitamin A, vitamin D, vitamin E, vitamin K, vitamin C, thiamin, riboflavin, niacin, vitamin B6, folic acid, vitamin B12, biotin, pantothenic acid), emulsifier: citric acid esters of mono and diglycerides of fatty acids, lecithins (containing **soya**); oregano; spice.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- The soya in this product is from a non-genetically modified source.
- Produced in a factory that handles: eggs, celery, and mustard.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 252g serving	Typical analysis	Per 100g	Per 252g serving	% RI	
Energy (kJ)	1596	990	Vitamin A	µg	395	245	31
(kcal)	378	234	Vitamin D	µg	2.5	1.5	31
Fat (g)	5.5	3.4	Vitamin E	mg	7.8	4.9	41
of which saturates (g)	0.8	0.5	Vitamin K	µg	37.2	23.1	31
Carbohydrates (g)	52.8	32.7	Vitamin C	mg	39.9	24.8	31
of which sugars (g)	8.3	5.1	Thiamin	mg	0.58	0.36	32
Fibre (g)	7.9	4.9	Riboflavin	mg	0.83	0.51	37
Protein (g)	25.3	15.7	Niacin	mg	9.7	6	37
Salt (g)	1.2	0.76	Vitamin B6	mg	0.93	0.58	41
			Folic acid	µg	149	92.7	46
			Vitamin B12	µg	1.2	0.76	31
			Biotin	µg	26.2	16.2	32
			Pantothenic acid	mg	3.1	1.9	32
			Potassium	mg	1019	631	32
			Calcium	mg	395	245	31
			Phosphorus	mg	428	265	38
			Magnesium	mg	182	113	30
			Iron	mg	13.1	8.1	58
			Zinc	mg	7.2	4.5	45
			Copper	mg	1	0.62	62
			Manganese	mg	2.7	1.7	84
			Selenium	µg	30.7	19.1	35
			Iodine	µg	97.8	60.6	40

## Pasta Carbonara - VLCD

### Ingredients:

Pre-cooked pasta (34.5%) (durum **wheat** semolina (**gluten**)); vegetable proteins (**soya**); vegetable oils preparation (refined palm oil, **soya**bean oil, sunflower oil, **milk** protein); flavours (**milk**, **mustard**, **celery**) (contains smoke flavours); vitamin and mineral mix (potassium, magnesium, calcium, iron, fluoride, manganese, copper, iodine, selenium, chromium, vitamin A, thiamin, riboflavin, niacin, Pantothenic acid, vitamin B6, biotin, folic acid, vitamin B12, vitamin C, vitamin D2, vitamin E, vitamin K); butter**milk** powder; inulin; salt; stabiliser: calcium phosphates; organic garlic powder; thickeners: modified starch, guar gum, xanthan gum, sodium alginate; dehydrated onion; parsley; antioxidant: tocopherol-rich extract; colour: beta carotene.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in bold.
- Produced in a factory that handles egg,
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 41g serving	Typical analysis	Per 100g	Per 41g serving	% RI	
Energy (kJ)	1589	644	Vitamin A	µg	536	217	27
(kcal)	378	153	Vitamin D	µg	3.1	1.3	25
Fat (g)	11.5	4.7	Vitamin E	mg	11.6	4.7	39
of which saturates (g)	3.1	1.3	Vitamin K	µg	57.3	23.2	31
Carbohydrates (g)	34.6	14	Vitamin C	mg	69.9	28.3	35
of which sugars (g)	3.7	1.5	Thiamin	mg	0.80	0.30	27
Fibre (g)	6.2	2.5	Riboflavin	mg	1	0.40	30
Protein (g)	30.9	12.5	Niacin	mg	11.7	4.7	29
Salt (g)	3.16	1.28	Vitamin B6	mg	1.3	0.50	38
			Folic acid	µg	237	96	41
			Vitamin B12	µg	1.6	0.60	25
			Biotin	µg	32.9	13.3	27
			Pantothenic acid	mg	3.9	1.6	26
			Potassium	mg	1239	502	25
			Chloride	mg	1957	793	99
			Calcium	mg	593	240	30
			Phosphorus	mg	693	281	40
			Magnesium	mg	235	95.2	25
			Iron	mg	12.9	5.2	37
			Zinc	mg	6.6	2.7	27
			Copper	mg	1.1	0.40	43
			Manganese	mg	2.4	1	49
			Fluoride	mg	2.2	0.90	25
			Selenium	µg	47.7	19.3	35
			Chromium	µg	55.6	22.5	56
			Molybdenum	µg	81.5	33	66
			Iodine	µg	92.5	37.5	25

## Porridge FastPot® - VLCD

### Ingredients:

**Oat** flakes (48%), **milk** protein (29.4%), inulin, skimmed **milk** powder, vegetable oils (**soya**, palm), thickener (xanthan gum, acacia), minerals (potassium phosphates, potassium chloride, magnesium carbonates, ferric pyrophosphate, zinc sulphate, sodium fluoride, copper-II-gluconate, manganese sulphate, potassium iodate, chromium chloride, sodium molybdate, sodium selenite, calcium phosphates), maltodextrin, flavourings, vitamins (vitamin A, vitamin D, vitamin E, vitamin K, vitamin C, thiamin, riboflavin, niacin, vitamin B6, folic acid, vitamin B12, biotin, pantothenic acid), emulsifier: lecithins (contains **soya**), starch, sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- Produced in a factory that handles egg, mustard and celery.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 243g serving	Typical analysis	Per 100g	Per 243g serving	% RI	
Energy (kJ)	1492	642	Vitamin A	µg	472	203	25
(kcal)	355	153	Vitamin D	µg	3	1.3	25
Fat (g)	8.4	3.6	Vitamin E	mg	7.1	3	25
of which saturates (g)	1.5	0.7	Vitamin K	µg	44.2	19	25
Carbohydrates (g)	33.4	14.4	Vitamin C	mg	47.5	20.4	26
of which sugars (g)	4.9	2.1	Thiamin	mg	1	0.43	39
Fibre (g)	12.7	5.5	Riboflavin	mg	1.1	0.46	33
Protein (g)	30	12.9	Niacin	mg	11.1	4.8	30
Salt (g)	0.21	0.09	Vitamin B6	mg	1.3	0.54	38
			Folic acid	µg	143	61.4	31
			Vitamin B12	µg	1.6	0.69	28
			Biotin	µg	30.8	13.2	26
			Pantothenic acid	mg	4.3	1.8	31
			Potassium	mg	1180	507	25
			Chloride	mg	445	191	24
			Calcium	mg	684	294	37
			Phosphorus	mg	761	327	47
			Magnesium	mg	239	103	27
			Iron	mg	11.7	5	36
			Zinc	mg	8.6	3.7	37
			Copper	mg	0.96	0.41	41
			Manganese	mg	3.7	1.6	80
			Fluoride	mg	2.3	0.99	28
			Selenium	µg	35.9	15.4	28
			Chromium	µg	26.1	11.2	28
			Molybdenum	µg	35.1	15.1	30
			Iodine	µg	101	43.5	29

## Salted Caramel Bar - MRF

### Ingredients:

**Soya** crisp (**soya** protein, tapioca starch, salt), milk chocolate 16,7% (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier: **soya** lecithin, flavours), bulking agent: polydextrose, **milk** protein, rice syrup, chicory root fibre, humectant (glycerol), minerals (dipotassium phosphate, trimagnesium citrate, trisodium citrate, ferric pyrophosphate, zinc oxide, copper gluconate, manganese sulphate, potassium iodide, sodium selenite), sunflower oil, maltodextrin, **soya** protein, sweetener: erythritol, milk caramel 1.0% (whole **milk** powder, glucose syrup, sugar), colouring agent: calcium carbonate, flavours contains **milk**), emulsifier: **soya** lecithin, salt, acid: malic acid, vitamins (vitamin C, vitamin E, nicotinamide, calcium pantothenate, riboflavin, thiamin, vitamin B6, vitamin A, folic acid, vitamin K, biotin, vitamin D, vitamin B12).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- May also contain traces of eggs, cereals containing gluten, nuts, peanuts and sesame.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 60g serving	Typical analysis	Per 100g	Per 60g serving	% RI	
Energy (kJ)	1450	870	Vitamin A	µg	409	245	30
(kcal)	346	208	Vitamin D	µg	2.6	1.6	31
Fat (g)	10.5	6.3	Vitamin E	mg	6.1	3.7	31
of which saturates (g)	4.6	2.8	Vitamin K	µg	38.4	23	30
Carbohydrates (g)	32.4	19.5	Vitamin C	mg	40.9	24.5	30
of which sugars (g)	17.8	10.7	Thiamin	mg	0.56	0.34	31
Fibre (g)	16.6	10	Riboflavin	mg	0.72	0.43	30
Protein (g)	25.2	15.1	Niacin	mg	8.2	4.9	30
Salt (g)	1.3	0.75	Vitamin B6	mg	0.71	0.43	30
			Folic acid	µg	102	61.4	30
			Vitamin B12	µg	1.3	0.79	32
			Biotin	µg	25.6	15.3	30
			Pantothenic acid	mg	3.1	1.9	31
			Potassium	mg	835	501	25
			Calcium	mg	446	267	33
			Phosphorus	mg	465	279	40
			Magnesium	mg	183	110	29
			Iron	mg	10.1	6.1	43
			Zinc	mg	6.1	3.6	37
			Copper	mg	0.95	0.57	57
			Manganese	mg	1.2	0.7	35
			Selenium	µg	28.2	16.9	30
			Iodine	µg	77.5	46.5	31

## Shepherd's Pie - VLCD

### Ingredients:

Protein blend (textured soya protein (malt extract), vegetable protein (soya)), dehydrated vegetables (potato flakes, onions, peas), vegetable oils preparation (refined soyabean oil, refined palm oil RSPO certified and sunflower oil, maltodextrin, milk protein, emulsifier: lecithins (soya)), maltodextrin, thickener: modified starch, flavours, vitamins and minerals mix (potassium, calcium, iron, fluoride, manganese, copper, iodine, selenium, chromium, vitamin A, thiamin, riboflavin, niacin, pantothenic acid, vitamin B6, biotin, folic acid, vitamin B12, vitamin C, vitamin D2, vitamin E, vitamin K), worcestershire sauce powder (distilled vinegar, molasses, corn syrup, salt, caramel colour, garlic powder, sugar, spices (celery), tamarind, natural flavour, maltodextrin, silicon dioxide), stabilisers: magnesium phosphate and calcium phosphates, salt, colours: caramel, beta carotene, antioxidant: tocopherol-rich extract, parsley.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- Produced in a factory that handles egg and mustard. Packaged in a protective atmosphere.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten Free

### Nutrition information

Typical analysis	Per 100g	Per 41g serving	Typical analysis	Per 100g	Per 41g serving	% RI	
Energy (kJ)	1534	629	Vitamin A	µg	615	252	32
(kcal)	365	150	Vitamin D	µg	3.1	1.3	25
Fat (g)	10.4	4.3	Vitamin E	mg	14.4	5.9	49
of which saturates (g)	2.8	1.1	Vitamin K	µg	63.4	26	35
Carbohydrates (g)	33.5	13.7	Vitamin C	mg	77.4	31.7	40
of which sugars (g)	5.7	2.3	Thiamin	mg	0.8	0.33	30
Fibre (g)	7.6	3.1	Riboflavin	mg	1	0.42	30
Protein (g)	30.5	12.5	Niacin	mg	12	4.9	31
Salt (g)	3.4	1.4	Vitamin B6	mg	1.3	0.53	38
			Folic acid	µg	240	98.4	49
			Vitamin B12	µg	1.5	0.63	25
			Biotin	µg	31.4	12.9	26
			Pantothenic acid	mg	3.9	1.6	27
			Potassium	mg	1900	779	39
			Chloride	mg	1500	615	77
			Calcium	mg	488	200	25
			Phosphorus	mg	655	269	38
			Magnesium	mg	233	95.7	26
			Iron	mg	12.4	5.1	36
			Zinc	mg	7.1	2.9	29
			Copper	mg	0.85	0.35	35
			Manganese	mg	1.8	0.74	37
			Fluoride	mg	2.1	0.88	25
			Selenium	µg	35.6	14.6	27
			Chromium	µg	37	15.2	38
			Molybdenum	µg	55	22.6	45
			Iodine	µg	91.5	37.5	25

## Spaghetti Bolognese - VLCD

### Ingredients:

Vegetable protein (**soya**) (malt extract); precooked spaghetti (**gluten**) (32.5%) (durum wheat semolina); vegetable oils preparation (refined **soya**bean oil and sunflower oil, maltodextrin, **milk** protein, emulsifier: **soya** lecithin); tomato powder; flavours; thickener: modified starch; dehydrated onion; vitamin and mineral mix (potassium, magnesium, calcium, chromium, copper, iron, manganese, selenium, fluoride, zinc, iodine, vitamin A, thiamin, riboflavin, niacin, pantothenic acid, vitamin B6, biotin, folic acid, vitamin B12, vitamin C, vitamin D2, vitamin E, vitamin K); salt; colours: beetroot red, caramel, lycopene; stabiliser: calcium phosphate; organic garlic powder; herbs; spices; antioxidant: tocopherol rich extract.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- Produced in a factory that handles egg, mustard and celery. Packaged in a protective atmosphere.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1590	635	Vitamin A	µg	509	204	26
(kcal)	378	151	Vitamin D	µg	3.1	1.3	25
Fat (g)	10	4	Vitamin E	mg	11	4.4	37
of which saturates (g)	1.4	0.6	Vitamin K	µg	62.6	25	33
Carbohydrates (g)	34.8	13.9	Vitamin C	mg	76.4	30.6	38
of which sugars (g)	4.9	2	Thiamin	mg	0.8	0.32	29
Fibre (g)	12	4.8	Riboflavin	mg	1.1	0.44	31
Protein (g)	31.3	12.5	Niacin	mg	12	4.8	30
Salt (g)	3.5	1.4	Vitamin B6	mg	1.4	0.56	40
			Folic acid	µg	274	110	55
			Vitamin B12	µg	1.6	0.63	25
			Biotin	µg	31.3	12.5	25
			Pantothenic acid	mg	3.9	1.6	26
			Potassium	mg	1312	525	26
			Chloride	mg	1567	627	78
			Calcium	mg	500	200	25
			Phosphorus	mg	621	248	35
			Magnesium	mg	245	97.8	26
			Iron	mg	11.5	4.6	33
			Zinc	mg	7.2	2.9	29
			Copper	mg	0.97	0.39	39
			Manganese	mg	2.3	0.94	47
			Fluoride	mg	2.2	0.88	25
			Selenium	µg	34.6	13.8	25
			Chromium	µg	67	26.8	67
			Molybdenum	µg	81	32.4	65
			Iodine	µg	93.8	37.5	25

## Spicy Sweet Potato & Carrot Soup – VLCD

### Ingredients:

**Soya** protein (30%), maltodextrin, carrots (11.5%), sweet potato powder (9%), inulin, coconut milk powder (coconut, maltodextrin, milk protein, anti-caking agent: calcium phosphates), tomato powder, fat powder (**soya** oil, glucose syrup, milk protein, stabiliser: triphosphates, natural flavouring), emulsifier: lecithins (contains **soya**); spices (2%), salt, dipotassium phosphate, tricalcium phosphate, natural flavourings, yeast extract, peas protein, potassium chloride, colour: carotenes; garlic, magnesium oxide, coriander, vitamin and mineral premix (vitamin C, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, sodium selenite, pantothenic acid, sodium fluoride, manganese sulphate, biotin, sodium molybdate, potassium iodide, copper sulphate, vitamin B12, vitamin B6, vitamin D, folic acid, vitamin K, thiamin, riboflavin, chromium chloride) parsley.

- Allergy advice: for allergens, see ingredients underlined and in **bold**.
- Produced in a factory that handles egg, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1592	637	Vitamin A	µg	500	200	25
(kcal)	379	152	Vitamin D	µg	3.1	1.3	25
Fat (g)	11.1	4.4	Vitamin E	mg	7.5	3	25
of which saturates (g)	5.4	2.2	Vitamin K	µg	62.5	25	33
Carbohydrates (g)	31.1	12.4	Vitamin C	mg	50.3	20.1	25
of which sugars (g)	7.2	2.9	Thiamin	mg	0.69	0.28	25
Fibre (g)	13.1	5.2	Riboflavin	mg	1	0.4	29
Protein (g)	31.7	12.7	Niacin	mg	12.3	4.9	31
Salt (g)	3.1	1.3	Vitamin B6	mg	1.3	0.5	36
			Folic acid	µg	185	74	37
			Vitamin B12	µg	1.6	0.62	25
			Biotin	µg	31.3	12.5	25
			Pantothenic acid	mg	3.8	1.5	25
			Potassium	mg	1290	516	26
			Chloride	mg	1493	597	75
			Calcium	mg	525	210	26
			Phosphorus	mg	831	332	47
			Magnesium	mg	242	96.8	26
			Iron	mg	15	6	43
			Zinc	mg	7.5	3	30
			Copper	mg	1.4	0.54	54
			Manganese	mg	1.7	0.69	34
			Fluoride	mg	2.2	0.88	25
			Selenium	µg	63	25.2	46
			Chromium	µg	25	10	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	94.1	37.6	25



## Strawberry Shake - VLCD

### Ingredients:

Skimmed **milk** powder (53%), **soya** protein (15%), inulin, fat powder (palm oil, glucose syrup, **milk** protein), fat powder (**soya** oil, glucose syrup, **milk** protein, stabiliser: triphosphates, natural flavouring), thickeners: guar gum, xanthan gum, carboxy methyl cellulose; trisodium citrate, flavouring, magnesium citrate, tripotassium citrate, colour: beetroot red; salt, vitamin and mineral premix (vitamin C, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, sodium selenite, pantothenic acid, sodium fluoride, manganese sulphate, biotin, sodium molybdate, potassium iodide, copper sulphate, vitamin B12, vitamin B6, vitamin D, folic acid, vitamin K, thiamin, riboflavins, chromium chloride), dipotassium phosphate; sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- Produced in a factory that handles egg, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten free.

### Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1627	651	Vitamin A	µg	684	274	34
(kcal)	387	155	Vitamin D	µg	4.2	1.7	34
Fat (g)	11.4	4.5	Vitamin E	mg	7.6	3.1	25
of which saturates (g)	4.7	1.9	Vitamin K	µg	62.5	25	33
Carbohydrates (g)	31.8	12.7	Vitamin C	mg	57	22.8	29
of which sugars (g)	28	11.2	Thiamin	mg	0.89	0.36	32
Fibre (g)	9.2	3.7	Riboflavin	mg	1.9	0.74	53
Protein (g)	33	13.2	Niacin	mg	12.8	5.1	32
Salt (g)	3.2	1.3	Vitamin B6	mg	1.6	0.63	45
			Folic acid	µg	182	72.7	36
			Vitamin B12	µg	2.9	1.2	47
			Biotin	µg	41.9	16.7	33
			Pantothenic acid	mg	5.5	2.2	37
			Potassium	mg	1307	523	26
			Chloride	mg	1653	661	83
			Calcium	mg	696	278	35
			Phosphorus	mg	664	266	38
			Magnesium	mg	256	102	27
			Iron	mg	12.6	5	36
			Zinc	mg	9	3.6	36
			Copper	mg	1.2	0.46	46
			Manganese	mg	1.5	0.62	31
			Fluoride	mg	2.2	0.88	25
			Selenium	µg	54.4	21.8	40
			Chromium	µg	25	10	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	173	69.1	46

## Super Green Vegetable Soup 7 Serve Doy- MRF

### Ingredients:

Maltodextrin; **soya** protein; broccoli (11%); fat powder (sunflower oil, modified starch, glucose syrup, antioxidant: extracts of rosemary); pea protein; inulin; emulsifier: lecithins (contains **soya**); corn starch; salt; onion powder (2%); potato flakes; tricalcium phosphate; potassium chloride; spinach powder (1%); yeast extract; magnesium carbonates; garlic powder (1%); dipotassium phosphate; natural flavouring; vitamin and mineral premix (maltodextrin, vitamin C, zinc gluconate, vitamin E, ferric pyrophosphate, niacin, sodium selenite, vitamin A, pantothenic acid, biotin, copper gluconate, manganese sulphate, potassium iodide, vitamin B12, vitamin D, vitamin B6, folic acid, thiamin, vitamin K, riboflavin); ground black pepper; turmeric.

- Allergy advice: for allergens, see ingredients underlined and in **bold**.
- The soya in this product is from a non-genetically modified source.
- Produced in a factory that handles egg, milk, celery, mustard and sulphites.
- Suitable for vegans.
- Gluten free.

### Nutrition information

Typical analysis	Per 100g	Per 253g serving	Typical analysis	Per 100g	Per 253g serving	% RI	
Energy (kJ)	1650	875	Vitamin A	µg	454	241	30
(kcal)	393	208	Vitamin D	µg	2.8	1.5	30
Fat (g)	11.2	5.9	Vitamin E	mg	6.8	3.6	30
of which saturates (g)	1.9	1	Vitamin K	µg	42.6	22.6	30
Carbohydrates (g)	42	22.3	Vitamin C	mg	45.5	24.1	30
of which sugars (g)	6.2	3.3	Thiamin	mg	0.62	0.33	30
Fibre (g)	8.3	4.4	Riboflavin	mg	0.79	0.42	30
Protein (g)	26.3	14	Niacin	mg	9.1	4.8	30
Salt (g)	3.2	1.7	Vitamin B6	mg	0.79	0.42	30
			Folic acid	µg	113	60.1	30
			Vitamin B12	µg	1.4	0.75	30
			Biotin	µg	28.4	15	30
			Pantothenic acid	mg	3.4	1.8	30
			Potassium	mg	998	529	26
			Calcium	mg	565	299	37
			Phosphorus	mg	623	330	47
			Magnesium	mg	214	114	30
			Iron	mg	9	4.8	34
			Zinc	mg	5.8	3.1	31
			Copper	mg	0.65	0.35	35
			Manganese	mg	1.1	0.61	30
			Selenium	µg	46.2	24.5	44
			Iodine	µg	85.6	45.4	30

## Thai Noodle FastPot® - MRF

### Ingredients:

Pasta (32.5%) (durum **wheat** semolina, salt), **soya** protein (28%), glucose syrup, inulin, palm fat, carrots, minerals (calcium phosphates, magnesium phosphate, potassium chloride, ferric pyrophosphate, zinc sulphate, copper-II-gluconate, manganese sulphate, potassium iodate, sodium selenite), starch, white mushrooms (1.6%), soya sauce powder (salt, maltodextrin, **soya** beans, **wheat**) salt, flavourings (containing **egg**), **lactose**, leek, spices (0.7%), beetroot, vitamins (vitamin A, vitamin D, vitamin E, vitamin K, vitamin C, thiamin, riboflavin, niacin, vitamin B6, folic acid, vitamin B12, biotin, pantothenic acid), **milk** protein, coriander leaves (0.1%), emulsifier: lecithins; (containing **oya**), maltodextrin.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- Produced in a factory that handles mustard and celery.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 255g serving	Typical analysis	Per 100g	Per 255g serving	% RI	
Energy (kJ)	1573	865	Vitamin A	µg	722	397	50
(kcal)	374	205	Vitamin D	µg	2.8	1.5	30
Fat (g)	7.6	4.2	Vitamin E	mg	7.4	4.1	34
of which saturates (g)	4.0	2.2	Vitamin K	µg	43.4	23.9	32
Carbohydrates (g)	44.8	25	Vitamin C	mg	46.4	25.5	32
of which sugars (g)	7.8	4.3	Thiamin	mg	0.7	0.4	33
Fibre (g)	11.5	6.3	Riboflavin	mg	1.0	0.5	39
Protein (g)	25.7	14.1	Niacin	mg	11.0	6.1	38
Salt (g)	2.55	1.40	Vitamin B6	mg	1.0	0.5	38
			Folic acid	µg	193	106	53
			Vitamin B12	µg	1.4	0.8	30
			Biotin	µg	32.8	18.1	36
			Pantothenic acid	mg	3.9	2.1	36
			Potassium	mg	921	506	25
			Calcium	mg	449	247	31
			Phosphorus	mg	613	337	48
			Magnesium	mg	211	116	31
			Iron	mg	13.6	7.5	54
			Zinc	mg	7.2	3.9	39
			Copper	mg	1.0	0.5	53
			Manganese	mg	1.4	0.8	38
			Selenium	µg	37.8	20.8	38
			Iodine	µg	99.0	54.5	36

## Toffee Bar - VLCD

### Ingredients:

Milk chocolate 15.2% (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier (**soya** lecithin), flavours), rice syrup, **milk** protein, hydrolyzed **wheat gluten**, soluble corn fibre, **soya** protein, butterscotch pieces 7.0% (sugar, glucose syrup, **milk** fat), **soya** crisp (**soya** protein, tapioca starch, salt), humectant (glycerol), minerals (dipotassium phosphate, trimagnesium citrate, potassium chloride, ferric pyrophosphate, zinc oxide, copper gluconate, sodium fluoride, manganese sulphate, chromium chloride, potassium iodide, sodium molybdate, sodium selenite), sweetener (erythritol), sunflower oil, flavours, colouring agent (calcium carbonate), vitamins (vitamin C, nicotinamide, vitamin E, vitamin A, calcium pantothenate, vitamin B6, vitamin D, thiamin, riboflavin, folic acid, vitamin K, biotin, vitamin B12)

- Allergy advice: for allergens, including cereals containing gluten, see ingredients underlined and in **bold**.
- May also contain, egg, nuts and sesame seeds.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 46g serving	Typical analysis	Per 100g	Per 46g serving	% RI	
Energy (kJ)	1422	654	Vitamin A	µg	440	202	25
(kcal)	338	155	Vitamin D	µg	2.8	1.3	25
Fat (g)	9	4.2	Vitamin E	mg	6.6	3	25
of which saturates (g)	3.9	1.8	Vitamin K	µg	55.1	25.3	34
Carbohydrates (g)	37	17	Vitamin C	mg	44	20.2	25
of which sugars (g)	23	10.6	Thiamin	mg	0.61	0.28	25
Fibre (g)	7.5	3.5	Riboflavin	mg	0.88	0.41	29
Protein (g)	28.7	13.2	Niacin	mg	9.9	4.5	28
Salt (g)	0.62	0.28	Vitamin B6	mg	1.1	0.5	36
			Folic acid	µg	110	50.6	25
			Vitamin B12	µg	1.4	0.65	26
			Biotin	µg	27.5	12.6	25
			Pantothenic acid	mg	3.3	1.5	25
			Potassium	mg	1086	500	25
			Chloride	mg	435	200	25
			Calcium	mg	556	256	32
			Phosphorus	mg	481	221	31
			Magnesium	mg	204	94.1	25
			Iron	mg	11.5	5.3	38
			Zinc	mg	6.7	3.1	31
			Copper	mg	1.1	0.52	52
			Manganese	mg	1.2	0.57	28
			Fluoride	mg	2.0	0.9	25
			Selenium	µg	30.3	14	25
			Chromium	µg	22	10	25
			Molybdenum	µg	27.5	12.6	25
			Iodine	µg	83.2	38.2	25

## Vanilla Shake - VLCD

### Ingredients:

Skimmed **milk** powder (52%), **soya** protein (15%), inulin, fat powder (palm oil, glucose syrup, **milk** protein), fat powder (**soya** oil, glucose syrup, **milk** protein, stabiliser: triphosphates, natural flavouring), thickeners: guar gum, xanthan gum, carboxy methyl cellulose; trisodium citrate, magnesium citrate, tripotassium citrate, maltodextrin, flavourings (contains **lactose**), salt, vitamin and mineral premix (vitamin C, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, sodium selenite, pantothenic acid, sodium fluoride, manganese sulphate, biotin, sodium molybdate, potassium iodide, copper sulphate, vitamin B12, vitamin B6, vitamin D, folic acid, vitamin K, thiamin, riboflavin, chromium chloride), dipotassium phosphate; sweetener: sucralose.

- Allergy advice: for allergens, see ingredients underlined and in **bold**.
- Produced in a factory that handles egg, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten free.

### Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1630	652	Vitamin A	µg	688	275	34
(kcal)	388	155	Vitamin D	µg	4.3	1.7	34
Fat (g)	11.3	4.5	Vitamin E	mg	7.7	3.1	25
of which saturates (g)	4.7	1.9	Vitamin K	µg	62.5	25	33
Carbohydrates (g)	31.5	12.6	Vitamin C	mg	57.2	22.9	29
of which sugars (g)	28.8	11.5	Thiamin	mg	0.89	0.36	32
Fibre (g)	9.3	3.7	Riboflavin	mg	1.9	0.75	54
Protein (g)	33.3	13.3	Niacin	mg	12.8	5.1	32
Salt (g)	3.1	1.2	Vitamin B6	mg	1.6	0.63	45
			Folic acid	µg	182	72.9	36
			Vitamin B12	µg	3	1.2	47
			Biotin	µg	42.1	16.8	34
			Pantothenic acid	mg	5.5	2.2	37
			Potassium	mg	1324	530	26
			Chloride	mg	1664	666	83
			Calcium	mg	710	284	35
			Phosphorus	mg	674	270	39
			Magnesium	mg	257	103	27
			Iron	mg	12.6	5	36
			Zinc	mg	9	3.6	36
			Copper	mg	1.2	0.46	46
			Manganese	mg	1.5	0.62	31
			Fluoride	mg	2.2	0.87	25
			Selenium	µg	54.5	21.8	40
			Chromium	µg	25	10	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	174	69.8	47

## Vegetable Soup - VLCD

### Ingredients:

Vegetable protein (contains **soya**); vegetable oil preparation (refined palm oil RSPO certified, refined **soya**bean oil, maltodextrin, **milk** protein, emulsifier: **soya** lecithin); skimmed **milk** powder; maltodextrin; thickeners: modified starch, guar gum, starch; dehydrated vegetables (5.4%) (onions, green asparagus, carrots); vitamin and mineral mix (potassium, calcium, iron, fluoride, manganese, copper, iodine, selenium, chromium, vitamin A, thiamin, riboflavin, niacin, pantothenic acid, vitamin B6, biotin, folic acid, vitamin B12, vitamin C, vitamin D2, vitamin E, vitamin K); flavours (**milk** and **soya**) (contains flavour enhancers); oligofructose (chicory root extract); stabiliser: magnesium phosphates; salt; colours: apocarotenal, curcumin; parsley; spices.

- Allergy advice: for allergens, see ingredients underlined and in **bold**.
- Produced in a factory that handles egg, mustard and celery.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten Free

### Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1613	635	Vitamin A	µg	620	245	31
(kcal)	384	151	Vitamin D	µg	4.5	1.8	35
Fat (g)	12.5	4.9	Vitamin E	mg	7.6	3	25
of which saturates (g)	4.4	1.7	Vitamin K	µg	75.3	29.7	40
Carbohydrates (g)	32.2	12.7	Vitamin C	mg	73.7	29.1	36
of which sugars (g)	12.1	4.8	Thiamin	mg	1.4	0.53	48
Fibre (g)	8	3.2	Riboflavin	mg	1.3	0.53	38
Protein (g)	31.7	12.5	Niacin	mg	12.3	4.9	31
Salt (g)	3.9	1.5	Vitamin B6	mg	1.4	0.55	39
			Folic acid	µg	230	90.9	45
			Vitamin B12	µg	2.2	0.88	35
			Biotin	µg	35.7	14.1	28
			Pantothenic acid	mg	4.5	1.8	30
			Potassium	mg	2100	830	42
			Chloride	mg	2100	830	104
			Calcium	mg	506	200	25
			Phosphorus	mg	724	286	41
			Magnesium	mg	263	104	28
			Iron	mg	12.6	5	36
			Zinc	mg	6.7	2.7	27
			Copper	mg	1.1	0.41	41
			Manganese	mg	1.3	0.53	27
			Fluoride	mg	2.2	0.88	25
			Selenium	µg	50.7	20	36
			Chromium	µg	28	11.1	28
			Molybdenum	µg	47.3	18.7	37
			Iodine	µg	95.7	37.8	25

## Fruits of the Forest

### Ingredients:

Fructo-oligosaccharides, acid: malic acid, sweetener: sucralose, flavourings, concentrated beetroot juice powder.

- May also contain gluten, egg, fish, soya, milk and nuts.
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 5g Serving
Energy (kJ)	994	50
(kcal)	240	12
Fat (g)	0	0
of which saturates (g)	0	0
Carbohydrates (g)	9.3	0.5
of which sugars (g)	5.9	0.3
Fibre (g)	62	3.1
Protein	0	0
Salt (g)	0	0

## Pink Grapefruit

### Ingredients:

Fructo-oligosaccharides, acid: malic acid; natural grapefruit flavouring with other natural flavourings, maltodextrin, sweetener: sucralose; colour: beta-carotene, beetroot juice powder

- May also contain gluten, egg, fish, soya, milk, nuts and celery
- Suitable for vegans.

### Nutrition information

Typical analysis	Per 100g	Per 250ml serving as prepared
Energy (kJ)	1046	26
(kcal)	251	7
Fat	0.3	0
of which saturates (g)	0.1	0
Carbohydrates (g)	13	0.4
of which sugars (g)	6	0.2
Fibre (g)	56	1.4
Protein	0.1	0
Salt (g)	0.01	0

## Sunrise Orange

### Ingredients:

Fructo-oligosaccharides, acid: malic acid, sweetener: sucralose, natural orange flavouring, colour: beta-carotene.

- May also contain gluten, egg, fish, soya, milk and nuts
- Suitable for vegetarians.

### Nutrition information

Typical analysis	Per 100g	Per 250ml serving as prepared
Energy (kJ)	1016	26
(kcal)	245	6
Fat	0.2	0
of which saturates (g)	0	0
Carbohydrates (g)	9.9	0.3
of which sugars (g)	5.4	0.2
Fibre (g)	60	1.5
Protein	0	0
Salt (g)	0	0

## Fibre Mix

### Ingredients:

Fructo-oligosaccharide (chicory).

- May also contain gluten, egg, fish, soya, milk and nuts
- Suitable for vegetarians.

## Mousse Mix

### Ingredients:

Gelatine (bovine).

- May also contain gluten, egg, fish, soya, milk and nuts and celery
- **Not** suitable for vegetarians.

## Savoury Broth

### Ingredients:

Hydrolysed vegetable protein (contains **soya**), potato starch, vegetables (17%), **celery**, onion, carrot, leek), salt, palm oil (sustainable), maize starch, spices.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Suitable for vegans.

### Nutrition information

Typical analysis	Per 100g	Per 5g Serving
Energy (kJ)	848	42
(kcal)	210	10
Fat	0	0
of which saturates (g)	0	0
Carbohydrates (g)	8	0.4
of which sugars (g)	8	0.4
Fibre (g)	89	4.5
Protein	0	0
Salt (g)	0	0

### Nutrition information

Typical analysis	Per 100g	Per 10g Serving
Energy (kJ)	1581	158
(kcal)	372	37
Fat	0	0
of which saturates (g)	0	0
Carbohydrates (g)	0	0
of which sugars (g)	0	0
Fibre (g)	0	0
Protein	93	9.3
Salt (g)	0.75	0.08

### Nutrition information

Typical analysis	Per 100ml	Per 6g serving as prepared
Energy (kJ)	21	77
(kcal)	5	18
Fat	0.2	0.6
of which saturates (g)	0.1	0.3
Carbohydrates (g)	0.6	2.3
of which sugars (g)	0.1	0.3
Fibre (g)	0.1	0.3
Protein	0.2	0.8
Salt (g)	0.5	1.72



## Blackcurrant Jelly

### Ingredients:

Gelatine, hibiscus flower extract, acid: malic acid; salt, natural flavouring, sweetener: sucralose; medium-chain triglycerides.

- May also contain gluten, egg, fish, soya, milk, nuts and celery
- **NOT** suitable for vegetarians.

## Orange & Mango Jelly

### Ingredients:

Gelatine, natural flavourings, acid: malic acid; colour: carotenes; salt, sweetener: sucralose, red beet juice powder; medium-chain triglycerides.

- May also contain gluten, egg, fish, soya, milk, nuts and celery
- **NOT** suitable for vegetarians

## Raspberry Jelly

### Ingredients:

Gelatine, natural raspberry flavouring with other natural flavourings, acid: malic acid, salt, beetroot juice powder, sweetener: sucralose, medium-chain triglycerides.

- May also contain gluten, crustaceans, egg, fish, soya, milk, nuts and celery
- **NOT** suitable for vegetarians

### Nutrition information

Typical analysis	Per 100g	Per 7g serving
Energy (kJ)	1451	102
(kcal)	342	24
Fat	0.3	0
of which saturates (g)	0.2	0
Carbohydrates (g)	19	1.3
of which sugars (g)	1.5	0.1
Fibre (g)	1.1	0.1
Protein	66	4.6
Salt (g)	3.6	0.26

### Nutrition information

Typical analysis	Per 100g	Per 7g Serving
Energy (kJ)	1461	102
(kcal)	344	24
Fat	1	0.1
of which saturates (g)	0.9	0.1
Carbohydrates (g)	19	1.3
of which sugars (g)	1.4	0.1
Fibre (g)	2.2	0.2
Protein	64	4.5
Salt (g)	3.6	0.25

### Nutrition information

Typical analysis	Per 100g	Per 7g Serving
Energy (kJ)	1406	98
(kcal)	331	23
Fat	0.4	0.03
of which saturates (g)	0.2	0.01
Carbohydrates (g)	16	1.1
of which sugars (g)	2.7	0.19
Fibre (g)	4.5	0.32
Protein	64	4.5
Salt (g)	3.6	0.25

## Popped Chips – Smoky BBQ

### Ingredients:

Chips (soya protein concentrate, tapioca and potato starch, fibre (soya), salt, potato flakes, soya lecithin); sunflower oil; flavoured preparation (flavour (gluten); smoke flavour; paprika extract; capsanthin); milk protein; salt.

- Allergy advice: for allergens, see ingredients underlined and in **bold**.
- Manufactured on equipment that processes celery, egg, and mustard
- Suitable for vegetarians.

## Popped Chips - Salt & Vinegar

### Ingredients:

Chips (soya protein concentrate, tapioca and potato starch, fibre (soya), salt, potato flakes, soya lecithin), sunflower oil, sodium diacetate, salt, milk protein, yeast extract.

- Allergy advice: for allergens, see ingredients underlined and in bold.
- Manufactured on equipment that processes celery, egg, and mustard
- Suitable for vegetarians.
- Gluten Free

### Nutrition information

Typical analysis	Per 100g	Per 23g serving
Energy (kJ)	1682	420
(kcal)	402	100
Fat (g)	13.	3.3
of which saturates (g)	1.2	0.3
Carbohydrates (g)	17.7	4.4
of which sugars (g)	5.4	1.4
Fibre (g)	17.3	4.3
Protein	44.8	11.2
Salt (g)	2.7	0.68

### Nutrition information

Typical analysis	Per 100g	Per 23g serving
Energy (kJ)	1523	382
(kcal)	364	91
Fat	11.2	2.8
of which saturates (g)	1.2	0.3
Carbohydrates (g)	11	2.8
of which sugars (g)	0.5	0.1
Fibre (g)	20	5
Protein	44.8	11.2
Salt (g)	6.8	1.7