

Lipotrim Weight Maintenance Foods - User Information

CREAM OF VEGETABLE SOUP MIX

Add the contents of a sachet of Cream of Vegetable Soup to 300ml of hot water (approx 10 fluid ozs/ ½ pint). Mix well using an electric blender or suitable whisk. Serve. Additional seasoning may be added to taste, eg curry powder. Vegetables may be added, if desired.

The soup may also be used to form the basis of a sauce for pasta or potato dishes.

INGREDIENTS

Maltodextrin, Skimmed Milk Powder, Soya protein isolate, Guar gum, Vegetables (5,8%) (Carrots, Peppers, Onions), Hydrolysed vegetable protein, Flavouring, Potassium Chloride, Calcium phosphate, Fractionated Palm Oil, Sunflower oil, Magnesium oxide, Pepper, Dried parsley, Compound Vitamin and Mineral Mixture*, Milk protein, Acidity Regulator: Potassium phosphate, Trisodium Citrate; Colour: Beta carotene

Contains, milk and soya
Produced in a factory that handles nuts

ORANGE CRÈME DRINK MIX

Add the contents of a sachet of Orange Creme Drink to 300ml of cold water (approx 10 fluid ozs/ ½ pint). Mix well using an electric blender or suitable whisk, until smooth and creamy. Serve.

The Orange Creme Drink is an ideal choice to start your day, with breakfast, or on its own at any time.

INGREDIENTS

With sweetener

Skimmed milk powder, Guar gum, Sodium citrate, Maltodextrin, Fractionated Palm Oil, Flavouring, Magnesium oxide, Sunflower oil, Compound vitamin and mineral mixture*, Milk protein, Sweetener: aspartame, Acidity Regulator: Potassium phosphate, Colour: Beta Carotene

Contains a source of Phenylalanine
Contains milk and soya
Produced in a factory that also handles nuts

SUMMER FRUITS DRINK MIX

Add the contents of a sachet of Summer Fruits to 300ml of cold water (approx 10 fluid ozs/½ pint) and mix briefly using an electric blender or suitable electric whisk. Serve.

Makes a delicious thick shake. If you prefer, additional water may be added to make a more traditional refreshing drink that reminds you of summer - whatever the date on the calendar!

INGREDIENTS

With sweetener

Skimmed Milk Powder, Whey protein concentrate, Guar Gum, Trisodium Citrate, Maltodextrin, Fractionated Palm Oil, Colour: Beetroot Powder, Flavouring, Magnesium Oxide, Sunflower oil, Compound Vitamin and mineral mixture*, Milk Protein, Sweetener: Aspartame, Acidity Regulator: Potassium Phosphate

Contains a source of Phenylalanine
Contains milk
Produced in a factory that also handles nuts

CHOCOLATE WHIP DESSERT MIX

Add the contents of a sachet of Chocolate Whip to 250ml of cold skimmed milk (approx 8 fluid ozs) in a bowl and mix until smooth and creamy with an electric hand mixer. If using an ordinary hand whisk, sprinkle the contents of the sachet slowly onto the milk whilst whisking. Pour into a serving bowl and leave to set for 3-5 minutes. Alternatively, use an electric blender/liquidiser. The whip may be refrigerated (it will become thicker), but needs to be eaten within a few hours.

Have a chocolate whip for breakfast - why not? Or to satisfy the need for chocolate at any time, or as a dessert with added fruit

INGREDIENTS

With sweetener

Skimmed milk powder, Guar gum, Fat reduced cocoa powder 5.3%, Sodium citrate, Maltodextrin, Fractionated Palm Oil, Gelling agent: Tetrasodium pyrophosphate, Flavouring, Sunflower Oil, Milk protein, Compound vitamin and mineral mixture*, Sweetener: aspartame, Magnesium oxide, Acidity Regulator: Potassium phosphate

Contains a source of Phenylalanine
Contains milk
Produced in a factory that also handles nuts

*Compound vitamin and mineral mixture:

vitamin C, ferrous fumarate, copper gluconate, niacin, zinc oxide, manganese sulphate, vitamin E, pantothenic acid, vitamin B6, thiamine, vitamin A, riboflavin, chromic chloride, magnesium oxide, sodium molybdate, folic acid, sodium selenite, potassium iodate, biotin, vitamin K, vitamin D, vitamin B12

CARAMEL FLAVOURED BAR

Glucose syrup, White coating (sugar, vegetable oil, skimmed milk powder, whey powder, Emulsifier: soya lecithin, stabiliser E492 (sorbitan tristearate) , flavouring natural vanilla), Soya nuggets, Sultanas, Partially inverted sugar, Soya protein isolate, Oats, Milk protein, Guar gum, Yoghurt powder, Date paste, Humectant: glycerine, Di-potassium phosphate, Palm oil, Calcium carbonate, Flavouring, Compound vitamin and mineral mixture*, Magnesium oxide, Soya lecithin, Preservatives: E202, E282
Contains milk, soya, oats
Produced on a processing line that also handles nuts

FIBRE CREAM

Maltodextrin



Lipotrim Weight Maintenance Foods

† TYPICAL NUTRITIONAL INFORMATION

	% RDA*	Once Whip per 100g powder	% RDA*	Once Whip per 100g serving	% RDA*	Granulated Bar per 100g	% RDA*	Granulated Bar per 100g serving	% RDA*	Summer Fruits per 100g powder	% RDA*	Summer Fruits per 100g serving	% RDA*
Energy kcal	500	229	246	264	284	326	346	366	386	486	506	526	546
Protein (g)	45.4	20.1	21.9	23.7	25.5	30.6	32.4	34.2	36.0	45.4	47.2	49.0	50.8
Carbohydrate (g)	46.9	21.1	22.9	24.7	26.5	31.6	33.4	35.2	37.0	46.9	48.7	50.5	52.3
Fibre (g)	56.6	25.7	27.5	29.3	31.1	36.2	38.0	39.8	41.6	56.6	58.4	60.2	62.0
Sodium (g)	15.1	6.4	6.8	7.2	7.6	9.1	9.5	9.9	10.3	15.1	15.5	15.9	16.3
Fat (g)	4.4	1.9	2.0	2.1	2.2	2.6	2.7	2.8	2.9	4.4	4.5	4.6	4.7
Saturated (g)	3.1	1.4	1.5	1.6	1.7	2.0	2.1	2.2	2.3	3.1	3.2	3.3	3.4
Monounsaturated (g)	1.1	0.5	0.6	0.6	0.7	0.9	0.9	0.9	1.0	1.1	1.1	1.2	1.2
Polysaturated (g)	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2
Cholesterol (mg)	30.8	13.5	14.5	15.5	16.5	19.6	20.6	21.6	22.6	30.8	31.8	32.8	33.8
Fibre (g)	13.0	5.9	6.3	6.7	7.1	8.6	9.0	9.4	9.8	13.0	13.4	13.8	14.2
Granulated (g)	32.4	1.5	1.5	1.5	1.5	1.8	1.8	1.8	1.8	32.4	32.4	32.4	32.4
VITAMINS													
Vitamin A (mg)	860.0	392.0	412.0	432.0	452.0	548.0	568.0	588.0	608.0	760.0	780.0	800.0	820.0
Vitamin B (mg)	1.4	0.62	0.66	0.70	0.74	0.89	0.93	0.97	1.01	1.26	1.30	1.34	1.38
Vitamin C (mg)	7.8	3.46	3.63	3.80	3.97	4.76	4.93	5.10	5.27	6.58	6.75	6.92	7.09
Vitamin E (mg)	46.7	20.9	22.0	23.1	24.2	29.0	30.1	31.2	32.3	40.1	41.2	42.3	43.4
Calcium (mg)	11.8	5.18	5.47	5.76	6.05	7.26	7.55	7.84	8.13	10.1	10.4	10.7	11.0
Phosphorus (mg)	13.7	6.06	6.40	6.74	7.08	8.53	8.87	9.21	9.55	11.8	12.2	12.6	13.0
Vitamin B6 (mg)	14.2	6.38	6.72	7.06	7.40	8.84	9.18	9.52	9.86	12.2	12.6	13.0	13.4
Vitamin B12 (mg)	4.7	2.09	2.21	2.33	2.45	2.94	3.06	3.18	3.30	4.1	4.2	4.3	4.4
Folic acid (mg)	300.0	133.4	140.0	146.6	153.2	183.8	190.4	197.0	203.6	254.0	260.6	267.2	273.8
Vitamin B3 (mg)	1.8	0.80	0.84	0.88	0.92	1.10	1.14	1.18	1.22	1.50	1.54	1.58	1.62
Iron (mg)	157.0	70.6	74.0	77.4	80.8	97.8	101.2	104.6	108.0	133.0	137.4	141.8	146.2
Fluoride (mg)	1.9	0.85	0.89	0.93	0.97	1.17	1.21	1.25	1.29	1.57	1.61	1.65	1.69
Vitamin K (mg)	87.3	4	39.3	4	39.3	4	39.3	4	39.3	4	39.3	4	39.3
MINERALS													
Calcium (mg)	1711.0	801.4	828.0	854.6	881.2	1063.2	1090.8	1118.4	1146.0	1410.0	1437.6	1465.2	1492.8
Phosphorus (mg)	1739.3	814.6	842.0	869.4	896.8	1078.8	1106.4	1134.0	1161.6	1425.6	1453.2	1480.8	1508.4
Sodium (mg)	252.2	114.1	119.0	123.9	128.8	154.1	159.0	163.9	168.8	208.1	213.0	217.9	222.8
Potassium (mg)	13.1	5.99	6.28	6.57	6.86	8.26	8.55	8.84	9.13	11.2	11.5	11.8	12.1
Vitamin C (mg)	110.0	78.3	82.8	87.3	91.8	109.8	113.3	116.8	120.3	147.3	150.8	154.3	157.8
Vitamin B6 (mg)	2100.0	950.0	1000.0	1050.0	1100.0	1320.0	1370.0	1420.0	1470.0	1800.0	1850.0	1900.0	1950.0
Cholesterol (mg)	1100.0	490.0	510.0	530.0	550.0	660.0	680.0	700.0	720.0	890.0	910.0	930.0	950.0
Vitamin B12 (mg)	3.1	1.4	1.5	1.6	1.7	2.0	2.1	2.2	2.3	2.8	2.9	3.0	3.1
Monounsaturated (g)	83.1	3.7	3.9	4.1	4.3	5.1	5.3	5.5	5.7	7.1	7.3	7.5	7.7
Polysaturated (g)	17.0	7.8	8.2	8.6	9.0	10.7	11.1	11.5	11.9	14.7	15.1	15.5	15.9
Cholesterol (mg)	185.1	82.6	86.2	89.8	93.4	112.1	115.7	119.3	122.9	151.1	154.7	158.3	161.9

- * RDA = Recommended Daily Allowance
- * No RDA Established

† TYPICAL NUTRITIONAL INFORMATION

	% RDA*	Orange Candy Dots Max per 100g powder	% RDA*	Orange Candy Dots Max per 100g serving	% RDA*	Vegetable Soup Max per 100g powder	% RDA*	Vegetable Soup Max per 100g serving	% RDA*	FibreClear per 100g powder	% RDA*	Fibre Clear per 100g serving	% RDA*
Energy kcal	921	414	434	454	474	564	584	604	624	764	784	804	824
Protein (g)	13.1	5.99	6.28	6.57	6.86	8.26	8.55	8.84	9.13	11.2	11.5	11.8	12.1
Carbohydrate (g)	57.9	26.1	27.5	28.9	30.3	36.1	37.5	38.9	40.3	57.9	59.3	60.7	62.1
Fibre (g)	56.6	25.7	27.1	28.5	29.9	35.7	37.1	38.5	39.9	56.6	58.0	59.4	60.8
Sodium (g)	15.1	6.4	6.8	7.2	7.6	9.1	9.5	9.9	10.3	15.1	15.5	15.9	16.3
Fat (g)	4.4	1.9	2.0	2.1	2.2	2.6	2.7	2.8	2.9	4.4	4.5	4.6	4.7
Saturated (g)	3.1	1.4	1.5	1.6	1.7	2.0	2.1	2.2	2.3	3.1	3.2	3.3	3.4
Monounsaturated (g)	1.1	0.5	0.6	0.6	0.7	0.9	0.9	0.9	1.0	1.1	1.1	1.2	1.2
Polysaturated (g)	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2
Cholesterol (mg)	30.8	13.5	14.5	15.5	16.5	19.6	20.6	21.6	22.6	30.8	31.8	32.8	33.8
Fibre (g)	13.0	5.9	6.3	6.7	7.1	8.6	9.0	9.4	9.8	13.0	13.4	13.8	14.2
Granulated (g)	32.4	1.5	1.5	1.5	1.5	1.8	1.8	1.8	1.8	32.4	32.4	32.4	32.4
VITAMINS													
Vitamin A (mg)	860.0	392.0	412.0	432.0	452.0	548.0	568.0	588.0	608.0	760.0	780.0	800.0	820.0
Vitamin B (mg)	1.4	0.62	0.66	0.70	0.74	0.89	0.93	0.97	1.01	1.26	1.30	1.34	1.38
Vitamin C (mg)	7.8	3.46	3.63	3.80	3.97	4.76	4.93	5.10	5.27	6.58	6.75	6.92	7.09
Vitamin E (mg)	46.7	20.9	22.0	23.1	24.2	29.0	30.1	31.2	32.3	40.1	41.2	42.3	43.4
Calcium (mg)	11.8	5.18	5.47	5.76	6.05	7.26	7.55	7.84	8.13	10.1	10.4	10.7	11.0
Phosphorus (mg)	13.7	6.06	6.40	6.74	7.08	8.53	8.87	9.21	9.55	11.8	12.2	12.6	13.0
Vitamin B6 (mg)	14.2	6.38	6.72	7.06	7.40	8.84	9.18	9.52	9.86	12.2	12.6	13.0	13.4
Vitamin B12 (mg)	4.7	2.09	2.21	2.33	2.45	2.94	3.06	3.18	3.30	4.1	4.2	4.3	4.4
Folic acid (mg)	300.0	133.4	140.0	146.6	153.2	183.8	190.4	197.0	203.6	254.0	260.6	267.2	273.8
Vitamin B3 (mg)	1.8	0.80	0.84	0.88	0.92	1.10	1.14	1.18	1.22	1.50	1.54	1.58	1.62
Iron (mg)	157.0	70.6	74.0	77.4	80.8	97.8	101.2	104.6	108.0	133.0	137.4	141.8	146.2
Fluoride (mg)	1.9	0.85	0.89	0.93	0.97	1.17	1.21	1.25	1.29	1.57	1.61	1.65	1.69
Vitamin K (mg)	87.3	4	39.3	4	39.3	4	39.3	4	39.3	4	39.3	4	39.3
MINERALS													
Calcium (mg)	1620.0	770.0	804.0	838.0	872.0	1044.0	1078.0	1112.0	1146.0	1380.0	1414.0	1448.0	1482.0
Phosphorus (mg)	1720.0	800.0	834.0	868.0	902.0	1074.0	1108.0	1142.0	1176.0	1410.0	1444.0	1478.0	1512.0
Sodium (mg)	240.0	108.0	113.0	118.0	123.0	148.0	153.0	158.0	163.0	200.0	205.0	210.0	215.0
Potassium (mg)	12.0	5.6	5.9	6.2	6.5	7.8	8.1	8.4	8.7	10.4	10.7	11.0	11.3
Vitamin C (mg)	110.0	78.3	82.8	87.3	91.8	109.8	113.3	116.8	120.3	147.3	150.8	154.3	157.8
Vitamin B6 (mg)	2100.0	950.0	1000.0	1050.0	1100.0	1320.0	1370.0	1420.0	1470.0	1800.0	1850.0	1900.0	1950.0
Cholesterol (mg)	900.0	400.0	420.0	440.0	460.0	550.0	570.0	590.0	610.0	740.0	760.0	780.0	800.0
Vitamin B12 (mg)	3.1	1.4	1.5	1.6	1.7	2.0	2.1	2.2	2.3	2.8	2.9	3.0	3.1
Monounsaturated (g)	83.1	3.7	3.9	4.1	4.3	5.1	5.3	5.5	5.7	7.1	7.3	7.5	7.7
Polysaturated (g)	17.0	7.8	8.2	8.6	9.0	10.7	11.1	11.5	11.9	14.7	15.1	15.5	15.9
Cholesterol (mg)	124.1	55.6	58.2	60.8	63.4	76.1	78.7	81.3	83.9	101.1	103.7	106.3	108.9

- * RDA = Recommended Daily Allowance
- * No RDA Established

FibreCLEAR

(Soluble powder (maltodextrin) fibre supplement)

Turns your favourite beverage into a high fibre food without changing its taste

Dietary fibre has an ever growing list of benefits. Ideally, as much dietary fibre as possible should be obtained through consumption of fruits and vegetables, but it appears that many of us are simply not getting enough.

A host of official reports, from several European National Governments, the World Health Organisation and the USA and Japanese Governments, all recognise that most of their respective populations do not get adequate fibre.

Made from natural, purified sweetcorn starch, FibreClear is a breakthrough in dietary fibre intake. If your daily fibre intake is not up to the recommended level, one or two heaped teaspoons of FibreClear per day can help bridge your fibre gap.

HOW TO USE:

Take 1 or 2 servings daily dissolved in water

Serving size - 1 heaped teaspoon

126 grams tub - approx 21 servings

NUTRITIONAL INFORMATION

	per 100g	6g serving
Energy - kcal	50	3.0
Energy - kJ	212	12.7
Protein (g)	0	0
Carbohydrate (g)	95.0	5.7
Total Sugars (g)	5.0	0.3
Polysols (g)	0	0
Starch (g)	5.0	0.3
Fat (g)	0	0
Fibre (g)	85.0*	5.1
Sodium (g)	trace	trace

Ingredients: Maltodextrin

*combined AOAC Prosky-HPLC method

Turn your favourite beverage into a high fibre food without changing its taste. One heaped teaspoon of FibreClear dissolves into your tea, coffee, juice or water. You won't believe it's there!

Whether you take your fibre for weight control, lowering of cholesterol or just to keep you regular, you can have a serving that provides you with pure fibre containing only 3 Calories.

To bring your daily fibre intake from the daily average up to the recommended level,

all you need is FIBRECLEAR.

For Best Before End Dates
Please see individual packaging

Visit our web site:
www.lipotrim.co.uk

