

Lipotrim

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This product is intended for use as a **TOTAL FOOD REPLACEMENT** and while it could aid slimming or weight control as part of a calorie controlled programme, optimum effectiveness of the product is achieved only when used as directed. Therefore, use in conjunction with additional food is not permitted.

Lipotrim products for weight loss are only available as part of a full, monitored, weight management programme and are to be used only by patients who are appropriately following the Lipotrim programme with doctors or pharmacists. Do not purchase online or from auctions. Weight maintenance can be considerably enhanced with the special Lipotrim Weight Maintenance formulas. These are different from the strict programme formulations and cannot be used at the same time as the strict diet formulas except during the refeeding week.

HOW TO MAKE UP THE TOTAL FOOD REPLACEMENT FORMULAS FOR WOMEN

Important: It is essential to have 3 portions of the Lipotrim formulas each day. This can be 3 sachets (choose any flavour combination from vanilla, chocolate, strawberry or chicken soup) or 2 sachets plus 1 flapjack (choose from the peanut or coconut flavours). Make sure you drink an extra half pint of water with each flapjack to compensate for the smaller volume of water. All Lipotrim products are suitable for vegetarians — (including the chicken flavour soup) and all are gluten free.

1. **As a Beverage:** Add the contents of a sachet to at least 240 ml (8 fluid ounces or just under a half pint) of cold water. Mix using a shaker, blender or whisk. Drink within 15 minutes of mixing. If a hot drink or soup is preferred, mix the powder with hot water and mix as above. Using the shaker is not advisable for hot liquids.

2. **As a Mousse—Chocolate or Vanilla** Add the contents of a sachet to about 60ml (2 fluid ounces) of cold water in a small bowl. You will find by experiment/experience how much water to use to produce your desired consistency. Make sure you drink an extra half pint of water when taking the formula as a mousse to compensate for the smaller volume of water used. Eat the mousse immediately after mixing

HOW TO MAKE UP THE TOTAL FOOD REPLACEMENT FORMULAS FOR MEN

Important: Men have 2 MEN's portions of the Lipotrim formulas each day. Men have higher nutritional requirements than women and therefore require more formula than women. This can be 2 Men's large sachets (choose any flavour combination from vanilla, chocolate, strawberry or chicken soup) or 1 sachet plus 2 flapjacks (choose from the peanut or coconut flavours). Make sure you drink an extra half pint of water with each flapjack to compensate for the smaller volume of water. All Lipotrim products are suitable for vegetarians —(including the chicken flavour soup) and all are gluten free.

1. **As a Beverage:** Add the contents of a sachet to at least 450 ml (15 fluid ounces or about 3/4 pint) of cold water. Mix using a shaker, blender or whisk. Drink within 15 minutes of mixing. If a hot drink or soup is preferred, mix the powder with hot water and mix as above. Using the shaker is not advisable for hot liquids.

2. **As a Mousse—Chocolate or Vanilla** Add the contents of a sachet to about 120ml (4 fluid ounces) of cold water in a small bowl. You will find by experiment/experience how much water to use to produce your desired consistency. Make sure you drink an extra half pint of water when taking the formula as a mousse to compensate for the smaller volume of water used. Eat the mousse immediately after mixing.

Do not use Lipotrim as a TOTAL FOOD REPLACEMENT without consumption of at least 2 litres (approx. 4 pints) of water per day. Water must be consumed in small, but frequent servings throughout the day. Sips from a sport bottle or using a straw are very helpful. Do not exceed 4 litres of water per day.

WHILE USING LIPOTRIM AS A TOTAL FOOD REPLACEMENT, ONLY THESE BEVERAGES ARE PERMITTED

Tap Water Bottled Water (still or carbonated but not any flavoured waters, no diet Coke)

Coffee (black only, with or without caffeine as usual practice)

Tea (no milk or lemon) Can be any ordinary tea including Earl Grey, Herbal teas that are pure leaf - no fruit teas, flower, berries etc. Loose or tea bags are fine.

NO OTHER BEVERAGES ARE ALLOWED (NO ALCOHOL)

Tablet artificial sweeteners are permitted, no spoonable powders.

A full explanation of the diet programme is provided on the DVD. Watching this is an essential part of the programme. The pharmacy must offer you a DVD to borrow although you may be asked to leave a refundable deposit. There is a small format version of the DVD on the Lipotrim web site www.lipotrim.co.uk

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Typical Nutrition Information	Average value Powders per 100g milkshake and sou	Women per 38.9g serving	Women % RI per serving	Women 3 servings per day	Women %RI per day	Men per 74.1g serving	Men 2 servings per day	Men %RI per day	Flapjack per 100g	Flapjack %RI per 100g	Flapjack per 50 g	Flapjack %RI per flapjack
Energy kj	1510	587.4		1762.2		1118.9	2237.8		1604		802	
Energy kcal	358	139.3		417.8		265.3	530.6		382		191	
Fat g	5	1.9		5.8		3.7	7.4		19		10	
Saturates g	1.5	0.6		1.8		1.1	2.2		3.2		1.6	
Carbohydrate g	39.9	14		43		29.6	59.1		17		8.5	
Sugars g	28.9	11.2		43		21.4	42.8		10		5	
Fibre g	4.3	1.7		5.1		3.2	6.4		20		10	
Protein g	37.2	15		45		27.6	55.1		27		14	
Sodium g	1.4	0.5		1.6		1	2.1		0.6		0.3	
VITAMINS												
Vitamin A µg	918	357.1	44.6	1071.3	133.9	680.2	1360.5	170.1	1000	125	500	62.5
Vitamin D µg	11.1	4.3	86.4	13	259.1	8.2	16.5	329	1.4	28	0.7	14
Vitamin E mg	11	4.3	35.7	12.8	107	8.2	16.3	135.9	17.5	145.8	8.75	72.9
Vitamin K µg	124	48.2	64.3	144.7	192.9	91.9	183.8	245	170	226.7	85	113.3
Vitamin C mg	70	27.2	34	81.7	102.1	51.9	103.7	129.7	53.2	66.5	26.6	33.3
Thiamine mg	1.7	0.8	72.5	2.4	217.5	1.3	3	276.2	2.3	209.1	1.15	104.5
Riboflavin mg	2.9	1.1	75.7	3.2	227.1	2.1	4	288.5	2.6	185.7	1.3	92.9
Niacin mg	19.2	7.6	47.3	22.7	141.9	14.2	28.8	180.2	30	187.5	15	93.8
Vitamin B6 mg	2.4	1.1	75	3.2	225.1	1.8	4	285.8	3	214.3	1.5	107.1
Folic acid µg	904	181.4	90.7	544.3	272.1	669.9	691.2	345.6	280	140	140	70
Vitamin B12 µg	6.1	2	80.5	6	241.6	4.5	7.7	306.8	3	120	1.5	60
Biotin µg	173	67.3	134.6	201.9	403.8	128.2	256.4	512.8	240	480	120	240
Pantothenic acid mg	11	4.3	71.3	12.8	214	8.2	16.3	271.7	17	283.3	8.5	141.7
MINERALS												
Potassium mg	3280	1275.9	82.3	3827.8	247	2430.5	4861	313.6	1600	103.2	800	51.6
Chloride mg	1550	603	75.4	1808.9	226.1	1148.6	2297.1	287.1	800	100	400	50
Calcium mg	900	350.1	43.8	1050.3	131.3	666.9	1333.8	166.7	520	65	260	32.5
Phosphorus mg	1440	560.2	80	1680.5	240.1	1067	2134.1	304.9	670	95.7	335	47.9
Magnesium mg	392	152.5	40.7	457.5	122	290.5	580.9	154.9	330	88	165	44
Iron mg	20.7	8.1	57.5	24.2	172.5	15.3	30.7	219.1	14.6	104.3	7.3	52.1
Zinc mg	15.5	6	60.3	18.1	180.9	11.5	23	229.7	16.3	163	8.15	81.5
Copper mg	2.7	1.1	105	3.2	315.1	2	4	400.1	3.1	310	1.55	155
Manganese mg	3.8	1.5	73.9	4.4	221.7	2.8	5.6	281.6	4.2	210	2.1	105
Selenium µg	84.9	33	60	99.1	180.1	62.9	125.8	228.8	110	200	55	100
Chromium µg	115	44.7	111.8	134.2	335.5	85.2	170.4	426.1	100	250	50	125
Molybdenum µg	318	123.7	247.4	371.1	742.2	235.6	471.3	942.6	360	720	180	360
Iodine µg	483	187.9	125.3	563.7	375.8	357.9	715.8	477.2	200	133.3	100	66.7

RI - Reference Intake of an average adult (8400 kj / 2000 kcal)

For Best Before End Dates please see individual packaging. All Lipotrim Products are Gluten Free.

CHICKEN FLAVOUR SOUP MIX

Ingredients: Skimmed **milk** powder, **Soya** flour, **Soya** protein isolate, Hydrolysed maize protein, Potassium phosphate, Flavouring, Onion powder, Maltodextrin, Potassium chloride, **Soya** lecithin, Refined fractionated palm oil, Stabiliser: xanthan gum, carrageenan, Calcium phosphate, Magnesium oxide, Compound vitamin and mineral mixture†, Dried parsley, **Milk** protein.

STRAWBERRY FLAVOUR DRINK MIX - with artificial sweetener

Ingredients: Skimmed **milk** powder, **Soya** protein isolate, **Soya** flour, Sodium citrate, Potassium phosphate, **Soya** lecithin, Maltodextrin, Potassium chloride, Refined fractionated palm oil, Stabilisers: xanthan gum, carrageenan, Flavouring, Magnesium oxide, Calcium phosphate, Compound vitamin and mineral mixture†Sweetener: aspartame*, **Milk** protein, Colour: Ponceau 4R.

VANILLA FLAVOUR DRINK MIX – with artificial sweetener

Ingredients: Skimmed **milk** powder, **Soya** flour, **Soya** protein, Sodium citrate, Potassium phosphate, **Soya** lecithin, Maltodextrin, Potassium chloride, Stabilisers: xanthan gum, carrageenan, Refined fractionated palm oil, Magnesium oxide, Calcium phosphate, Compound vitamin and mineral mixture†Flavouring, Sweetener: aspartame*, **Milk** protein.

CHOCOLATE FLAVOUR DRINK MIX – with artificial sweetener

Ingredients: Skimmed **milk** powder, **Soya** flour, **Soya** protein isolate, Reduced fat cocoa, Sodium citrate, Potassium phosphate, Maltodextrin, **Soya** lecithin, Potassium chloride, Stabilisers: xanthan gum, carrageenan, Refined fractionated palm oil, Calcium phosphate, Magnesium oxide, Flavouring, Compound vitamin and mineral mixture†Sweetener: aspartame*, **Milk** protein.

FLAPJACK – Peanut flavour

Ingredients : **peanuts**, polydextrose, **soya** protein, **milk** protein, **oats**, sunflower oil, fructose, **soya** flour, cellulose, **soya** lecithin, honey, di-potassium phosphate, **peanut butter**, (**peanuts** 99%, sea salt 1%) salt, acidity regulator: citric acid; calcium carbonate, vitamin and mineral mixture†, preservatives: sorbic acid, potassium sorbate, sodium propionate, flavour

FLAPJACK – Coconut flavour

Ingredients : **peanuts**, polydextrose, **soya** protein, **milk** protein, **oats**, sunflower oil, fructose, **soya** flour, cellulose, **soya** lecithin, honey, di-potassium phosphate, salt, acidity regulator: citric acid; calcium carbonate, vitamin and mineral mixture†, preservatives: sorbic acid, potassium sorbate, sodium propionate, flavour

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

*Contains a source of phenylalanine

†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