

ALLERGEN LIST

Product Name	Vegetarian Friendly	Egg	Aspartame	Milk	Soy	Sulphites	Other Allergens	Nuts	More Info.
VLCD TOTAL SHAKES									
Banana Shake	Yes	-	Yes	Yes	Yes	-	-	-	*
Cafe Latte Shake	Yes	-	-	Yes	Yes	Yes	Gluten	-	*
Caramel Shake	Yes	-	-	Yes	Yes	Yes	-	-	*
Chocolate Shake	Yes	-	Yes	Yes	Yes	-	-	-	*
Chocolate Orange shake	Yes	-	-	Yes	Yes	-	Gluten	-	*
Summer Berry Shake	Yes	-	-	Yes	Yes	-	-	-	**
Mango & Passion Fruit	Yes	-	-	Yes	Yes	-	-	-	*
Mint Chocolate	Yes	-	-	Yes	Yes	-	Gluten	-	*
Strawberry Shake	Yes	-	Yes	Yes	Yes	-	-	-	*
Vanilla Shake	Yes	-	Yes	Yes	Yes	-	-	-	*
Cookies & Cream	Yes	-	-	Yes	Yes	-	-	-	**
Pina Colada Shake	Yes	-	-	Yes	Yes	-	-	-	**
VLCD TOTAL SOUPS									
Chicken Curry Noodle Soup	Yes	Yes	-	Yes	Yes	-	Celery / Gluten / Mustard	-	*
Creamy Chicken Soup	Yes	Yes	-	Yes	Yes	-	Wheat	-	
Thai Soup	Yes	-	-	Yes	Yes	-	Celery / Wheat	-	
Tomato Soup	Yes	-	-	Yes	Yes	-	Celery	-	
Vegetable Soup	Yes	-	-	Yes	Yes	-	Celery	-	
VLCD TOTAL MEALS									
Vegetable Chilli	Yes	-	-	Yes	Yes	-	-	-	*
Cottage Pie	Yes	-	-	Yes	Yes	-	Celery / Gluten	-	*
Spaghetti Bolognese	Yes	Yes	-	Yes	Yes	-	Gluten	-	*

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Burger with Red Pepper & Onion	Yes	Yes	-	No	Yes	-	Gluten	-	*
Pasta Carbonara	Yes	Yes	-	Yes	Yes	-	Gluten / Mustard	-	*
Roast Chicken Noodles	Yes	Yes	-	Yes	Yes	-	Gluten	-	*
Chilli Beef Noodles	Yes	Yes	-	Yes	Yes	-	Gluten	-	*
Apple & Cinnamon Porridge	Yes	-	-	Yes	Yes	-	Gluten	-	*
Maple Syrup Pancake	Yes	Yes	-	Yes	Yes	-	Gluten	-	*
Creamy Original Porridge	Yes	-	-	Yes	Yes	-	Gluten	-	*
Chocolate Sponge Pudding	Yes	Yes	-	Yes	Yes	-	Gluten	-	*
VLCD TOTAL BARS									
Almond & Maple Bar	Yes	-	-	Yes	Yes	-	Gluten	Yes	*
Dark Chocolate Truffle Bar	Yes	-	-	Yes	Yes	Yes	Gluten	Yes	*
Milk Chocolate Truffle Bar	Yes	-	-	Yes	Yes	-	Gluten	Yes	*
Lemon & White Chocolate Bar	Yes	-	-	Yes	Yes	-	Gluten	-	**
Muesli Bar	Yes	-	-	Yes	Yes	Yes	Gluten	(Soy Nuts)	*
Almond & Pumpkin Seed Bar	Yes	-	-	-	Yes	-	-	Yes	**
Chocolate Peanut Bar	Yes	-	-	Yes	Yes	-	Gluten	Yes	**
HP CRISPS / SNACKS									
Chocolate Wafers Sq	No	-	-	Yes	Yes	-	Gluten	-	**
Mocha Wafers Sq	No	-	-	Yes	Yes	-	Gluten	-	**
Strawberry Wafers Sq	No	-	-	Yes	Yes	-	Gluten	-	**
Vanilla Wafers Sq	No	-	-	Yes	Yes	-	Gluten/Wheat	-	**

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Cheese Wafers	No	-	-	Yes	Yes	-	Gluten/Wheat/Dairy	-	*
Sea Salt & Vin Puffs	Yes	-	-	Yes	Yes	-	-	-	*
Mexican Chilli Puffs	Yes	-	-	-	Yes	-	-	-	*
BBQ Soy Nuts	Yes	-	-	-	Yes	-	Whey/Barley	-	*
BBQ Crisps	Yes	-	-	-	Yes	-	-	-	*
Bacon Tortilla	No	-	-	-	Yes	-	-	-	*
Sweet Chilli Crisps	Yes	-	-	-	Yes	-	-	-	*
Hazelnut Choc Log	No	-	-	-	Yes	-	-	Yes	*
Crispy Choc Log	No	-	-	-	Yes	-	-	-	*
Cereal Flakes	Yes	-	-	-	Yes	-	Gluten/Wheat	-	*
Sunflower & Linseed Crackers	Yes	-	-	-	Yes	-	Gluten/Lupine/Sesame	Yes	*
Mature Cheese Crackers	Yes	-	-	-	Yes	-	Gluten/Lupine/Sesame	Yes	*
Instant Chocolate Cake	No	Yes	-	Yes	Yes	-	Gluten/Wheat	-	*
Chocolate Puffs	Yes	-	-	Yes	Yes	-	Gluten	-	**
Milk Chocolate Wafer Biscuit	Yes	-	-	Yes	Yes	-	Wheat	-	*
Chocolate Orange Wafer Biscuit	Yes	-	-	Yes	Yes	-	Wheat	-	*
Chocolate Biscuits	Yes	Yes	-	Yes	Yes	-	Wheat/Barley	-	*
Hazelnut Biscuits	Yes	Yes	-	Yes	Yes	-	Wheat/Barley	Yes	*
Orange Biscuits	Yes	Yes	-	Yes	Yes	-	Gluten/Wheat	-	*
Red Berry Biscuits	Yes	Yes	-	Yes	Yes	-	Wheat	-	*
Almond Soft Biscuit	Yes	Yes	-	Yes	-	-	Almond	Yes	*
Chocolate Brownie	Yes	Yes	-	Yes	Yes	-	Almond	Yes	*
Lemon Soft Biscuit	Yes	Yes	-	Yes	-	-	-	-	*
Toffee Caramel Soft Biscuit	Yes	Yes	-	Yes	-	-	Almond	Yes	*
Hot chocolate Drink	Yes	-	Yes	Yes	-	-	Gluten	-	*

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HIGH PROTEIN BARS									
Caramel Peanut Bar	No	-	-	Yes	Yes	-	Gluten/Wheat	Yes	**
Chocolate Crunch Bar	Yes	-	-	Yes	Yes	-	-	-	*
Coconut Crisp Bar	No	-	-	Yes	Yes	-	Gluten/Wheat	Yes	**
Cranberry & Pomegranate Bar	Yes	-	-	Yes	Yes	-	-	-	**
Lemon Pie Crisp Bar	No	-	-	Yes	Yes	-	Dairy	-	*
Strawberry Crunch Bar	No	-	-	Yes	Yes	-	-	-	*
LIFESTYLE HP MEALS									
Original Porridge	Yes	-	-	Yes	Yes	-	Gluten	-	*
Maple, Brown Sugar Porridge	Yes	-	Yes	Yes	Yes	-	Gluten	-	*
Apple & Cinnamon Porridge	Yes	-	Yes	Yes	Yes	Yes	Gluten	-	*
Fusilli Pasta	Yes	Yes	-	-	Yes	-	Gluten/Wheat	-	*
Rice Grains	Yes	Yes	-	-	Yes	-	Gluten/Wheat	*	*
Bacon Omelette	Yes	Yes	-	Yes	Yes	-	Gluten/Wheat/Dairy	-	*
Mushroom Omelette	Yes	Yes	-	Yes	-	-	Gluten/Wheat	-	*
Potato Rosti	Yes	-	-	-	Yes	-	Wheat/Barley	-	*
HP READYMADE DRINKS									
HP Chocolate Tetra Drink	No	-	-	Yes	-	-	-	-	*
HP Mocha Tetra Drink	No	-	-	Yes	-	-	Gluten	-	*
HP Vanilla Tetra Drink	No	-	-	Yes	-	-	-	-	*

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HP Mango Smoothie	No	-	-	Yes	Yes	-	-	-	*
HP Banana Smoothie	No	-	-	Yes	-	-	-	-	*
HP Strawberry Smoothie	No	-	-	Yes	-	-	-	-	*
HP Raspberry Smoothie	No	-	-	Yes	-	-	-	-	*
Peach & Passion Fruit Smoothie	No	Yes	-	Yes	-	-	-	-	*
HP DESSERTS									
Apricot Soft White Cheese	Yes	-	Yes	Yes	Yes	-	Wheat / Cheese	-	*
Banana Split	Yes	-	-	Yes	Yes	-	-	-	*
Coconut Mousse	Yes	-	-	Yes	-	-	-	-	*
Chocolate Mousse	Yes	-	Yes	Yes	Yes	-	Gluten	-	*
Dulche Le Leche	Yes	-	-	Yes	-	-	-	-	*
French Vanilla Mousse	Yes	-	Yes	Yes	Yes	-	-	-	*
Strawberry Mousse	Yes	-	Yes	Yes	-	-	-	-	*
Banana & Choc Crepes	Yes	Yes	-	Yes	Yes	-	Gluten / Wheat	-	
Apple & Caramel Crepes	Yes	Yes	-	Yes	Yes	-	Gluten / Wheat	-	*
Pancakes	Yes	Yes	-	Yes	Yes	-	Gluten / Wheat	-	*
Chocolate Ice Cream	Yes	-	-	Yes	Yes	-	-	-	*
Chocolate Caramel Clusters	Yes	-	-	Yes	Yes	Yes	Gluten	Yes	*
Red Fruit Clusters	Yes	-	-	Yes	Yes	-	Gluten	-	*
HP SOUPS									
Chicken Soup	Yes	Yes	-	Yes	Yes	-	Gluten/Celery	-	*
Leek Soup	Yes	-	-	Yes	Yes	-	Gluten/Celery	-	*

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Mushroom Soup	Yes	-	-	Yes	Yes	-	Wheat / Barley / Cream	-	*
Toasted Onion Soup	Yes	-	-	Yes	Yes	-	Gluten	-	*
Vegetable Soup	Yes	-	-	Yes	Yes	Yes	Celery	-	*
DIET ACCESSORIES									
All Water Flavourings	Yes	-	Yes	-	Yes	-	Phenylalanine	-	
Pineapple Drink	Yes	-	-	Yes	-	-	Gluten/Wheat	-	*
Mousse Mix	No	-	-	-	-	-	-	-	-
NUTRISAVEUR READY MEALS - KETOGENIC									
Beef Medallions & Vegetables	No	-	-	Yes	-	-	-	-	-
Chicken in Mushroom Sauce	No	-	-	Yes	-	-	Cream	-	-
Chicken Ratatouille	No	-	-	Yes	-	-	-	-	-
Italian Chicken & Pasta	No	Yes	-	-	Yes	Yes	Gluten/Lactose/Soy Sulphites/Egg	-	-
Mexican Sweet Chicken	No	-	-	Yes	-	-	-	-	-
Sweet & Sour Chicken Wok	No	-	-	Yes	-	-	-	-	-
Tarragon Chicken Casserole									
NUTRISAVEUE READY MEALS - CONTROL									
Beef Bourguignon	No	-	-	Yes	-	Yes	-	-	-
Chicken & Mushroom Stew with Rice	No	-	-	Yes	-	-	-	-	-
Chicken Curry with Coconut Milk	No	-	-	Yes	-	-	-	-	-
Chicken, Beef Meatballs & Couscous	No	-	-	-	Yes	-	-	-	-

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Pistachio Candy Powder	Yes	-	-	-	-	-	-	-	*
Peanut Butter Powder	Yes	-	-	-	-	-	-	-	*
Marshmallow White Chocolate Powder	Yes	-	-	-	-	-	-	-	*
Cinnamon Buns Powder	Yes	-	-	-	-	-	-	-	
Burger Sauce	Yes	-	-	-	-	-	-	-	*
Mexican Salsa Sauce	Yes	-	-	-	-	-	-	-	*
Sweet & Sour Sauce	Yes	-	-	-	-	-	-	-	*
Tiramisu Syrup	Yes	-	-	-	-	-	-	-	*
Malaga Syrup	Yes	-	-	-	-	-	-	-	*

* MANUFACTURED ON EQUIPMENT THAT PROCESSES; GLUTEN, SULFITES, CELERY AND EGG.

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