

# PRODUCT ALLERGEN LIST

Product Name	Vegetarian Friendly	Egg	Aspartame	Milk	Soya	Sulphites	Other Allergens	Nuts	More Info.
<b>VLCD TOTAL SHAKES</b>									
Banana Shake	Yes	-	Yes	Yes	Yes	-	Gluten	-	*
Cafe Latte Shake	Yes	-	-	Yes	Yes	Yes	Gluten	-	*
Caramel Shake	Yes	-	-	Yes	Yes	Yes	Gluten	-	*
Chocolate Shake	Yes	-	Yes	Yes	Yes	-	-	-	*
Hazelnut shake	Yes	-	-	Yes	Yes	Yes	Gluten	-	*
Forest Fruit Shake	Yes	-	-	Yes	Yes	-	-	-	**
Mint Chocolate	Yes	-	-	Yes	Yes	-	-	-	*
Strawberry Shake	Yes	-	Yes	Yes	Yes	-	-	-	*
Vanilla Shake	Yes	-	Yes	Yes	Yes	-	-	-	*
Cookies & Cream	Yes	-	-	Yes	Yes	-	Omega 3	-	**
Raspberry Yoghurt	Yes	-	-	Yes	Yes	-	Omega 3	-	**
<b>VLCD TOTAL SOUPS</b>									
Chicken Curry Noodle Soup	Yes	Yes	-	Yes	Yes	-	Celery / Gluten / Mustard	-	*
Chicken Soup	Yes	Yes	-	Yes	Yes	-	Wheat	-	*
Mushroom Soup	Yes	-	-	Yes	Yes	-	-	-	*
Thai Soup	Yes	-	-	Yes	Yes	-	Celery / Wheat	-	*
Tomato Soup	Yes	-	-	Yes	Yes	-	Celery	-	*
Vegetable Soup	Yes	-	-	Yes	Yes	-	Celery	-	*
<b>VLCD TOTAL MEALS</b>									
Mexican Chilli	Yes	-	-	Yes	Yes	-	-	-	*
Cottage Pie	Yes	-	-	Yes	Yes	-	Celery / Gluten	-	*
Spaghetti Bolognese	Yes	Yes	-	Yes	Yes	-	Wheat / Gluten	-	*
Apple & Cinnamon Porridge	Yes	-	-	Yes	Yes	-	Wheat / Gluten	-	*
Porridge	Yes	-	-	Yes	Yes	-	Wheat / Gluten	-	*
Pasta Carbonara	Yes	Yes	-	Yes	Yes	-	Wheat / Gluten	-	*
Pasta Broccoli	Yes	-	-	Yes	Yes	-	Wheat / Gluten	-	*
<b>VLCD TOTAL BARS</b>									
Almond & Maple Bar	Yes	-	-	Yes	Yes	-	Gluten	Yes	*
Dark Chocolate Truffle Bar	Yes	-	-	Yes	Yes	Yes	Gluten	Yes	*
Honey & Nougat Bar	Yes	-	-	Yes	Yes	Yes	Gluten	-	**
Lemon & Yoghurt Bar	Yes	-	-	Yes	Yes	-	Gluten	-	**
Muesli & Yoghurt Bar	Yes	-	-	Yes	Yes	Yes	Gluten	-	**

# PRODUCT ALLERGEN LIST

Product Name	Vegetarian Friendly	Egg	Aspartame	Milk	Soya	Sulphites	Other Allergens	Nuts	More Info.
<b>LIFESTYLE HP BARS / SNACKS</b>									
Chocolate Wafers	No	-	-	Yes	Yes	-	Gluten	-	**
Mocha Wafers	No	-	-	Yes	Yes	-	Gluten	-	**
Strawberry Wafers	No	-	-	Yes	Yes	-	Gluten	-	**
Vanilla Wafers	No	-	-	Yes	Yes	-	Gluten	-	**
Chilli Puffs	Yes	-	-	Yes	Yes	-	Wheat / Gluten	-	*
Chocolate Puffs	Yes	-	-	Yes	Yes	-	-	-	**
Sour Cream Puffs	Yes	-	-	Yes	Yes	-	Gluten	-	*
Texas BBQ Puffs	Yes	-	-	Yes	Yes	-	Gluten	-	*
Apple Crumble & Yoghurt Bar	Yes	-	-	Yes	Yes	-	-	-	**
Caramel Nut Bar	No	-	-	Yes	Yes	-	Gluten	YES	**
Sticky Caramel	Yes	-	-	Yes	Yes	-	Gluten	-	**
Chocolate Crunch Bar	Yes	-	-	Yes	Yes	-	Gluten	YES	**
Lemon Chocolate Bar	Yes	-	-	Yes	Yes	-	-	YES	**
Coconut & Chocolate Bar	Yes	-	-	Yes	Yes	-	Gluten	YES	**
Cranberry & Pomegranate Bar	Yes	Yes	-	Yes	Yes	-	-	-	**
Chocolate Caramel Clusters	Yes	-	-	Yes	Yes	-	Gluten	YES	**
Red Fruit Clusters	Yes	-	-	Yes	Yes	-	Gluten	-	**
<b>LIFESTYLE HP MEALS</b>									
Hot Chocolate Drink	Yes	-	Yes	Yes	Yes	-	Gluten	-	*
Original Porridge	Yes	-	Yes	Yes	Yes	-	Gluten	-	*
Sweet Maple Porridge	Yes	-	Yes	Yes	Yes	-	Gluten	-	*
Apple & Cinnamon Porridge	Yes	-	Yes	Yes	Yes	Yes	Gluten	-	*
Mex Red Bean Chilli	Yes	-	-	Yes	Yes	-	-	-	*
<b>LIFESTYLE READYMADE</b>									
HP Chocolate Drink	NO	-	-	Yes	-	-	-	-	*
HP Mocha Drink	NO	-	-	Yes	-	-	Gluten	-	*
HP Vanilla Drink	NO	-	-	Yes	-	-	-	-	*
HP Mango Smoothie	NO	-	-	Yes	Yes	-	-	-	*
HP Banana Smoothie	NO	-	-	Yes	-	-	-	-	*
HP Strawberry Smoothie	NO	-	-	Yes	-	-	-	-	*

# PRODUCT ALLERGEN LIST

Product Name	Vegetarian Friendly	Egg	Aspartame	Milk	Soya	Sulphites	Other Allergens	Nuts	More Info.
<b>LIFESTYLE HP 3 in 1 DESSERTS</b>									
Red Berries Yoghurt	Yes	-	-	Yes	Yes	-	-	-	*
Strawberry 3 in 1	Yes	-	Yes	Yes	Yes	-	-	-	*
Banana 3 in 1	Yes	-	Yes	Yes	Yes	-	-	-	*
Chocolate 3 in 1	Yes	-	Yes	Yes	Yes	-	Gluten	-	*
Toffee Shake 3 in 1	Yes	-	Yes	Yes	Yes	-	-	-	*
French Vanilla 3 in 1	Yes	-	Yes	Yes	Yes	-	-	-	*
Apricot Shake 3 in 1	Yes	-	Yes	Yes	Yes	-	-	-	*
Coffee Shake 3 in 1	Yes	-	Yes	Yes	Yes	-	-	-	*
Coconut Mousse	Yes	-	-	Yes	Yes	-	-	-	*
Stracciatella Pudding	Yes	-	-	Yes	Yes	-	-	-	*
<b>LIFESTYLE HP SOUPS</b>									
Asparagus Soup	Yes	-	-	Yes	Yes	-	Gluten/Celery	-	*
Chicken Soup	Yes	Yes	-	Yes	Yes	-	Gluten/Celery	-	*
Curry Soup	Yes	Yes	-	Yes	Yes	-	Gluten/Celery	-	*
Leek Soup	Yes	Yes	-	Yes	Yes	-	Gluten/Celery	-	*
Roast Onion	Yes	-	-	Yes	Yes	-	Gluten/Celery	-	*
Mushroom	Yes	-	-	Yes	Yes	-	Celery	-	*
Winter Veg	Yes	-	-	Yes	Yes	Yes	Gluten/Celery	-	*
<b>DIET ACCESSORIES</b>									
All Water Flavourings	Yes	-	Yes	-	Yes	-	Phenylalanine	-	-
Vegetable Drink Mix	Yes	-	-	-	Yes	-	Celery	-	-
Mousse Mix	No	-	-	-	-	-	-	-	-
<b>NUTRISAVEUR READY MEALS</b>									
Beef Medallions & Vegetables	No	-	-	Yes	-	-	-	-	-
Chicken in Mushroom Sauce	No	-	-	Yes	-	-	-	-	-
Chicken Ratatouille	No	-	-	Yes	-	-	-	-	-
Italian Chicken & Pasta	No	Yes	-	Yes	Yes	Yes	Gluten/Lactose/Soy Sulphites/Egg	-	-
Mexican Sweet Chicken	No	-	-	Yes	-	-	-	-	-
Sweet & Sour Chicken Wok	No	-	-	Yes	-	-	-	-	-
Tarragon Chicken Casserole	No	-	-	Yes	-	-	-	-	-

# PRODUCT ALLERGEN LIST

Product Name	Vegetarian Friendly	Egg	Aspartame	Milk	Soya	Sulphites	Other Allergens	Nuts	More Info.
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	-	-	-	-
Kefta Meatballs with Rice	No	Yes	-	-	Yes	-	Wheat Gluten	-	-
Penne Bolognese	No	Yes	-	-	Yes	-	-	-	-
Turkey Breast in Dijon Mustard	No	-	-	-	-	Yes	-	-	-
Chicken & Coconut Curry Soup	No	-	-	Yes	-	-	-	-	-
Chicken, Spinach & Sorrel Soup	No	-	-	Yes	-	Yes	-	-	-

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

\*\* MANUFACTURED ON EQUIPMENT THAT PROCESSES; GLUTEN, SULFITES, CELERY, EGG AND FRUIT AND NUTS