

XLS-Nutrition Healthy Weight Loss Shake



Category

Weight Management

Manufacturer

PERRIGO

Pack size

400g powder, 400g powder
and shaker

RRP

£19.99, £22.99

Legal Status

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Uses

Meal replacement for weight control.



Format and Ingredients

Powder



Dosage

To replace a meal, mix 40g (4 heaped measuring spoons) in 200ml semi-skimmed milk (1.5% fat). Add half a teaspoon (1.5g) of unsaturated vegetable oil (e.g. sunflower, safflower, rapeseed or olive oil). Close lid and shake vigorously. Always pour milk in shaker first and then the powder. Available in vanilla, strawberry and chocolate flavours.