

THE 1:1 DIET by CambridgeWeight Plan [™]	GENERAL PRODUCT SPECIFICATION		THE 1:1 DIET by CambridgeWeight Plan [™]
	MRP	VANILLA SHAKE	

Reason for issue: First issue.

Tariff Code	Recipe Code	Recipe Revision	Revision Date
1901909990	361620A	2	01/06/2019

Product name	Vanilla shake
Product description	Vanilla flavour skimmed milk and soya shake mix. With sweeteners. Meal replacement for weight control.
Preparation instructions	Pour 227ml of cold water into a container and add sachet contents. Using a blender or whisk, mix until smooth or shake vigorously in a Cambridge Drink Shaker for 45-60 seconds. Consume within 15 minutes.
Shelf life, transport and storage conditions	Transport in food suitable ambient vehicles. Finished products should be kept in cool, dry conditions typically 10-20°C. They must be stored off the floor. Products should be stored away from direct sunlight and other direct sources of heat wherever possible. Shelf life 9 months from date of manufacture in unopened original sachet.
Batch code information	'L' to denote lot batch, followed by packing shop order and sequence number, e.g. L123456-1 and time.
Packaging information	Sachet comprising clay coated bleached paper/ LDPE / Alufoil /LDPE.
Additional information	Manufactured in the UK by Cambridge Weight Plan Ltd, NN17 5LU.

Ingredient List

Ingredients
Skimmed milk powder
Maltodextrin
Soya flour
Soya protein isolate
Inulin
Soya lecithin
Flavouring
Conjugated linoleic acid powder (conjugated linoleic acid, sodium caseinate (milk), antioxidants: mixed tocopherols)
Stabiliser: xanthan gum
Flavour enhancer: potassium chloride
Compound vitamin and mineral mixture #
Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid)
Magnesium oxide
Salt
Sweeteners (sucralose, acesulfame K)

Allergen advice: For allergens, **see ingredients in bold**. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy. Suitable for vegetarians.

Additives

Stabiliser	Xanthan gum E415
Antioxidants	Mixed tocopherols (mixture of E307 alpha-tocopherol, E308 gamma-tocopherol, E309 delta-tocopherol), ascorbyl palmitate E304i, tocopherol rich extract E306, acid: citric acid E330
Sweeteners	Acesulfame K E950, Sucralose E955
Flavour enhancer	Potassium chloride E508
Flavouring	Confidential ##

If further details are needed due to legal requirements refer to Market Specific Flavours Data Sheet.

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If the Approved By signature is RED this is a CONTROLLED DOCUMENT.			

Compound Vitamin and mineral mixture

Ingredients
Maltodextrin
Ascorbic acid
Ferrous fumarate
Nicotinamide
Vitamin E acetate
Zinc oxide
Calcium D-pantothenate
Manganese sulphate
Copper gluconate
Vitamin A acetate
Pyridoxine hydrochloride
Thiamin hydrochloride
Potassium iodate
Riboflavin
Folic acid
Vitamin K
Sodium selenite
Sodium molybdate
Chromic chloride
D-Biotin
Vitamin D3

Lifestyle Data

Coeliacs	Gluten intolerance	Crustaceans allergy	Egg allergy	Fish allergy	Milk allergy	Lactose intolerance	Sesame allergy	Tree nuts allergy	Peanut allergy	Celery allergy	Mustard allergy	Soy allergy	Sulphites allergy	Lupin allergy	Molluscs allergy	Yeast allergy	Aspartame allergy	Suitable for Vegetarians	Halal Certified
✗	O	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓

✓: Suitable to consume, ✗: Unsuitable to consume, O: May be suitable

Additional Allergen Info	Not suitable for people with allergy to nuts or sesame seeds.
Note	The factory handles cereals containing wheat, gluten, milk, soya, celery, sulphites, peanuts and other nuts. This product is not suitable for vegans. Soya ingredients used in this recipe come from Identity Preserved (IP), Non Genetically Modified sources. Please contact the Company if you require information on other potential allergens or life style choices.

Nutrition Information		per 100 g	Per 54 g portion	%RI per 100g/54g
Energy	kJ	1565	845	
	kcal	370	200	
Fat	g	4.8	2.6	
Of which Saturates	g	0.9	0.5	
Mono-unsaturates	g	0.6	0.3	
Polyunsaturates	g	2.3	1.2	
Carbohydrate	g	50.1	27.0	
Of which Sugars	g	35.1	18.9	
Starch	g	14.7	7.9	
Fibre	g	5.2	2.8	
Protein	g	29.2	15.8	
Salt	g	1.2	0.6	
Vitamin A	µg	620.4	335.0	78/42
Vitamin D	µg	4.1	2.2	81/44
Vitamin E	mg	9.3	5.0	77/42
Vitamin K	µg	61.1	33.0	81/44
Vitamin C	mg	63.0	34.0	79/43
Thiamin	mg	0.7	0.4	67/36
Riboflavin	mg	0.9	0.5	63/34
Niacin	mg	12.6	6.8	79/43
Vitamin B6	mg	1.0	0.6	73/39
Folic acid	µg	123.5	66.7	62/33
Vitamin B12	µg	1.7	0.9	67/36
Biotin	µg	33.3	18.0	67/36
Pantothenic acid	mg	3.9	2.1	65/35
Potassium	mg	1518.1	819.8	76/41
Chloride	mg	1067.2	576.3	133/72
Calcium	mg	813.4	439.2	102/55
Phosphorus	mg	747.8	403.8	107/58
Magnesium	mg	241.0	130.1	64/35
Iron	mg	10.3	5.6	74/40
Zinc	mg	6.7	3.6	67/36
Copper	mg	0.6	0.3	63/34
Manganese	mg	1.4	0.7	69/37
Selenium	µg	43.9	23.7	80/43
Chromium	µg	24.6	13.3	62/33
Molybdenum	µg	31.5	17.0	63/34
Iodine	µg	122.1	65.9	81/44

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Sensory Description

Appearance	Off-white, smooth creamy shake
Aroma	Vanilla, sweet
Flavour	Strong presence of vanilla with other sweet notes
Texture	Thick, creamy

Microbiological standard

Organism	Target	Accept	Reject
Aerobic colony count	< 1,000 c.f.u /g	< 10,000 c.f.u /g	> 10,000 c.f.u /g
Staphylococcus Aureus	< 20 c.f.u /g	< 100 c.f.u /g	> 100 c.f.u /g
Salmonella	Absent in 25g	Absent in 25g	Present in 25g

c.f.u = colony forming units.

Heavy Metals Limits

Lead (Pb)	Less than 0.30 mg per kilogram
Cadmium (Cd)	Less than 0.05 mg per kilogram
Mercury (Hg)	Less than 0.02 mg per kilogram
Arsenic (As)	Less than 0.20 mg per kilogram

Total aflatoxins: less than 5 microgram per kilogram.