

PRP-06-TEC-034		Product Information Document		THE 1:1 DIET by CambridgeWeight Plan [®]
V1.4	06/09/2023	MRP APPLE & KIWI FLAVOUR YOGHURT DRINK		

THE 1:1 DIET by CambridgeWeight Plan [®]	Product Summary Information
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Product Name		Apple & Kiwi Flavour Yoghurt Drink								
Product Descriptive Name		Apple & kiwi flavour skimmed yoghurt shake with sweetener. Meal replacement for weight control.								
Energy per 100 ml:		255 kJ/61 kcal		Energy per portion:		841 kJ/201 kcal		Shelf Life at Launch:		12 months
Packing Format(s)		12 X 330 ml e								
Summary Allergen Statement		Product contains: Milk .								
Product Type		Meal replacement (Ready to Drink)								
Category (✓)										
Shake	Smoothie	Soup	Porridge	Dessert	Savoury Meal	Bites	Bar	Snack	Water Flavouring	Other
										✓
CN Code		HS Code		Recipe Code		Recipe Revision		Revision Date		
22029991		220299		FG373513		1		24/12/2020		

Representative Product Images




Organoleptic/Sensory Description

Appearance	Pale green, smooth creamy yoghurt drink
Aroma	Apple, kiwi, fruity, sweet
Flavour	Strong presence of apple with kiwi and other sweet notes
Texture	Thick, smooth, creamy
Sound	N/A

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THE 1:1 DIET by CambridgeWeight Plan	Mandatory Particulars
	As per Regulation (EU) No 1169/2011 of 25/11/2011

Product Name	Apple & Kiwi Flavour Yoghurt Drink		
Descriptive Name	Apple & kiwi flavour skimmed yoghurt shake with sweetener. Meal replacement for weight control.		
Serving size / pack size	Individual serving	330 ml e	For multipack include number x weight / volume, e mark and total weight in brackets
	Multipack / carton	12 X 330 ml e	
Ingredient list	Ingredients: Skimmed yoghurt (milk) (81%), Water, Fruit juice from concentrate (2% lemon, 4% apple), Sugar, Stabilizers (pectin, guar gum), Vegetable oil: corn oil, Compound vitamin and mineral premix (magnesium phosphate, potassium citrate, vitamin C (ascorbic acid, sodium ascorbate), ferrous sulphate, vitamin E (DL-alpha tocopheryl acetate), zinc sulphate, niacin (nicotinamide), vitamin A (retinyl acetate), pantothenic acid (D-calcium pantothenate), copper gluconate, manganese sulphate, D-biotin, sodium selenite, chromium chloride, vitamin D3 (cholecalciferol), vitamin B12 (cyanocobalamin), vitamin B6 (pyridoxine hydrochloride), vitamin K (phylloquinone), potassium iodide, thiamine mononitrate, riboflavin, sodium molybdate, folic acid), Flavouring, Acid: citric acid, Colours (copper complexes of chlorophyllins, lutein), Sweetener: sucralose, Antioxidant: ascorbyl palmitate.		
Allergen Advice	For allergens, see ingredients in bold.		
Storage Instructions	Store ambient.		
Preparation	None – Product is ready to drink.		
Instructions for use	Shake well before drinking. Once open, keep refrigerated and consume within 24 hours.		
Name and address of FBO	Produced in the EU for Cambridge Weight Plan Ltd, NN17 5LU.		
Country of Origin Statement	Made using EU milk.		
Advisory Statements	None.		
Health Mark	DE HE 001 EG		
Lot Mark Non-Varnish Area	Space required for printing Date of Manufacture, Best Before, Lot mark and time.		

Preparation Instructions	
	Shake well before drinking. Once open, keep refrigerated and consume within 24 hours.

Nutrition Information		per 100 ml	per 330 ml serving	%RI per 100 ml/330 ml
Energy	kJ	255	841	
	kcal	61	201	
Fat ^{1,2}	g	1.0	3.2	
Of which Saturates	g	0.2	0.7	
Mono-unsaturates	g	0.3	1.0	
Polyunsaturates	g	0.5	1.6	
Carbohydrate	g	8.6	29	
Of which Sugars	g	8.5	28	
Fibre	g	0.7	2.3	
Protein	g	4.0	13	
Salt	g	0.1	0.4	
Vitamin A	µg	73	242	9/30
Vitamin D	µg	0.5	1.5	9/30
Vitamin E	mg	1.1	3.7	9/31
Vitamin K	µg	6.8	22.6	9/30
Vitamin C	mg	7.3	24.1	9/30
Thiamin	mg	0.1	0.4	10/34
Riboflavin	mg	0.2	0.7	16/53
Niacin	mg	1.5	5.0	9/31
Vitamin B6	mg	0.1	0.5	10/34
Folic acid	µg	18	60.0	9/30
Vitamin B12	µg	0.4	1.3	16/52
Biotin	µg	5.0	15.0	9/30
Pantothenic acid	mg	0.7	2.2	11/36
Potassium	mg	157	516.7	8/26
Chloride	mg	84	275.7	10/34
Calcium	mg	111	367	14/46
Phosphorus	mg	124	408	18/58
Magnesium	mg	34.3	113.3	9/30
Iron	mg	1.3	4.2	9/30
Zinc	mg	1.2	3.9	12/39
Copper	mg	0.1	0.3	9/30
Manganese	mg	0.2	0.6	9/31
Selenium	µg	5.0	16.6	9/30
Chromium	µg	4.1	14	10/34
Molybdenum	µg	5.4	18	11/36
Iodine	µg	17.2	56.9	11/38

¹This product is compliant with Commission Regulation (EU) No 2019/649 which stipulates that the trans-fat content of food intended for the final consumer and food intended for supply to retail shall not exceed 2 grams per 100 grams of fat. This limit excludes trans-fats which occur naturally in fats of animal origin.

² In compliance with EU Regulation 2016/1413 this product contains at least 1g of linoleic acid per portion.

Compound Vitamin and Mineral Mixture – Ingredient Details		
Ingredient	mg/100g in product recipe	mg/portion in product recipe
Magnesium Phosphate		
Potassium Citrate		
Vitamin C [Ascorbic Acid]		
Ferrous Sulphate		
Vitamin E [DL-Alpha Tocopherol Acetate]		
Zinc Sulphate		
Niacin [Nicotinamide]		
Vitamin A [Retinyl Acetate]		
Calcium D-Pantothenate		
Copper Gluconate		
Manganese Sulphate		
D-Biotin		
Sodium Selenite		
Chromium Chloride		
Vitamin D3 [Cholecalciferol]		
Vitamin B12 [Cyanocobalamin]		
Vitamin B6 [Pyridoxine Hydrochloride]		
Vitamin K [Phylloquinone]		
Potassium Iodide		
Thiamin Mononitrate		
Riboflavin		
Sodium Molybdate		
Folic Acid		

 by CambridgeWeight Plan	Non-Mandatory Information
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Vegetarian Status	Suitable for vegetarians.
Vegan Status	Not suitable for vegans.
Halal Status	Product is not halal certified.
Ingredients Appropriate for Pictorial Representation	<i>Yoghurt, Apples</i>

Nutrition and Health Claims Information		
Claim	Justification	Conditions
“Substituting one of the main daily meals of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss”	Product nutrition is compliant with the conditions stated in the annex of regulation (EU) 2016/1413.	In order to bear the claim, information shall be provided to the consumer on the importance of maintaining an adequate daily fluid intake and on the fact that the products are useful for the intended use only as part of an energy-restricted diet and that other foodstuffs should be a necessary part of such a diet.
“Substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss”	Product nutrition is compliant with the conditions stated in the annex of regulation (EU) 2016/1413.	In order to bear the claim, information shall be provided to the consumer on the importance of maintaining an adequate daily fluid intake and on the fact that the products are useful for the intended use only as part of an energy-restricted diet and that other foodstuffs should be a necessary part of such a diet.
“High Protein”	The energy from protein in this product is >20% of the overall energy content.	None, unless a corresponding health claim is made.
“High [Vit/Min]”	All vitamins and minerals in the nutritional declaration provide at least 30% of the RI/NRV. (This excludes potassium)	None, unless a corresponding health claim is made.

Micro-Profile			
	Target	Accept	Reject
Commercial Sterility	Absent in 400 samples	No insterility	Present in 400 samples

 by CambridgeWeight Plan	Version Control (Technical Use Only)
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Revision	Reason for Revision	Issue Date
1.0	First issue for new product.	10/12/2020
1.1	QUID included for skimmed yoghurt.	18/12/2020
1.2	Water moved before Fruit juice concentrate, as per updated supplier information.	22/12/2020
1.3	Document format updated. Premix declaration updated (chemical names added).	06/04/2023
1.4	Storage instructions updated.	06/09/2023