

PRP-06-TEC-034		Product Information Document		THE 1:1 DIET	
V1.2	06/09/2023	MRP MIXED BERRY FLAVOUR YOGHURT DRINK		by CambridgeWeight Plan [®]	

	Product Summary Information
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Product Name		Mixed Berry Flavour Shake 'n' Go								
Product Descriptive Name		Mixed berry flavour skimmed yoghurt shake. With sweetener. Meal replacement for weight control.								
Energy per 100g:	255 kJ/61 kcal	Energy per portion:	840 kJ/201 kcal	Shelf Life at Launch:	12 months					
Packing Format(s)		12 X 330ml								
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		FG378071		1		12/01/2022		

Representative Product Images




Organoleptic/Sensory Description

Appearance	Liquid, red/purple
Aroma	Fruity, berry, yoghurt
Flavour	Fruity, berry, yoghurt
Texture	Thick and smooth, yoghurt
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	Mixed Berry Flavour Shake 'n' Go		
Descriptive Name	Mixed berry 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, Sugar, Fruit juice from concentrate: lemon 2.3%, mixed berries (elderberry, blackcurrant, blueberry, strawberry, raspberry, blackberry, European cranberry) 0.5%, 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), Acid: citric acid, Flavouring, 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	
 <p>Shake Well!</p>	<p>Shake well before drinking. Once open, keep refrigerated and consume within 24 hours.</p>

Nutrition Information		per 100 ml	per 330 ml serving	%RI per 100 ml/330 ml
Energy	kJ	255	840	
	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	8.7	29	
Of which Sugars	g	8.7	29	
Fibre	g	0.7	2.3	
Protein	g	4.0	13	
Salt	g	0.1	0.5	
Vitamin A	µg	73	240	9/30
Vitamin D	µg	0.5	1.5	9/30
Vitamin E	mg	1.1	3.8	10/31
Vitamin K	µg	6.8	23	9/30
Vitamin C	mg	7.3	24	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	9/30
Vitamin B12	µg	0.4	1.3	16/52
Biotin	µg	4.5	15	9/30
Pantothenic acid	mg	0.7	2.2	11/36
Potassium	mg	152	500	8/25
Chloride	mg	83	275	10/34
Calcium	mg	111	366	14/46
Phosphorus	mg	123	407	18/58
Magnesium	mg	34	113	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	17	9/30
Chromium	µg	4.1	14	10/34
Molybdenum	µg	5.4	18	11/36
Iodine	µg	17.2	57	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</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 launch.	14/01/2022
1.1	New document format.	03/04/2023
1.2	Storage instructions updated.	06/09/2023