



## XLS-Nutrition Healthy Weight Loss Shake

### Uses

Meal replacement for weight control.

### 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.

### Format and Ingredients

Powder