

# 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.