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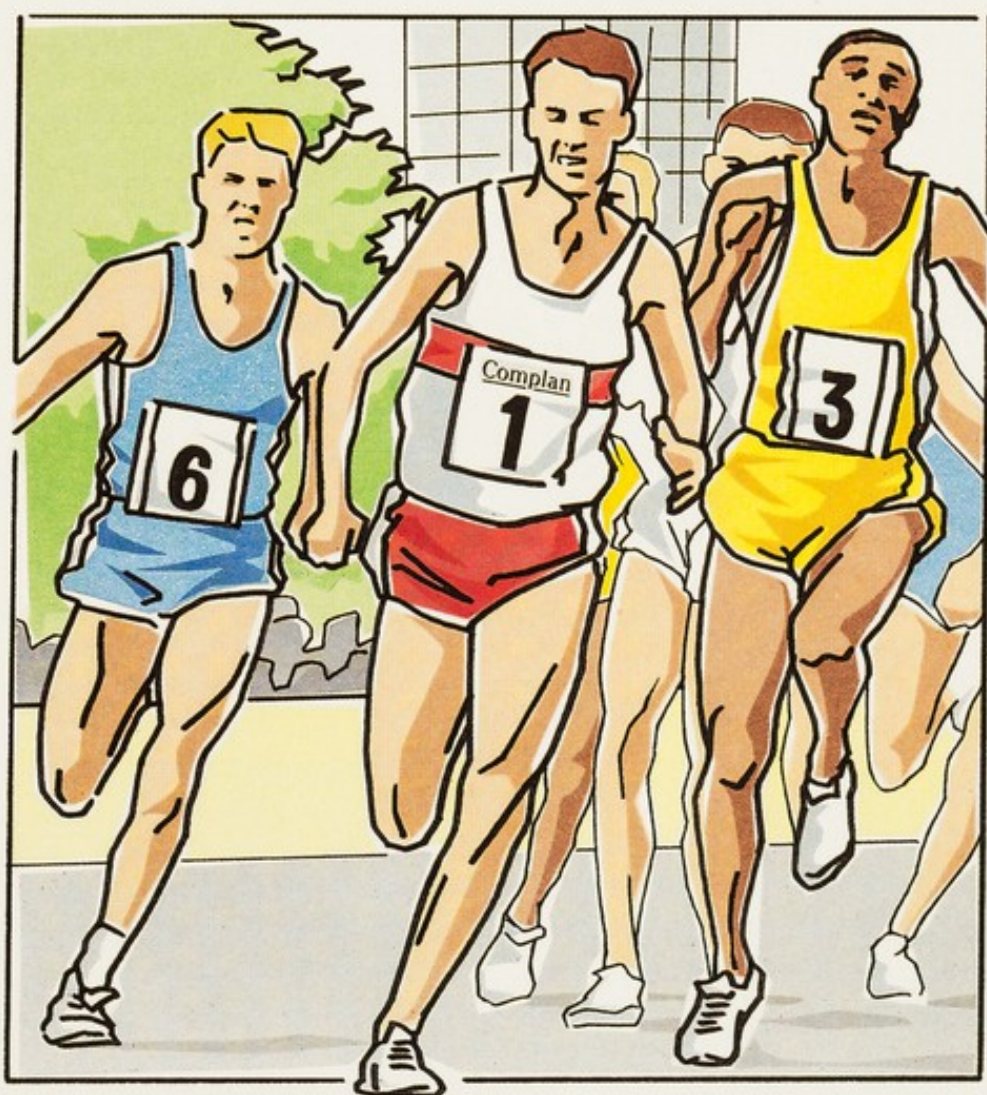
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Complan

THE FRONT RUNNER



PRODUCED IN ASSOCIATION WITH

Athletics
Weekly

Complan
THE COMPLETE MEAL IN A DRINK



THE FRONT RUNNER



Complan
THE COMPLETE MEAL IN A DRINK

Today, more and more people are becoming aware that they should follow a healthy diet. All sportspeople — and particularly athletes — rely heavily on their body and they know that good healthy food is essential for a healthy body capable of top performance.

WHAT IS COMPLAN?

Complan is a drink mix which contains skimmed milk, carbohydrate, vegetable oil, vitamins and minerals. It is designed to provide the nourishment of a complete meal in the form of a drink, and it comes in a number of flavours, both savoury and sweet.

Each sachet of Complan contains around 250 calories, which is equivalent to a light meal. All the flavours except chicken are suitable for vegetarians, and Complan is also gluten-free.

Complan fits in with current nutritional guidelines in that people should be reducing the amount of fat they eat (only 29% of total energy in Complan comes from total fat).

HOW COMPLAN WORKS FOR YOU

It's often difficult to fit mealtimes around a busy training schedule. And with today's hectic lifestyle, many sportspeople are juggling their work life and their home life, as well as their training. If you find it easier and more convenient sometimes to have a snack, rather than a traditional three-course meal, you'll find Complan is a boon — particularly when it comes to filling the energy gap between work and training. Complan stacks up well against many other snacks.

** NUTRIENT	FOOD	Complan 1 serving	Glass of Milk (200ml)	Apple (100g)	Orange (100g)	Chocolate Bar (7g)	Cornish Paste (155g)	Jacket Potato (180g) † Butter (10g)	Cottage Cheese and Tomato Wholemeal Roll
ENERGY		✓				✓		✓	✓
PROTEIN		✓	✓				✓		
CALCIUM		✓	✓						
IRON		✓			✓		✓	✓	✓
ZINC		✓							
FOLIC ACID		✓							
VITAMIN D		✓							
VITAMIN C		✓			✓			✓	

† American Values

* Crowley H : Food Portion Sizes : MAFF : HMSO ** Paul & Southgate : The Composition of Foods : HMSO

UNWIND WITH COMPLAN AFTER YOU TRAIN ...

Complan helps refill energy stores and top up vitamins and minerals, so it's ideal to help you unwind when you get home. Your muscles have a greater capacity to refuel in the first hour after training, so even if you are away from home you can take a sachet of Complan with you when you travel — just add water, and enjoy a glass of Complan wherever you train — at your local track, the sports club, the gym or at school.

COMPLAN CONTAINS ALL THE GOODNESS YOUR BODY NEEDS ...

- Protein** Because Complan is derived from skimmed milk, it contains high quality protein and provides all the amino acids known to be essential both to growing teenagers and to adults.
- Energy** Complan has 250 calories per serving — ideal fuel to keep you going and to meet the demands of sport and training.
- Fluid** A good fluid intake is very important. Adults should try and drink four (yes, four!) pints of liquid a day — and any fluid you lose when you exercise must be replaced. Complan is mixed up with 200ml (1/2 pint) water — so it's an ideal way to increase your fluid intake.

VITAMINS AND MINERALS

Complan is fortified with vitamins and minerals essential to health and vitality, including those vitamins which help the body convert food into energy.

- VITAMIN A** essential for healthy vision and to protect the skin
- VITAMIN B GROUP** needed by nerves and muscles and help release energy from carbohydrate
- VITAMIN C** helps make and repair body cells and fight infection
- VITAMIN D** for healthy bones
- VITAMIN E** helps protect cell structure
- VITAMIN K** helps the normal process of blood clotting
- CALCIUM** for strong and healthy bones and teeth
- IRON** for healthy blood — if you are deficient in iron you are likely to feel tired, have little energy and look pale
- ZINC** one of its many functions is to help maintain a healthy skin and to fight off infections

FAT

- only 29% of the Calories in Complan are provided by total fat
- only 13% of the total energy comes from saturated fats

CARBOHYDRATE

- 53% of Complan's energy is provided by carbohydrate

HOW TO SERVE COMPLAN

One serving of Complan is mixed with 200ml ($\frac{1}{3}$ pint) of water. It's simple to mix – just add it to water and stir well with a fork. For a delicious frothy drink mix it using a whisk, or prepare it in a blender (try adding ice-cream for a cool, nutritious boost on a really hot day).

Complan comes in five delicious flavours – but you can make your own by adding your favourite drink to Natural Complan: try adding banana milk shake, Ribena or Horlicks for example.



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