

A healthy choice for you from Complan / Crookes Healthcare Limited.

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A HEALTHY CHOICE
FOR you



From
Complan

A HEALTHY CHOICE FOR YOU

More and more people are becoming aware that they should follow a healthy diet – no matter what their time of life. When you've more time on your hands, you can start – often for the first time – to think about you, and making sure you keep fit and healthy. One of the most important things is to follow a good, healthy balanced diet, with plenty of fresh vegetables, fruit and fibre.

WHAT IS COMPLAN?

Complan is a tasty drink mix. It is designed to provide the nourishment of a complete meal in the form of a drink, and comes in a handy individual sachet offering a variety of flavours both savoury and sweet.

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

Complan also provides extra vitamins and minerals to help you keep healthy and in tip-top condition. All this in a drink that's simple to make and satisfying to drink.

HOW COMPLAN WORKS FOR YOU

When you have leisure time on your hands it's exhilarating to pursue so many new and different activities. Indeed, it can be quite exhausting, and it can mean that there's often little time for the conventional three meals a day.

It can sometimes be more convenient to have a snack, rather than a traditional three-course meal. At these times you'll find Complan is a real boon as it contains all the goodness of a healthy meal in a handy drink. Complan is easily and quickly made up with hot or cold water, so try it instead of tea or coffee, when you feel like a break or a snack.

Complan is an ideal snack to have anytime of the day.

*FOOD	Complan 1 serving	Glass of Milk (200ml)	Apple (100g)	Orange (100g)	Chocolate Bar (5g)	Caribb Paste (25g)	Sauerk Potato (180g)† Butter (5g)	Cottage Cheese and Tomato Wholemeal Roll
ENERGY	✓				✓		✓	✓
PROTEIN	✓	✓				✓		
CALCIUM	✓	✓						
IRON	✓			✓		✓	✓	✓
ZINC	✓							
FOLIC ACID	✓							
VITAMIN D	✓							
VITAMIN C	✓			✓			✓	

† American Values

*Crawley H. Food Portion Sizes: MAFF: HMSO **Paul & Southgate: The Composition of Foods: HMSO ***Manual of Nutrition: MAFF: HMSO: London

UNWIND WITH COMPLAN AT THE END OF THE DAY....

Complan helps refill energy stores and top up vitamins and minerals, so it's perfect to help you unwind at the end of a hectic day. Many people find that they sleep better after a soothing bedtime drink such as Complan.



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 to adults.

ENERGY

Complan has 250 calories per serving – ideal fuel to keep you going and help you enjoy your life to the full.

FLUID

A good fluid intake is very important. Adults should try to drink four (yes, four!) pints of water a day. If you lead an active life you may need to additionally replace some of the fluid you lose during your busy day. Complan is mixed up with 200 ml (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 helps break down food to provide energy
- 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
- 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.

CARBOHYDRATES

- 53% of Complan is energy provided by carbohydrate.

HOW TO SERVE COMPLAN

One serving of Complan is mixed with 200 ml (1/3 pint) of water. It's simple to mix – just add it to water and stir well. For a delicious frothy drink mix it using a whisk, or prepare it in a blender (try adding ice-cream for a cool, nutritious revive 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. To make some super Summer ideas why not try adding a couple of dessertspoons of the following in a blender:-

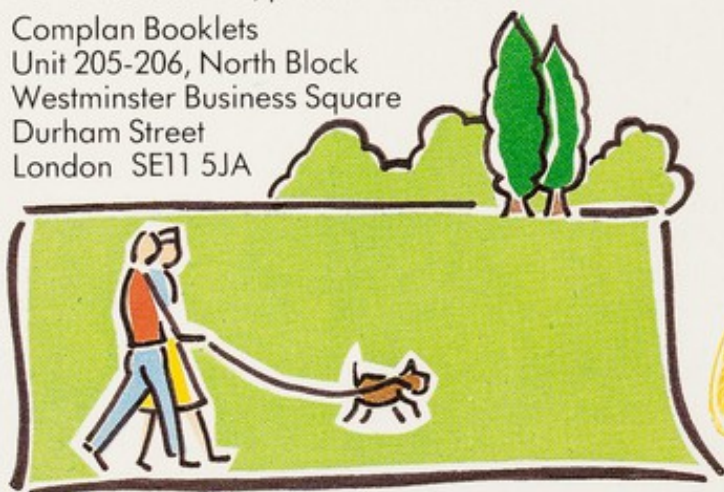
- pure fruit spread
- lemon curd

Other booklets available for you or your friends.

- Complan for Slimmers
- Putting You First
(a helpful booklet for pregnant and nursing mothers)

For a free booklet, please write to:-

Complan Booklets
Unit 205-206, North Block
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