

Wellness and Weight Loss Programmes

(Updated January 2011 – 20% VAT)

Basic Wellness Programme

Daily cost of £2.65 (Total £79.50)

Formula 1 Shake
Formula 2 Multivitamin Complex
Fibre and Herb Tablets
Thermojetics Instant Beverage 50g

Weight Management Start-Up Programme

Daily cost of £3.60 (Total £107.10)

2 x Formula 1 Shakes
Formula 2 Multivitamin Complex
Fibre and Herb Tablets
Thermojetics Instant Beverage 50g

Fitness Programme

Daily cost of £1.95 (Total £59.65)

Formula 1 Shake
Formula 2 Multivitamin Complex
Fibre and Herb Tablets

Basic Protein Programme

Daily cost of £2.65 (Total £80.90)

Formula 1 Shake
Formula 2 Multivitamin Complex
Fibre and Herb Tablets
Formula 3 Protein Powder

Super Protein Programme

Daily cost of £3.60 (Total £108.50)

2 x Formula 1 Shakes
Formula 2 Multivitamin Complex
Fibre and Herb Tablets
Formula 3 Protein Powder

Snacking

Formula 1 Meal Bar (£15.65 per box of 7)
Protein Bars (£11.55 per box of 14)
Gourmet Soup (£27.60 for 21 servings)