

Recommended Programmes

(Updated Feb 2021)

Basic £90

Shake (Flavours: Vanilla Cream, Banana Cream, Cookies Crunch, Strawberry Delight, Summer Berries, Café Latte, Smooth Chocolate, Mint and Chocolate, Spiced Apple)

Protein Drink Mix (PDM)

Energy Tea (Flavours: original, lemon, peach, raspberry)

Ideal £110

Shake

Protein Drink Mix (PDM)

Vitamin and Mineral Complex

Energy Tea

Optimal £140

2 x Shakes

Protein Drink Mix (PDM)

Vitamin & Mineral Complex

Energy Tea

Please Note: Programme prices for 21 servings of Shake

Individual Prices

Shake (21 servings)	£30.86
Vanilla Shake (30 servings)	£41.44
Free From Shake	£30.86
Protein Drink Mix (PDM)	£37.03
Protein Powder (40 servings)	£23.75
F2 Vitamin & Minerals	£22.34
100g Energy Tea	£38.94
50g Energy Tea	£22.17
Aloe Concentrate	£36.31

Snacking

Meal Bar (Box of 7)	£17.58
Protein Bars (Box of 14)	£15.72
Gourmet Tomato Soup	£30.28
High Protein Iced Coffee	£41.17
Tri-Blend Shake	£46.52
Roasted Soy Beans (12 pkts)	£15.72
Oat Apple Fibre (30 servings)	£24.54

Accessories

Starter Kit	£4.02
Neon Shaker	£6.22
Super Shaker	£6.58