

169

the 169 health **benefits** in each of our meal replacements

Biotin

Contributes to:

1. Normal energy-yielding metabolism
2. Normal functioning of the nervous system
3. Normal macronutrient metabolism
4. Normal psychological function
5. The maintenance of normal hair
6. The maintenance of normal mucous membranes
7. The maintenance of normal skin

Calcium

Contributes to:

8. Normal blood clotting
9. Normal energy-yielding metabolism
10. Normal muscle function
11. Normal neurotransmission
12. Normal function of digestive enzymes
13. The process of cell division and specialisation
14. A need for the maintenance of normal bones
15. A need for the maintenance of normal teeth

Chromium

Contributes to:

17. Normal blood glucose levels
18. The maintenance of normal blood glucose levels

Copper

Contributes to:

19. Maintenance of normal connective tissues
20. Normal energy-yielding metabolism
21. Normal functioning of the nervous system
22. Normal hair pigmentation
23. Normal iron transport in the body
24. Normal skin pigmentation
25. Normal function of the immune system
26. Protection of cells from oxidative stress

Chloride

Contributes to:

16. Normal digestion by production of hydrochloric acid in the stomach

Folate

Contributes to:

27. The process of cell division
28. Normal amino acid synthesis
29. Normal blood formation
30. Normal homocysteine metabolism
31. Normal psychological function
32. Normal function of the immune system
33. The reduction of tiredness and fatigue
34. **Maternal tissue growth during pregnancy

Iodine

Contributes to:

35. Normal cognitive function
36. Normal energy-yielding metabolism
37. Normal functioning of the nervous system
38. Maintenance of normal skin
39. Normal production of thyroid hormones & thyroid function

Iron

Contributes to:

40. Normal cognitive function
41. Normal energy-yielding metabolism
42. Normal formation of red blood cells & haemoglobin
43. Normal oxygen transport in the body
44. Normal function of the immune system
45. Reduction of tiredness and fatigue
46. A role in the process of cell division

Magnesium

Contributes to:

47. A reduction of tiredness and fatigue
48. Electrolyte balance
49. Normal energy-yielding metabolism
50. Normal functioning of the nervous system
51. Normal muscle function
52. Normal protein synthesis
53. Normal psychological function
54. The maintenance of normal bones
55. The maintenance of normal teeth
56. A role in the process of cell division

Manganese

Contributes to:

57. Normal energy-yielding metabolism
58. The maintenance of normal bones
59. Normal formation of connective tissue
60. The protection of cells from oxidative stress

Molybdenum

Contributes to:

61. Normal sulphur amino acid metabolism

Niacin

Contributes to:

62. Normal energy-yielding metabolism
63. Normal functioning of the nervous system
64. Normal psychological function
65. The maintenance of normal mucous membranes
66. The maintenance of normal skin
67. The reduction of tiredness and fatigue

Pantothenic Acid

Contributes to:

68. Normal energy-yielding metabolism
69. Normal mental performance
70. The reduction of tiredness and fatigue
71. Normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters

Phosphorus

Contributes to:

72. Normal energy-yielding metabolism
73. Normal function of cell membranes
74. The maintenance of normal bones
75. The maintenance of normal teeth

Potassium

Contributes to:

76. Normal functioning of the nervous system
77. Normal muscle function
78. The maintenance of normal blood pressure

Protein

Contributes to:

79. A growth in muscle mass
80. The maintenance of muscle mass
81. The maintenance of normal bones

Riboflavin

Contributes to:

82. Normal energy-yielding metabolism
83. Normal functioning of the nervous system
84. The maintenance of normal mucous membranes
85. The maintenance of normal red blood cells
86. The maintenance of normal skin
87. The maintenance of normal vision
88. The normal metabolism of iron
89. The protection of cells from oxidative stress
90. The reduction of tiredness and fatigue

Selenium

Contributes to:

91. Normal spermatogenesis
92. The maintenance of normal hair
93. The maintenance of normal nails
94. The normal function of the immune system
95. The normal thyroid function
96. The protection of cells from oxidative stress

Thiamine

Contributes to:

97. Normal energy-yielding metabolism
98. Normal functioning of the nervous system
99. Normal psychological function
100. Normal function of the heart

Vitamin A

Contributes to:

101. Normal iron metabolism
102. The maintenance of normal mucous membranes
103. The maintenance of normal skin
104. The maintenance of normal vision
105. The normal function of the immune system
106. A role in the process of cell specialisation

Vitamin B6

Contributes to:

107. Normal cysteine synthesis
108. Normal energy-yielding metabolism
109. Normal functioning of the nervous system
110. Normal homocysteine metabolism
111. Normal protein and glycogen metabolism
112. Normal psychological function
113. Normal red blood cell formation
114. Normal function of the immune system
115. The reduction of tiredness and fatigue
116. The regulation of hormonal activity

Vitamin B12

Contributes to:

117. Normal energy-yielding metabolism
118. Normal functioning of the nervous system
119. Normal homocysteine metabolism
120. Normal psychological function
121. Normal red blood cell formation
122. Normal function of the immune system
123. The reduction of tiredness and fatigue
124. The process of cell division

Vitamin C

Contributes to:

125. Normal functioning of the nervous system
126. Normal psychological function
127. Normal function of the immune system
128. The protection of cells from oxidative stress
129. The reduction of tiredness and fatigue
130. The regeneration of the reduced form of vitamin E
131. Increases in iron absorption
132. Normal energy-yielding metabolism
- Normal collagen formation for the:
133. Normal function of teeth
134. Normal function of blood vessels
135. Normal function of bones
136. Normal function of cartilage
137. Normal function of gums
138. Normal function of the skin
139. Normal function of the immune system during and after intense physical exercise

Vitamin D

Contributes to:

140. Normal functioning of the nervous system
141. Normal psychological function
142. Normal function of the immune system
143. The protection of cells from oxidative stress
144. The reduction of tiredness and fatigue
145. The regeneration of the reduced form of vitamin E
146. Increases in iron absorption

Vitamin E

Contributes to:

147. The protection of cells from oxidative stress

Vitamin K

Contributes to:

148. Normal blood clotting
149. The maintenance of normal bones

Zinc

Contributes to:

150. Normal DNA synthesis
151. Normal acid-base metabolism
152. Normal carbohydrate metabolism
153. Normal cognitive function
154. Normal fertility and reproduction
155. Normal macronutrient metabolism
156. Normal metabolism of fatty acids
157. Normal metabolism of vitamin A
158. Normal protein synthesis

59. The maintenance of normal bones
160. The maintenance of normal hair
161. The maintenance of normal nails
162. The maintenance of normal skin
163. The maintenance of testosterone in the blood
164. The maintenance of normal vision
165. Normal function of the immune system
166. The protection of cells from oxidative stress
167. The process of cell division

Meal Replacement for Weight control

168. Substituting one daily meal of an energy restricted diet with a meal replacement contributes to the maintenance of body weight after weight loss
169. Substituting two daily meals of an energy restricted diet with meal replacements contributes to weight loss.

We are transparent about what is in our products...
and the weight-loss and health benefits our dieters achieve.

THE 1:1 DIET
by Cambridge Weight Plan®

**Any woman who is pregnant, breastfeeding or who has given birth in the last three months cannot use The 1:1 Diet. Please refer to your Consultant on this.