**Complan®**

- is a quick meal replacement drink
- provides a convenient nutrition boost to support optimal wellbeing
- contains essential vitamins and minerals
- provides nutrients such as iron, calcium, vitamin D & iodine
- contains no preservatives

**Complan® may be ideal for people who:**

- are sometimes too busy to eat well or prepare a nutritious meal
- have increased nutritional needs due to activity, sport or lifestyle
- are in different life stages e.g. pregnancy, breast feeding or elderly
- have a small appetite
- are recovering from stress, surgery, illness

**How to use Complan®:**

Complan can be used as a meal replacement or occasionally in-between meals.

Just mix Complan Vanilla, Chocolate or Strawberry flavoured powder into water for a delicious drink. For a creamier drink with extra energy and nutrients prepare with milk.

Double Chocolate flavour provides a low lactose option when prepared as directed with regular fat soy milk with added calcium.

Complan can be made in a blender or shaker.

Complan also makes a great smoothie base.

For a more nutritious breakfast, try serving prepared Complan over cereal instead of milk.

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**Berry, Banana and Chocolate Smoothie!**

Serves: 2  Prep time: 5 minutes

- 1 cup (250mL) water or lite milk
- 6 scoops Complan Chocolate flavour
- 1 small banana
- 8 strawberries
- 1 Tbsp liquid honey, or to taste

1. Place water, Complan Chocolate flavour, banana, strawberries and honey into a blender and blend until smooth. Serve immediately.

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**Bircher Muesli!**

Serves: 2  Prep time: 10 minutes

- ¾ cup jumbo oats
- 2 Tbsp sunflower seeds
- 4 dried apricots, chopped
- ⅛ cup raisins
- 1 cup cold water
- 6 scoops Complan Vanilla flavour
- 1 apple, grated
- ⅛ cup blueberries (optional)

Unsweetened natural yoghurt to serve

1. Combine oats, sunflower seeds, apricots and raisins in a mixing bowl.
2. Pour cold water into a shaker or jug. Add Complan Vanilla flavour and shake or whisk to mix. Stir through the dried fruits, seeds and oats. Cover and leave overnight in the refrigerator.
3. To serve, stir the grated apple into the muesli mix. Divide into serving bowls. Top with fresh blueberries and serve with a dollop of yoghurt if wished.

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**Complan® Recipes**

- **Berry, Banana and Chocolate Smoothie!**
- **Bircher Muesli!**

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The delicious meal replacement drink for a *nutrition boost* in 4 great flavours.

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Complan® – a tasty way to get your daily nutrition boost

Ideally, you should eat a balanced diet with a variety of nutritious foods. But sometimes you need extra nutrients, or you’re just not eating as well as you could be.

Complan can be used as a quick meal replacement or in-between meals for a convenient nutrition boost. Complan may be an easier way to get those extra nutrients in a liquid form.

As part of a healthy varied diet and when prepared as directed, one glass of Complan will help supply essential vitamins and minerals you need for a busy day ahead:

- Vitamin C, Iron & Iodine for wellbeing
- Calcium & Vitamin D for bone health
- Zinc & Selenium for immune support

Convenient and nutritious, available in 4 great flavours.

<table>
<thead>
<tr>
<th>Nutritional Composition</th>
<th>Vanilla</th>
<th>Chocolate</th>
<th>Strawberry</th>
<th>Double Chocolate</th>
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<tbody>
<tr>
<td>Energy (kJ)</td>
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<td>1020</td>
<td>1020</td>
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<tr>
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<td>12.2</td>
<td>12.2</td>
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<td>-sugars (g)</td>
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<td>50% RDI</td>
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<tr>
<td>Iodine (µg)</td>
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<tr>
<td>Iron (mg)</td>
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<td>Vitamin A (µg)</td>
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<td>25% RDI</td>
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<tr>
<td>Vitamin D (µg)</td>
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<tr>
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<td>Zinc (mg)</td>
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<td>10% RDI</td>
<td>7.0</td>
<td>10% RDI</td>
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| For the full Nutrition Information please refer to the product label.

Complan is a formulated meal replacement and is not intended as a total diet replacement.