

I can with Complan®

Complan® is balanced nutrition in a delicious drink, which gives you nourishment when you need it.

Ideally, everybody should eat a balanced diet, including a variety of food from the four main food groups. But sometimes, you may need extra energy or nutrients, or your normal food intake has decreased.

At these times, Complan® can supply you with a wholesome, nutritious and convenient meal or snack alternative.

Complan® is ideal for:

Elderly and convalescents - who need extra energy when recovering from illness; or who have small appetites.

Busy people - who rely on a convenient meal replacement at a time when a meal might otherwise be missed, or as an additional energy boost to keep them on the go.

Sports people or the physically active - who need nutrition without the bulk before and after training or competing.

Pregnant or breastfeeding mothers - who require additional energy and nutrients to help maintain a healthy pregnancy and optimal breastfeeding.

Slimmers - who appreciate balanced nutrition with precise energy control. Complan® can be used to replace a meal, whilst also supplying the nutrients needed for good health.

Available at the supermarket, Complan® comes in 4 delicious flavours:

- **Chocolate** 500g
- **Vanilla** 500g
- **Strawberry** 500g
- **Double Chocolate** 500g

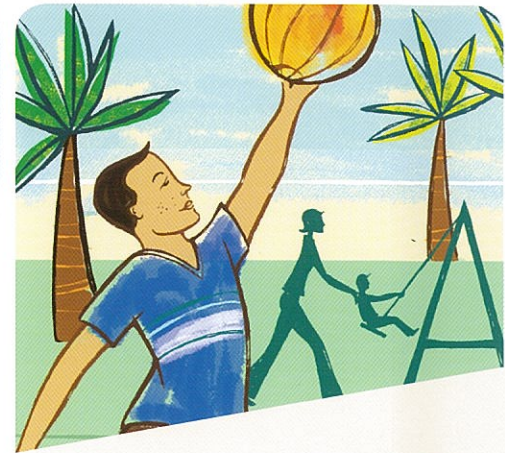
Vanilla, Strawberry and Double Chocolate Complan® are gluten free.

Double Chocolate Complan® is 98% lactose reduced, and can be mixed with soy milk, or water for a low lactose drink.

Serving Suggestions:

Complan® can be served hot or cold. Mix with water, milk, soy milk, or add yoghurt, ice-cream and fruit to make delicious smoothies. Try serving prepared over breakfast cereal, instead of milk.

- ✓ Formulated meal replacement
- ✓ Rich in essential vitamins and minerals
- ✓ Great taste and easy to digest
- ✓ Helps maintain a balanced diet
- ✓ No artificial colours or preservatives



Try these recipes for some delicious cold drinks....



Strawberry Coconut Delight

Serves 1

- 3-4 tbsp Strawberry Complan®
- 100g natural low fat yoghurt
- 1 tbsp Coconut cream
- sweeten if desired
- 200mL milk or water

Blend or shake for 30 seconds
Serve chilled

Citrus surprise

Serves 1

- 3-4 tbsp Vanilla Complan®
- 1 ripe banana
- ½ a ripe kiwifruit
- juice of 1 lemon
- 1 tbsp vanilla ice cream
- 200 mL milk

Blend or shake for 30 seconds
Serve chilled

Apple Smoothie

Serves 1

- 3-4 tbsp Vanilla Complan®
- 3 tbsp Apple puree
- cinnamon to taste
- 200 mL milk or water

Blend or shake for 30 seconds
Serve chilled

Neapolitan

Serves 1

- 2 tbsp Chocolate Complan®
- 2 tbsp Strawberry Complan®
- 1 tbsp vanilla ice cream
- 200mL milk

Blend or shake for 30 seconds
Serve chilled

Choc'n'Orange

Serves 1

- 3-4 tbsp Chocolate Complan®
- ½ cup orange juice
- 2 dessertspoons yoghurt or ice cream
- 200 mL milk

Blend or shake for 30 seconds
Serve chilled

Berry Bonanza

Serves 1

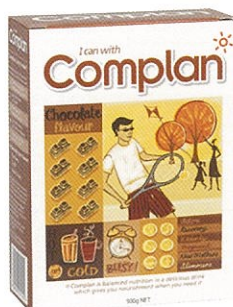
- 3-4 tbsp Strawberry Complan®
- 1 pottle of berry flavoured yoghurt
- 200mL milk

Blend or shake for 30 seconds
Serve chilled

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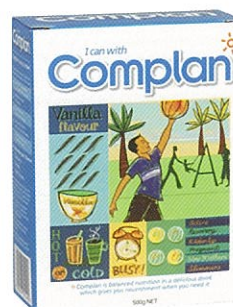
For more information on
Complan®, please call toll
free on 0800 653 050.
www.complan.co.nz
Heinz Wattie's Ltd



Chocolate Flavoured Complan® 500g

Ingredients:

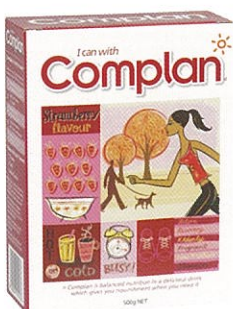
Instant wholemilk powder (wholemilk powder, soy lecithin), maltodextrin, sugar, cocoa powder, calcium caseinate, skim milk powder, flavours (contains wheat), vitamins and minerals (magnesium, iron, vitamin C, vitamin E, zinc, niacin, manganese, copper, vitamin A, vitamin D3, vitamin B6, pantothenic acid, vitamin K, vitamin B1, folic acid, molybdenum, iodine, selenium), vegetable gum (407)



Vanilla Flavoured Complan® 500g

Ingredients:

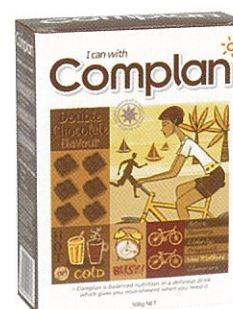
Instant wholemilk powder (wholemilk powder, soy lecithin), maltodextrin, calcium caseinate, skim milk powder, sugar, vitamins and minerals (magnesium, iron, vitamin C, vitamin E, zinc, niacin, manganese, copper, vitamin A, vitamin D3, vitamin B6, pantothenic acid, vitamin K, vitamin B1, folic acid, molybdenum, iodine, selenium), flavours



Strawberry Flavoured Complan® 500g

Ingredients:

Instant wholemilk powder (wholemilk powder, soy lecithin), maltodextrin, calcium caseinate, sugar, skim milk powder, flavours, vitamins and minerals (magnesium, iron, vitamin C, vitamin E, zinc, niacin, manganese, copper, vitamin A, vitamin D3, vitamin B6, pantothenic acid, vitamin K, vitamin B1, folic acid, molybdenum, iodine, selenium), natural colours (120, 160b)



Double Chocolate Flavoured Complan® 500g

Ingredients:

Maltodextrin, sugar, calcium caseinate (from milk protein), cocoa powder, oil blend ((sunflower and canola oil), potassium caseinate, emulsifier (471), flavours), vitamins and minerals (calcium, magnesium, iron, vitamin C, zinc, vitamin E, manganese, vitamin A, vitamin D3, pantothenic acid, copper, vitamin B6, vitamin B12, thiamin, niacin, folic acid, iodine, riboflavin, selenium, biotin), soy lecithin, flavour, vegetable gum (415)

Double Chocolate Complan® is a reduced lactose variant. The product is based on maltodextrin not wholemilk powder and is intended to be mixed with soy milk in order to provide a low lactose formulated meal replacement. The product is also gluten free.*

*98% lactose reduced compared to Chocolate Complan®

Complan®	Double Chocolate:	Chocolate:	Strawberry:	Vanilla:
	Average quantity per serving 30g powder (with 220ml soy milk)	Average quantity per serving 55g powder (with water)	Average quantity per serving 55g powder (with water)	Average quantity per serving 55g powder (with water)
Energy	1070 kJ (257 Cal)	1040 kJ (248 Cal)	1040 kJ (249 Cal)	1040 kJ (250 Cal)
Protein	12.7 g	12.0 g	12.0 g	12.0 g
Fat, Total	9.1 g	9.2 g	9.1 g	9.0 g
- saturated	1.1 g	5.2 g	5.3 g	5.3 g
Carbohydrate	29.9 g	28.5 g	29.5 g	29.6 g
- sugars	13.1 g	18.0 g	18.1 g	17.2 g
- lactose	0.14 g	13.5 g	15.1 g	15.1 g
- galactose	0.01 g	6.7 g	7.6 g	7.6 g
Dietary Fibre	2.4 g	0.8 g	-	-
Sodium	90 mg	159 mg	161 mg	161 mg
Potassium	468 mg	627 mg	557 mg	557 mg
Calcium	400 mg	376 mg	386 mg	386 mg
Iodine	39.0 µg	38.0 µg	38.0 µg	38.0 µg
Iron	4.7 mg	3.0 mg	3.0 mg	3.0 mg