

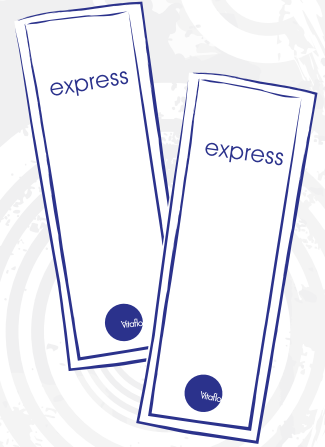
You and your dietitians challenged Vitaflo to design a 'no fuss' powder that is...

- Quick and easy to make
- Flexible and gives you a choice of volume and flavour
- Discreet and light to transport
- Convenient to fit in to your busy life

Introducing express...

An **unflavoured**, powdered, protein substitute in convenient pre-measured sachets

✓ Easy to carry around and take to school or work.



Add separate **Blackcurrant**, **Lemon**, **Orange**, **Raspberry** or **Tropical** FlavourPac sachets for even more flavour choices

There are three ways to make up express...

Simply empty the sachet into your beaker (add a separate FlavourPac sachet to **unflavoured** express if required), add water and shake.

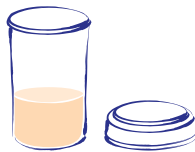
Try all the flavours to see which is your favourite!



express paste

A few spoonfuls and it's gone

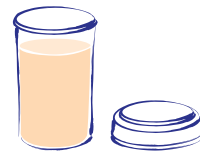
1 express sachet
+ 10 - 20ml of water



express mini drink

Great if you want to take it quickly

1 express sachet
+ 80 - 100ml of water



express flexi drink

Make it to your own taste and volume

1 express sachet + as much water as you like. Over time you can reduce the amount of water you add.

Remember to take water or permitted drinks after express.