

# Conversion Chart

for use with GP systems that request you prescribe  
 AYMES® Shake in **grams** and AYMES® Complete in **mls**

## AYMES® Shakes In grams

| <i>Dose per day 57g</i> | <i>Total dose per grams</i> | <i>1 wk (7 days) supply in grams</i> | <i>2 wk (14 days) supply in grams</i> | <i>3 wk (21 days) supply in grams</i> | <i>4 wk (28 days) supply in grams</i> |
|-------------------------|-----------------------------|--------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| 1 sachet                | 57                          | 399                                  | 798                                   | 1197                                  | 1596                                  |
| 2 sachets               | 114                         | 798                                  | 1596                                  | 2394                                  | 3192                                  |

## AYMES® Complete In ml

| <i>Dose per day 200ml</i> | <i>Total dose per ml</i> | <i>1 wk (7 days) supply in ml</i> | <i>2 wk (14 days) supply in ml</i> | <i>3 wk (21 days) supply in ml</i> | <i>4 wk (28 days) supply in ml</i> |
|---------------------------|--------------------------|-----------------------------------|------------------------------------|------------------------------------|------------------------------------|
| 1 bottle                  | 200                      | 1400                              | 2800                               | 4200                               | 5600                               |
| 2 bottles                 | 400                      | 2800                              | 5600                               | 8400                               | 11200                              |
| 3 bottles                 | 600                      | 4200                              | 8400                               | 12600                              | 16800                              |
| 4 bottles                 | 800                      | 5600                              | 11200                              | 16800                              | 22400                              |
| 5 bottles                 | 1000                     | 7000                              | 14000                              | 21000                              | 28000                              |
| 6 bottles                 | 1200                     | 8400                              | 16800                              | 25200                              | 33600                              |

Issued by: AYMES® International Ltd, International House, 124 Cromwell Road, Kensington, London.  
 SW7 4ET. For more information see [www.aymesnutrition.co.uk](http://www.aymesnutrition.co.uk) or call 0845 6805 496

