

HOW TO PLACE YOUR ORDER

By e-mail or WhatsApp

Please send your orders to orders@essentialdiet.co.uk, or texting us by WhatsApp on +34 607 864 507. Once we receive your order we will contact you to confirm the reception of your order, your authorisation, as well as your delivery address and payment method.

Shipping

Free shipping for orders over £60.
Please consult us for shipping costs for orders under £60.

Customer service

Please contact us and we will respond within 24 working hours.

GENERAL CONDITIONS OF SALE

These General Conditions of Sale will govern all contractual relations between Ligna Diet Pharma, SL, and its clients (henceforth, "the Client") stemming from the sales of products (henceforth, "the Product" or "the Products") by Ligna Diet Pharma, SL, to the Client in response to orders placed by the Client and accepted by Ligna Diet Pharma, SL.

1. Particular conditions of sale

The Client acknowledges that he or she is aware of the specific conditions of sale of the products at the time of placing the order, and the Client expressly declares that he or she accepts the specific conditions of sale without reservations. Placement and confirmation of an order by the Client signify full and complete acceptance of the specific conditions of sale applicable to that order only.

2. Order Confirmation

Ligna Diet Pharma, SL, will notify the Client of its acceptance of the Client's order by the means chosen by the Client (either e-mail, fax or post). The sale will not be finalized until Ligna Diet Pharma, SL, has confirmed the order.

Ligna Diet Pharma, SL, reserves the right to refuse to confirm an order for any specific reason such as product supply, a problem concerning the order received (e.g., illegibility), an abnormal order or a foreseeable delivery problem, whereupon Ligna Diet Pharma, SL, will inform the Client accordingly.

No new orders may be placed until the Client has paid all sums owed for previous orders. Moreover, ownership of the goods will not be fully transferred until Ligna Diet Pharma, SL, has received the sums owed by the Client.

3. Purchase

The Client undertakes to show a medical certificate of fitness for the protein diet with the purchase of any product from the Essential Diet range. Orders not accompanied by the proper payment and authorization from the prescribing physician will not be considered valid.

4. Delivery

Estimated delivery time between 48 and 72 hs counting from the moment of order placement.

Goods will travel at the expense and risk of the addressee, regardless of the shipment method. The delivery dates of Product orders will be understood to be estimated or approximate dates and in no case binding.

If an article is not in stock when you place your order, we will inform you and confirm the date when the product will be available, or we will propose an equivalent substitute product. Costs of delivery are borne by the addressee.

When the Client places an order, the Client undertakes to sign the delivery sheet presented by the delivery service, where the Client may record all remarks he or she deems necessary. On signing the delivery sheet, the Client acknowledges having received the number of packages stated on the delivery sheet.

If the Client observes that products are spoiled or missing, the Client must submit a complaint to the Customer Relations Service by e-mailing orders@essentialdiet.co.uk or calling +44 (0) 203 769 2800 within a maximum of three days.

Any event such as an event of force majeure, accident, strike, administrative decision or shipping strike that delays or hampers supply or makes supply exorbitant is expressly agreed to constitute a case in which the obligations of Ligna Diet Pharma, SL, may be suspended or terminated without entitling the Client to compensation. Under these circumstances the Client will be fully and automatically exempted from his or her obligations in regard to the order.

Ligna Diet Pharma, SL, will inform the Client of such an event by any suitable means on the very date when the event occurs, whereupon the Client will be free to cancel any orders (by return post or e-mail).

When the goods cannot be delivered to the Client for any reason attributable to the Client, Ligna Diet Pharma, SL, reserves the right to charge the Client £12 (VAT included) for the costs of preparation.

5. Return Period

The buyer has 30 working days, counting from the date of receipt of the purchase, to return the purchase in exchange for other goods or money back. Only unopened boxes in good condition may be returned, and the return shipping costs will be borne by the Client.

6. Warranty

The warranty of our products is limited to the replacement of products recognized by the seller as defective, excluding any expense, compensation or damages.

7. Personal Data

By virtue of the provisions of Organic Law 3/2018, of December 5, on the Protection of Personal Data and Guarantee of Digital Rights (LOPDGDD) and in Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of natural persons with regard to the processing of personal data and the free circulation of these data (RGPD), LIGNA DIET PHARMA, SL informs you that your personal data included in this form will be included in a file created under our responsibility, in order to communicate with you to carry out the maintenance and control of the relationship that binds us.

You will have the right to exercise your rights of access, rectification, deletion, portability of your data, limitation and opposition to its treatment by writing to LIGNA DIET PHARMA, S.L. at Avda. Leganés, nº 6, 28921-Alcorcón (Madrid), or to the email orders@essentialdiet.co.uk

8. Amendment of General Conditions

Ligna Diet Pharma, SL, may amend the General Conditions any time it sees fit.

9. Applicable Law and Competent Jurisdiction

These General Conditions will be governed and interpreted in accordance with the laws of Spain. Any litigation concerning the interpretation or performance of these General Conditions of Sale will be heard exclusively by the courts of Madrid, Spain.

CUSTOMER SERVICE AND SALES

+44 (0) 203 769 2800 or +34 607 86 45 07
orders@essentialdiet.co.uk



Version 1



www.essentialdiet.co.uk

Ligna Diet Pharma S.L. • Víctor de la Serna, 48 • 28016 • Madrid - SPAIN

essential diet

CATALOGUE

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essential diet

ESSENTIAL DIET GREEN RANGE

	CODE	PRODUCT	ALLERGENS		CONTENTS	£	PHASES	PREPARATION
			GLUTEN	MILK				
SHAKES	DM41UK	Chocolate	TR	YES	5 servings	14.30	1 2 3 M	E
READY-MIX SHAKES	DL13UK	Chocolate	Ⓜ	YES	1 brick	3.95	1 2 3 M	RE
	DL33UK	Moka coffee	YES	YES	1 brick	3.95	1 2 3 M	RE
SMOOTHIES	DL04UK	Raspberry	TR	YES	250ml - 1 serving	3.95	1 2 3 M	RE
BARS	LB16UK	Cookie	TR	YES	5 bars of 45g.	14.30	1 2 3 M	RE
	LB17UK	Almonds and coffee	TR	YES	5 bars of 45g.	14.30	1 2 3 M	RE
TOAST	DB20UK	Plain	YES	Ⓜ	5 servings (5x3 u.)	15.00	1 2 3 M	RE
	DB28UK	With flax seeds	YES	Ⓜ	5 servings (5x3 u.)	15.00	1 2 3 M	RE
WAFERS	LG15UK	Dark chocolate covered	YES	YES	5 servings	15.20	1 2 3 M	RE
	LG19UK	Hazelnut	YES	YES	5 servings	14.30	1 2 3 M	RE
BISCUITS	LG06UK	Cocoa with vanilla filling	YES	YES	5 servings	16.50	1 2 3 M	RE
	LG08UK	Chocolate cake	TR	YES	5 servings	14.30	1 2 3 M	RE
	LG17UK	Almond cake	TR	YES	5 servings	14.30	1 2 3 M	RE
	LG22UK	Chocolate covered	YES	YES	5 servings	14.30	1 2 3 M	RE
	LG23UK	Chocolate covered orange flavour	YES	YES	5 servings	14.30	1 2 3 M	RE
BREAD	LS10UK	Loaf	YES	TR	365g - 8 servings	17.50	1 2 3 M	RE
	LS12UK	Rustic	YES	TR	360g - 8 servings	16.95	1 2 3 M	RE
BARS OF CHOCOLATE	DM77UK	Crunchy dark chocolate	TR	YES	10 tablets of 15g	16.50	1 2 3 M	RE
	DM78UK	Milk chocolate	TR	YES	10 tablets of 15g	16.50	1 2 3 M	RE
	DM79UK	Chocolate	TR	YES	5 tablets of 33g	14.30	1 2 3 M	RE
	DM80UK	Crunchy chocolate	TR	YES	5 tablets of 33g	14.30	1 2 3 M	RE
JAMS AND SPREADS	DL24UK	Strawberry	Ⓜ	TR	1 jar of 330g	5.50	1 2 3 M	RE
	DL25UK	Orange	Ⓜ	TR	1 jar of 330g	5.50	1 2 3 M	RE
	DL31UK	Apricot	Ⓜ	TR	1 jar of 330g	5.50	1 2 3 M	RE
	DL26UK	Chocolate spread	TR	TR	1 jar of 120g	6.95	1 2 3 M	RE
PASTA	DS52UK	Pasta nests	YES	TR	5 servings	15.00	1 2 3 M	C

ESSENTIAL DIET YELLOW RANGE

	CODE	PRODUCT	ALLERGENS		CONTENTS	£	PHASES	PREPARATION
			GLUTEN	MILK				
BARS	DB01UK	Orange - chocolate	YES	YES	5 servings	14.30	1 2 3 M	RE

Eat no more than 1 product from the YELLOW RANGE each day in phases 1 and 2. You may combine it with 1 product from the RED RANGE per day unless your physician instructs you otherwise.

C = COOKING REQUIRED (microwave, frying pan, oven)
R = REFRIGERATION REQUIRED
E = EASY TO PREPARE
RE = READY TO EAT
1 = ALLOWED IN PHASE 1
2 = ALLOWED IN PHASE 2
3 = ALLOWED IN PHASE 3
M = ALLOWED IN MAINTENANCE PHASE

VAT included

ESSENTIAL DIET RED RANGE

	CODE	PRODUCT	ALLERGENS		CONTENTS	£	PHASES	PREPARATION
			GLUTEN	MILK				
SAVOURY SNACKS	DL74UK	Rosemary crackers	YES	YES	5 servings of 30g.	15.50	1 2 3 M	RE

IMPORTANT: Consume maximum 1 product of RED RANGE a day in phase 1 and 2. Unless your physician instructs you otherwise.

	CODE	PRODUCT	ALLERGENS		CONTENTS	£	PHASES	PREPARATION	RANGE
			GLUTEN	MILK					
	LA23UK	Atlantic salmon in its own juice	Ⓜ	Ⓜ	2 cans of 160g	7.80	1 2 3 M	RE	
	LA56UK	Cheese and onion crisps	TR	YES	5 bags of 25g.	15.20	1 2 3 M	RE	
	LA45UK	Cheese spread	TR	YES	10 servings	7.50	1 2 3 M	RE	
	LA55UK	Crunchy cheddar cheese snacks	Ⓜ	YES	5 servings of 30g	16.50	1 2 3 M	RE	
	LA44UK	Croissant	YES	YES	3 servings	13.50	1 2 3 M	RE	
	LA01UK	Frankfurt sausages	Ⓜ	Ⓜ	500g.	15.20	1 2 3 M	C	
					5 blisters of 3 units				
					5 sachets of ketchup				
					5 sachets of mustard				
					230g - 5 servings	16.00	1 2 3 M	RE	
SAUCES	LA48UK	Milk chocolate crunchy balls	TR	YES	5 servings	16.50	1 2 3 M	RE	
	LA41UK	Parmesan snack	Ⓜ	YES	5 servings	5.00	1 2 3 M	RE	
	LA08UK	Paté	Ⓜ	Ⓜ	5 tubs of 25g	3.50	1 2 3 M	C	
	LA30UK	Pizza base	TR	YES	40g - 1 serving	15.20	1 2 3 M	RE	
	LA57UK	Salt and vinegar crisps	Ⓜ	YES	5 bags of 25g.	5.50	1 2 3 M	RE	
	LA43UK	Single dose strawberry jam	YES	YES	170g - 10 servings	5.00	1 2 3 M	RE	
	LA50UK	Tuna fish paté	Ⓜ	YES	5 cans of 25g	5.00	1 2 3 M	RE	
	LA49UK	White chocolate balls	TR	YES	240g - 5 servings	16.00	1 2 3 M	RE	
					120g - 1 serving	4.00	1 2 3 M	RE	

ESSENTIAL DIET ECONOMIC FORMAT

	CODE	PRODUCT	ALLERGENS		CONTENTS	£	PHASES	PREPARATION	RANGE
			GLUTEN	MILK					
	LE07UK	Strawberry and cookie flavour shake	YES	YES	400g - 16 servings	30.00	1 2 3 M	E	
	LE09UK	Belgian chocolate	TR	YES	400g - 16 servings	30.00	1 2 3 M	E	
	LE13UK	Vanilla and cinnamon flavour shake	TR	YES	400g - 16 servings	30.00	1 2 3 M	E	
	LE27UK	Iced coffee	TR	YES	400g - 16 servings	30.00	1 2 3 M	E	

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VAT included



ESSENTIAL MICRONUTRITION

Supplements specially designed for your diet

essential micro



ESSENTIAL MICRONUTRITION

	CODE	PRODUCT	CONTENTS	£	PHASES
ALKALINE BALANCE	LC02UK	Trimin essential capsules	60 capsules	13.00	1 2 3 M
VITAMINS AND MINERALS	LC63UK	Magnesium plus essential	60 capsules	15.00	1 2 3 M
	LC01UK	Vitamins & minerals essential	30 capsules	13.50	1 2 3 M
ESSENTIAL FATTY ACIDS	LC75UK	DHA essential	30 soft capsules	8.90	1 2 3 M
METABOLISM AND WEIGHT	LC25UK	Info essential	500ml	19.00	1 2 3 M
NEUROMEDIA-TORS	LC87UK	Dinamic+ essential	90 capsules	15.50	1 2 3 M
	LC71UK	Tryptophan+ essential	60 capsules	26.00	1 2 3 M
	LC15UK	Tryptophan essential chocolate bars	7 bars	20.00	1 2 3 M

1 = ALLOWED IN PHASE 1
2 = ALLOWED IN PHASE 2
3 = ALLOWED IN PHASE 3
M = ALLOWED IN MAINTENANCE PHASE

VAT included