



To whom it may concern:

Regarding the LighterLife Nutritionally Complete Foodpacks contained within this individual's personal luggage and ensuring due provision for Article 7 of

COMMISSION DELEGATED REGULATION (EU) 2019/2122

of 10 October 2019

supplementing Regulation (EU) 2017/625 of the European Parliament and of the Council as regards certain categories of animals and goods exempted from official controls at border control posts, specific controls on passengers' personal luggage and on small consignments of goods sent to natural persons which are not intended to be placed on the market and amending Commission Regulation (EU) No 142/2011

We would like to clarify that the bearer of this letter is on a LighterLife weight loss programme, during which time they can consume only LighterLife nutritionally complete FoodPacks as well as other ancillary items.

These composite products, specifically those items which contain products of animal origin (POAO) and up to a total maximum weight of 2kg, **are exempt from official controls** at border posts due to provision made within article 7a (and subsequently Annex I) of the aforementioned legislation which states:

*'products of animal origin, composite products, products derived from animal by-products, plants, plant products and other objects which form part of passengers' personal luggage and which are intended for personal consumption or use, **are exempted from official controls at border control posts provided that they belong to at least one of the following categories:**'*

Article 7a

goods listed in Part 1 Section 1 of Annex I provided that their combined quantity does not exceed the weight limit of 2 kg;

Annex I

List of goods referred to in Article 7(a)

Powdered infant milk, infant food and special foods required for medical reasons, under the conditions that these products:

- (i) do not require refrigeration before opening;
- (ii) are packaged proprietary brand products for direct sale to the final consumer; and
- (iii) that the packaging is unbroken unless in current use.

For clarity these foods are special foods required for the medical treatment of obesity and are the sole source of food and nutrition for individuals following the TotalFast weight loss plan.

I have enclosed a copy of our ingredients list which gives full nutritional and content information for each product.

If you have any additional queries, please contact me on the telephone number shown below or contact LighterLife UK Limited's Central Office on 00 44 800 2 988 988.

Yours faithfully



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