



# Welcome to the Ultimate Cholesterol Lowering Plan© (UCLP©) on-line course



**FOR NEW REGISTRATIONS ONLY.**

**PROMO CODE: BNF-S30-113**

*New code from 24<sup>th</sup> March 2014.*

**Please note: there are limited spaces for this course, if you have already registered, please DO NOT USE this code – re-log on using your personalised password and email.**

This is your promo code for your FREE access to the UCLP© on-line course.



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**For any technical support please contact:  
[support@thetestfactory.com](mailto:support@thetestfactory.com)**



### Welcome to the Ultimate Cholesterol Lowering Plan© (UCLP©) on-line course.

The Ultimate Cholesterol Lowering Plan© (UCLP©) is an on-line course covering the latest evidence and practical application for effective cholesterol lowering. The UCLP© was devised by HEART UK – the UK's number one cholesterol charity and seven leading health experts and supported by an education grant from Alpro UK Ltd.

The aim of the course is to help all health professionals increase their confidence and effectiveness when dealing with patients with high cholesterol levels. The course aims to not only provide the scientific grounding around the impact of dietary manipulation for cholesterol lowering but it demonstrates how this learning can be put into daily practice when seeing patients.

As well as the UCLP© on-line course, HEART UK has also developed numerous health professional and patient resource in both digital and hard copy format (see page 20).

The UCLP© course will take you step-by-step through the following **five modules** – all providing the scientific background as well as all the practical information you will need to apply the teachings to your everyday practice when advising your patient:

- **Module 1 – Cholesterol and heart disease:**
  - **Section 1** – The heart disease epidemic.
  - **Section 2** – Cholesterol basics.
  - **Section 3** – Dyslipidaemias – Risk Factors – Atherosclerosis.
- **Module 2 – The Ultimate Cholesterol Lowering Plan© (UCLP©):**
  - **Section 1** – Introduction to the 3-step UCLP© dietary and behaviour therapy plan.
  - **Section 2** – UCLP© Step 1 – Motivational interviewing.
- **Module 3 – The UCLP© Step 2 – Getting the foundations right:**
  - **Section 1** – The UCLP© heart-healthy plate.
  - **Section 2** – It's a fatty issue; less of the bad and more of the good.
  - **Section 3** – 5-a-day.
- **Module 4 – The UCLP© Step 3 – The cholesterol-busting foods:**
  - **Section 1** – An introduction to the four cholesterol-busting foods.
  - **Section 2** – Soya foods.
  - **Section 3** – Foods fortified with plant sterols/stanols.
  - **Section 4** – Nuts.
  - **Section 5** – Oat (and barley) beta-glucans and other foods high in soluble fibre.
- **Module 5 – Current cholesterol-lowering practice:**
  - **Section 1** – UK Guidelines for CVD (including CHD) risk and elevated cholesterol.
  - **Section 2** – Drug therapy.

Each module includes a number of questions, providing you with feedback on your progress. On successful completion of the final assessment, a personalised certificate will be created.

This course will take approximately 5 hours to complete. You can complete the course at your own pace – there is no time limit.



## 1. Downloading your manual and accessing your promo code

In order to access this course free of charge – you must use the promo code **on the front of this manual**.

If you are reading this first point and you have accessed your promo code please proceed to the next page (2. Registering for the course – pg. 5). If you ever need to download this manual again, simply:

- a) Go to [www.heartuk.org.uk/uclp](http://www.heartuk.org.uk/uclp)  
**Save this webpage on your web-browser to easily re-access the UCLP© course and information.**



- b) SCROLL DOWN the page to **STEP 1 – Obtain your promotional code:**

- CLICK on '**Download your PROMOTIONAL CODE and the UCLP© manual**' button. The manual will open up as a pdf.
- The promo code is on the front cover of the manual.  
**PLEASE NOTE: The promo code is for new registrations only and there is a limited number available. If you have already registered please use your personalised log in details – see page 7.**



**If you have forgotten your log in details please e-mail  
[support@thetestfactory.com](mailto:support@thetestfactory.com)**

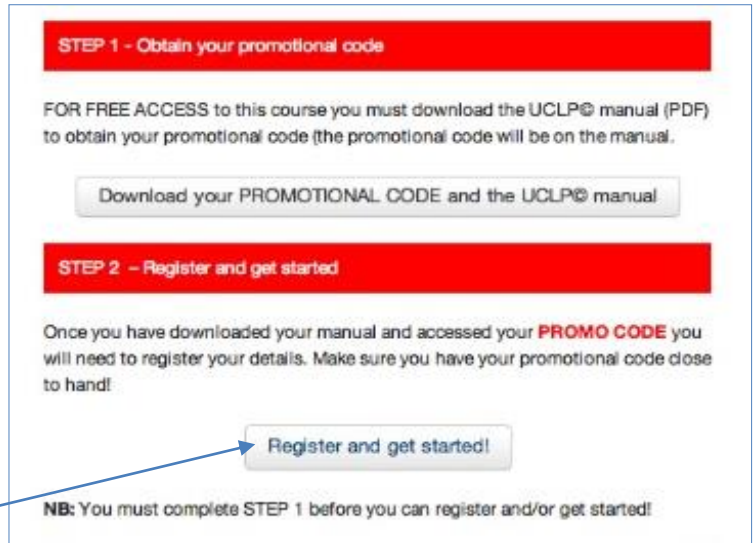


## 2. Registering for the course

Once you have accessed your PROMO CODE, you will need to register your details the first time you use the UCLP© Course.

**PLEASE NOTE: The promo code is for new registrations only and there is a limited number available. If you have *already registered* please use your personalised log in details – see page 7**

a) From the HEART UK UCLP© WEBPAGE scroll down to **Step 2** and click on the '**Register and get started**' button.



**STEP 1 - Obtain your promotional code**

FOR FREE ACCESS to this course you must download the UCLP© manual (PDF) to obtain your promotional code (the promotional code will be on the manual).

Download your PROMOTIONAL CODE and the UCLP© manual

**STEP 2 - Register and get started**

Once you have downloaded your manual and accessed your **PROMO CODE** you will need to register your details. Make sure you have your promotional code close to hand!

Register and get started!

**NB:** You must complete STEP 1 before you can register and/or get started!

b) You will be re-directed to the **British Nutrition Foundation on-line course registration page**. This is where the UCLP© online course resides.

### Register your details.

i) Enter your details to create your own personalised account.

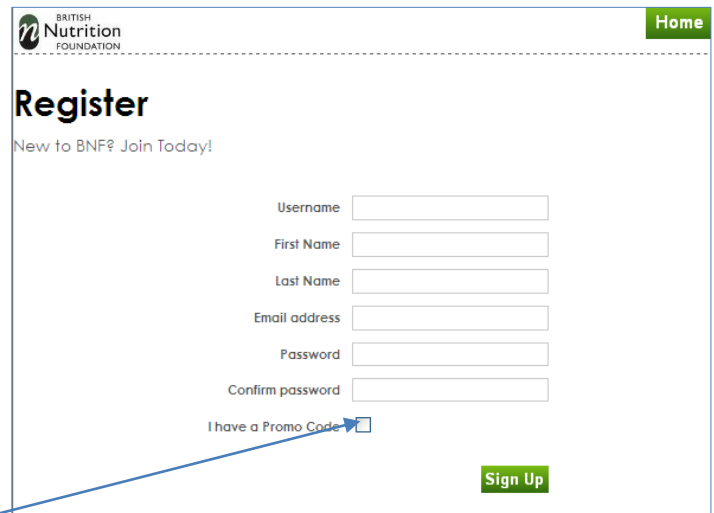
**Ensure that you make a note of your username and password.**

ii) At the bottom of the registration form is a '**I have a Promo Code**' tick box –  tick this box.

iii) Enter the following PROMO CODE on the front of the manual:  
**BNF-S30-113**

**Keep this code to yourself.  
Do not use this code again  
or pass it on to someone else.**

iv) Finally, click the green **Sign Up** button.



BRITISH Nutrition FOUNDATION

Home

## Register

New to BNF? Join Today!

Username

First Name

Last Name

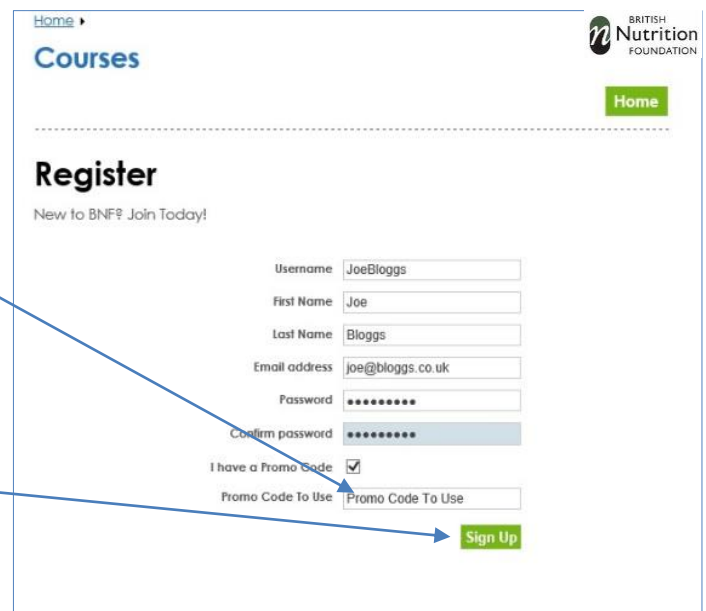
Email address

Password

Confirm password

I have a Promo Code

Sign Up



Home

Courses

BRITISH Nutrition FOUNDATION

Home

## Register

New to BNF? Join Today!

Username

First Name

Last Name

Email address

Password

Confirm password

I have a Promo Code

Promo Code To Use

Sign Up



### 3. To start working through the course

Once you have signed up (see section 2 pg 5) or re-logged in (see section 4, pg 7), you will be ready to commence the course or resume the UCLP© course.

To begin the course, click **Open**.



Clicking on [more info](#) will reveal more details of the course.

The **five modules** of the course will be listed.

If you are not ready to start, click **Logout**.





## 4. Accessing the course

There are two ways of accessing the course once you have registered.

Each time your login you will need your **USERNAME** and **PASSWORD** – have these to hand.

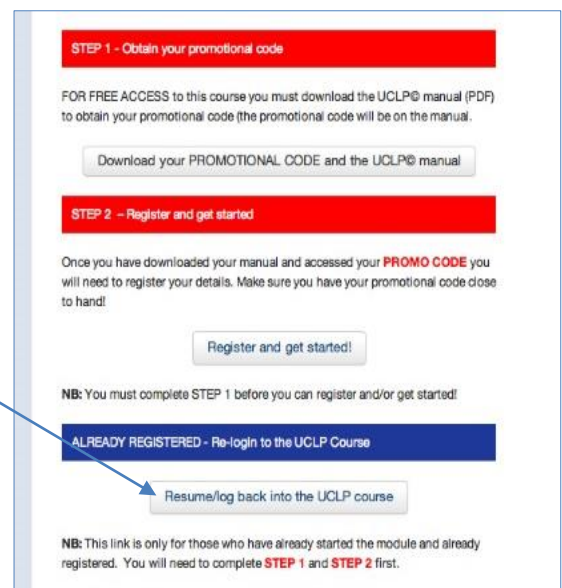
**DO NOT USE THE PROMO CODE.**

a) **Via the HEART UK UCLP© WEBSITE – visit [www.heartuk.org.uk/uclp](http://www.heartuk.org.uk/uclp)**

i) Scroll down the page.

ii) Go to '**ALREADY REGISTERED – Re-login to the UCLP© Course**', click on the '**resume/log back into the UCLP© course**'.

iii) You will be automatically re-directed to the 'log-in' page of the BNF website where the UCLP© course resides. Simply enter your **username** and **password** that you created when registering.

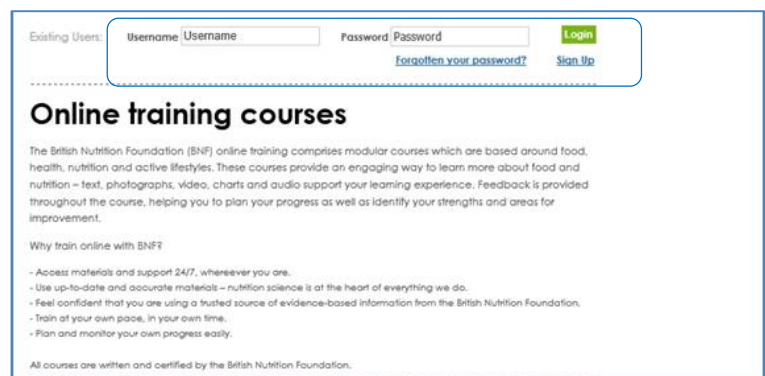


**OR**

Simply follow this link to automatically be directed to the UCLP© ONLINE COURSE on the BNF website -

<http://bnf.thetestfactory.com/>

You may wish to save this as a bookmark in your web browser.



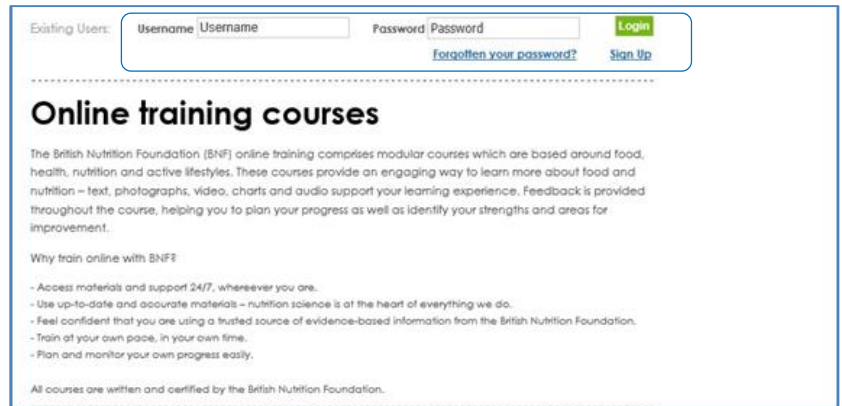
**If you have forgotten your log in details please e-mail [support@thetestfactory.com](mailto:support@thetestfactory.com)**



## 5. To LOGIN and resume the UCLP<sup>®</sup> course

Access the UCLP<sup>®</sup> log-in page via [www.heartuk.org.uk/uclp](http://www.heartuk.org.uk/uclp) or direct hyperlink (<http://bnf.thetestfactory.com/>) (see previous section 4, pg 7).

- a) Enter your username and password, then click Login.



Existing Users: Username  Password    
[Forgotten your password?](#)

### Online training courses

The British Nutrition Foundation (BNF) online training comprises modular courses which are based around food, health, nutrition and active lifestyles. These courses provide an engaging way to learn more about food and nutrition – text, photographs, video, charts and audio support your learning experience. Feedback is provided throughout the course, helping you to plan your progress as well as identify your strengths and areas for improvement.

Why train online with BNF?

- Access materials and support 24/7, wherever you are.
- Use up-to-date and accurate materials – nutrition science is at the heart of everything we do.
- Feel confident that you are using a trusted source of evidence-based information from the British Nutrition Foundation.
- Train at your own pace, in your own time.
- Plan and monitor your own progress easily.

All courses are written and certified by the British Nutrition Foundation.

The course will be displayed.

- b) To start working through the course, click **Open**.

You may logout at any time - click **Logout**.



Welcome, Joe Bloggs  

[My Courses](#) | [Purchase Courses](#)

### The Ultimate Cholesterol Lowering Plan<sup>®</sup> (UCLP<sup>®</sup>)

The Ultimate Cholesterol Lowering Plan<sup>®</sup> (UCLP<sup>®</sup>) is HEART UK's very own cholesterol-lowering plan, developed with support from seven leading health experts and an education grant from Alpro UK Ltd.

The UCLP<sup>®</sup> is a practical and realistic 3-step process to cholesterol-lowering incorporating both dietary strategies and behavioural change techniques.

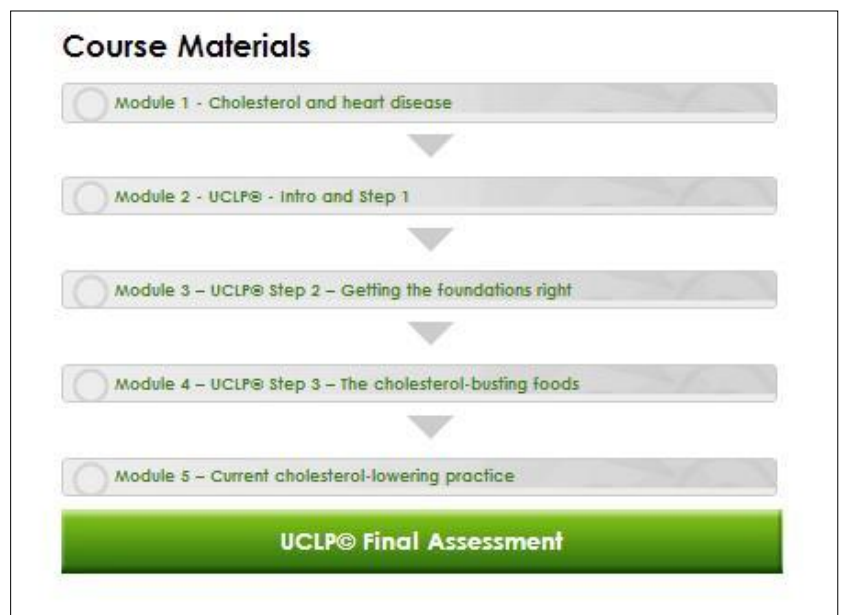
The UCLP<sup>®</sup> course will introduce you to the scientific evidence underpinning the programme and demonstrate how to best communicate the UCLP<sup>®</sup> to your patient.

[more info](#)

The five modules of the course will be listed.

- d) Click on a module to start - work through the modules from one to five.

*While you may work through the modules in any order, the course has been developed to cover the key information in a structured way.*



### Course Materials

- Module 1 - Cholesterol and heart disease
- Module 2 - UCLP - Intro and Step 1
- Module 3 - UCLP Step 2 - Getting the foundations right
- Module 4 - UCLP Step 3 - The cholesterol-busting foods
- Module 5 - Current cholesterol-lowering practice





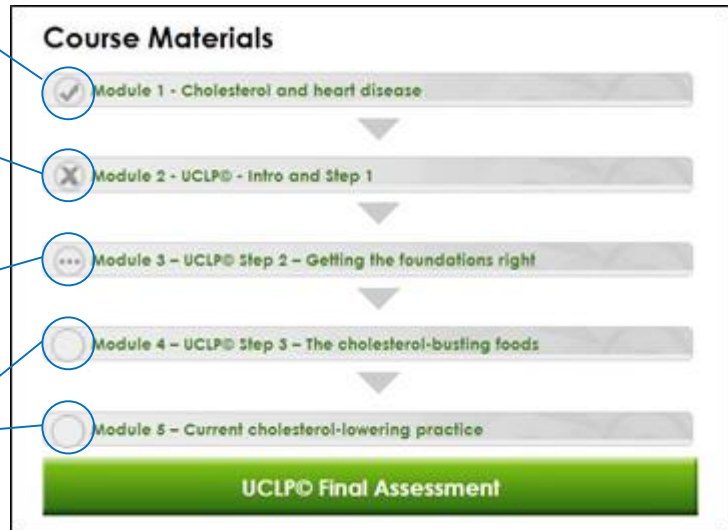
- At the end of each section of the module, you will be asked three multiple choice questions.
- After answering the last section questions – the end of each module – you will be provided with your test results and whether you have passed or not. If you have not passed you have the opportunity to go back and review sections and questions.

When you have **successfully completed a module** (gained a pass in the test results) you will see **a tick** appear next to the module name in the menu. This informs you that you have successfully completed that module.

If you were **unsuccessful in gaining a pass mark** for a module, **a cross** will appear next to the module. You can revisit that module and try again.

If you have **partly worked through a module** a series of **three dots** appears, indicating that the module has not been completed.

If you have **not commenced a module**, the circle will remain **blank**.





## 6. Working through the modules

All modules have audio.

- Each module is divided into a number of **sections**.
- Between the sections are **three test questions**, helping to consolidate your learning. After answering the final section questions – end of the module – you will be provided with your test results and whether you have passed or not.
  - You have opportunities whilst answering the questions to go back and revisit the slides and audio if you are not sure of the answer.

### A) The start of each module

- 1) To start a module, simply select the module you wish to begin with. We recommend working through the module order.
- 2) As soon as you select the module you will be able to **download the module powerpoint notes handout** and **glossary of terms**. Please note: the glossary of terms is available for all modules but the content is the same and covers all terms used throughout the course.

The screenshot shows the 'Courses' page with a 'Home' link and the name 'Nina Daines'. Below the name, there is a welcome message: 'Welcome to the Ultimate Cholesterol Lowering Plan© (UCLP©) on-line course'. A link says 'Click here to view the Module 2 handout.' Below that, it says 'The presentation will follow on the next page. If further assistance is needed with this module please click here to access the glossary.' At the bottom, there are 'Next' and 'Latest' buttons. A pass rate of 70% is also displayed. To the left, there are thumbnails for various modules. To the right, there is a 'Glossary' page with a list of acronyms and their meanings.

- 3) As soon as you have downloaded the module handouts and glossary of terms, click on '**Next**'. If you are revisiting a module, the '**Latest**' button will allow you to fast forward to the last slide or set of CPD questions you were viewing.




The module and section you are on will be displayed at the top.

The screenshot shows the title 'Module 1 - Cholesterol And Heart Disease - Section 1 - The heart disease epidemic'. Below the title, it says 'Ultimate Cholesterol Lowering Plan© (UCLP©) on-line course'. Underneath, it says 'Module 1: Cholesterol And Heart Disease'. A note says 'In order to assist with this module please click here to access the note sheet.' Below that, it says 'If further assistance is needed with this module please click here to access the glossary.' At the bottom, there is a window showing the 'The Ultimate Cholesterol Lowering Plan© (UCLP©)' logo and the text 'Module 1 – Cholesterol & Heart Disease. • Section 1 – The heart disease epidemic.'

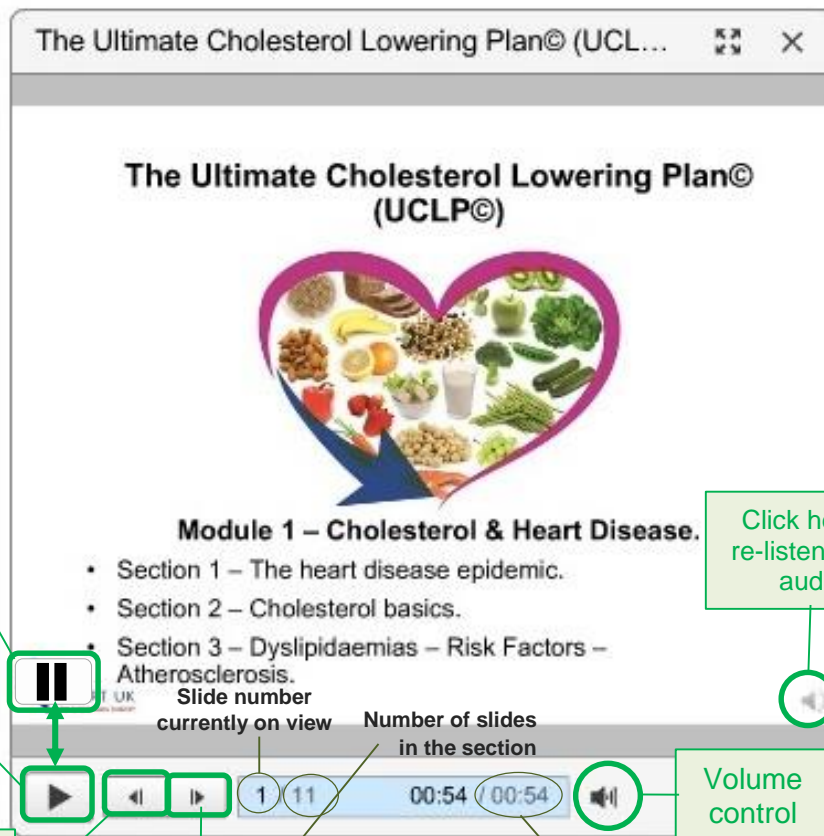


**B) Going through each module.**

The voice over and slides will begin immediately once you click on the next button.

- The slide will remain on the screen after the voice-over is completed to allow you time to read the information at your own leisure.
- When you are ready to move onto the next slide, press the forward button  which will take you to the next slide and voice over.
- When the slides are in progress the  play button will change  to the pause button.
  - You can pause and re-start the slides whenever you want.

**The main learning screen**



The screenshot shows a window titled "The Ultimate Cholesterol Lowering Plan© (UCLP©)". The main content area displays the title and a heart-shaped graphic filled with food. Below this is "Module 1 – Cholesterol & Heart Disease." with a list of sections:
 

- Section 1 – The heart disease epidemic.
- Section 2 – Cholesterol basics.
- Section 3 – Dyslipidaemias – Risk Factors – Atherosclerosis.

 At the bottom, there is a control bar with the following elements:
 

- A play/pause button.
- Navigation buttons: a left arrow, a right arrow, and a play button.
- Slide number: "1" out of "11".
- Progress bar: "00:54 / 00:54".
- Volume control icon.

CLICK to pause at any time

CLICK HERE to start or resume the slides.

Click here to re-listen to the audio.

CLICK to go to the previous slide. Click play to re-listen to the audio.

CLICK to go to the next slide. Click play to re-listen to the audio.

Volume control

Length of voice over for the slide – min:sec

ONLY click here if you want to go back to the previous section's set of questions.



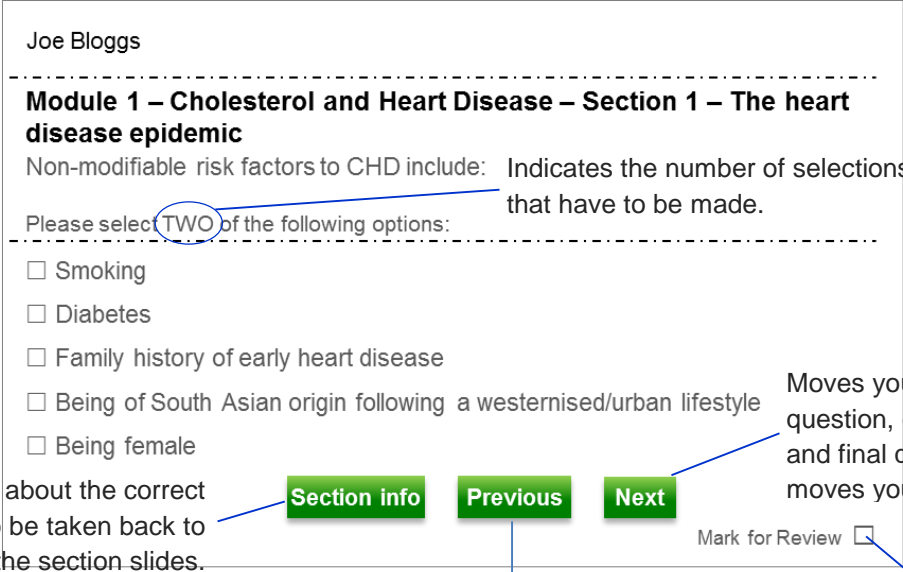
ONLY click here when you have reached the last slide of the section – this will take you to your set of 3 CPD multiple choice questions.

**TO INCREASE THE VIEW OF YOU SLIDES PRESS 'CTRL' & '+' keyboard keys on your PC OR 'CMD' & '+' for Macs.**



**C) At the end of each section – click on  button**

- After you reach the last slide of each section in the module **three multiple choice questions** will be asked about the content.
- Read each question carefully (for some questions you will be instructed to select more than one option) and answer at the bottom of the screen.



Joe Bloggs

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**Module 1 – Cholesterol and Heart Disease – Section 1 – The heart disease epidemic**

Non-modifiable risk factors to CHD include: Indicates the number of selections that have to be made.

Please select **TWO** of the following options:

---

- Smoking
- Diabetes
- Family history of early heart disease
- Being of South Asian origin following a westernised/urban lifestyle
- Being female

Section info Previous Next

Mark for Review

If you are not sure about the correct answer/s, click here to be taken back to the section slides.

Will take you back to the previous question or the previous slides

Moves you on to the next question, or if you are on your 3<sup>rd</sup> and final question of the section, moves you to the next section of

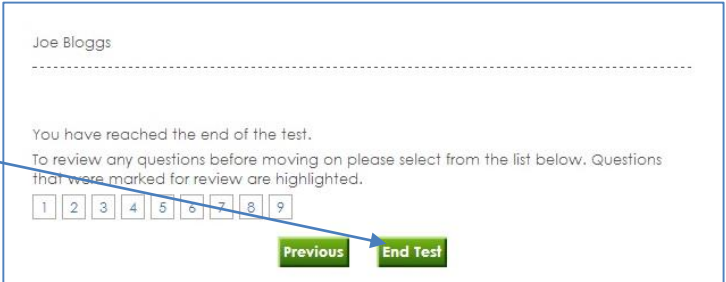
Tick this box if you want to review the question again at the end of the module.

**The pass mark is 70% or answering at least two out of the three questions correctly.** Feedback on your answers is given at the end of the module.

**D) End of each module**

At the end of each module – once you have finished answering your last set of three CPD questions – you will be given an opportunity to revisit any of the previous CPD questions you answered and check that you are happy with your answers.

Once you are ready to move on click on **'End Test'**.



Joe Bloggs

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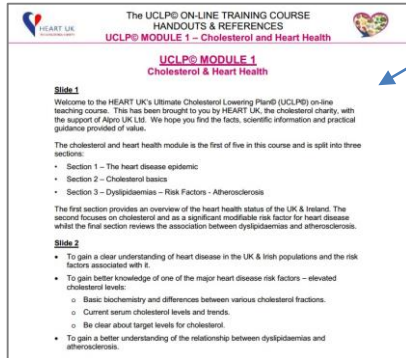
You have reached the end of the test.  
To review any questions before moving on please select from the list below. Questions that were marked for review are highlighted.

1 2 3 4 5 6 7 8 9

Previous End Test



- E) At the end of each module**  
Your **score** and feedback is displayed on each section, as well as your progress overall. At this point you can download **detailed fully referenced handouts** for that module and for previous modules.



Nina Daines

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Download the fully referenced and detailed notes for [Module 3 – The UCLP© Step 2: Getting the foundations right.](#)

Download previous module in-depth handouts:

- [Module 1 - Cholesterol and heart disease handouts.](#)
- [Module 2 - The Ultimate Cholesterol Lowering Plan© \(UCLP©\) - Intro and Step 1.](#)

Test name: Module 3 – UCLP© Step 2 – Getting the foundations right  
 Mark: 55.56 %  
 Score: 5 / 9  
**FAIL**

### Personalised Feedback

Not bad, but there are some aspects of this module you need to review in order to improve your score. Look back through the module, use the module handouts and ensure that you read the questions carefully. Good luck!

- 1) You will also be provided with detailed feedback for each section in the module. You may wish to print this out. This shows your areas of strength, as well as areas you need to further develop.

The **pass mark is 70%** or answering correctly **at least two out of the three questions per section.**

If you have failed any sections, we recommend re-visiting the section and trying again – reviewing the slides and using the detailed fully referenced handouts.

- 2) Selecting '**Return Home**' will take you back to the main UCLP© module menu where you can select to review the same module, go on to the next module or log out if you wish to continue later.
- 3) If you wish to review the questions you got right and wrong click on '**View Test Transcript**'.

Module 3 – UCLP© Step 2 – Getting the foundations right - Section 1 – UCLP© heart-healthy plate basics Mark: 67%

---

Well done, you answered most of the questions correctly. For additional information on the heart-healthy plate, you may wish to review the fully referenced and detailed handout at the end of this module.

Module 3 – UCLP© Step 2 – Getting the foundations right - Section 2 – It's a fatty issue - Less of the bad and more of the good Mark: 67%

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Well done, you answered most of the questions correctly. For additional information on the dietary fats, you may wish to review the fully referenced and detailed handout at the end of this module.

Module 3 – UCLP© Step 2 – Getting the foundations right - Section 3 – 5-a-day Mark: 33%

---

Unfortunately, you scored low on the questions for this section. It is recommended that you work through the dietary fat section again.

Return Home
View Test Transcript



### Test transcript view

When you click the 'View Test Transcript' it will indicate, your chosen answers, all the correct answers and if any of your answers were incorrect.

#### Question 5

An elevated cholesterol level is associated with a:

- 2-fold increased CHD risk
- Correct Answer →  4-fold increased CHD risk
- Incorrect ✗  5-fold increased CHD risk

#### Question 6

Cholesterol is essential for:

- Correct Answer →  Vitamin D synthesis
- Incorrect ✗  Improved endothelial function
- Correct Answer →  Steroid hormone synthesis
- Protein metabolism



## 7. Final assessment – Your Certificate – More UCLP© Downloads

A) Once you have **worked through all five modules**, and you have gone back to the UCLP© home page, select **UCLP© Final assessment**.

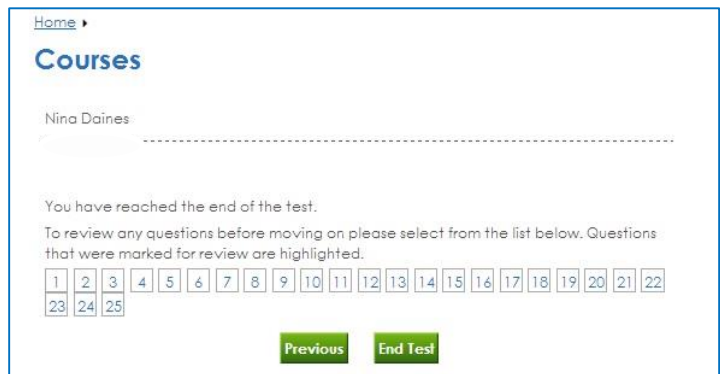
- A total of **25 randomly selected questions** will be presented for you to answer - **five questions relating to each of the five modules**.
  - At the top of each question the module which the questions relate to are listed for guidance.
- The pass mark is **70%** or correctly answering at least **18 out of the 25** questions.
- All the questions are multiple choice. Read each question carefully and answer carefully – some questions require a single answer, others multiple options.
- Click **Next** to move to the next question.
- Click **Previous** to go to previous questions.
- Tick the **'Mark for Review'** box if you want to review the question at the end of test.



### B) At the end of the 25 questions

You will be given an option to revisit any of the previous 25 questions if you wish to double check your answers.

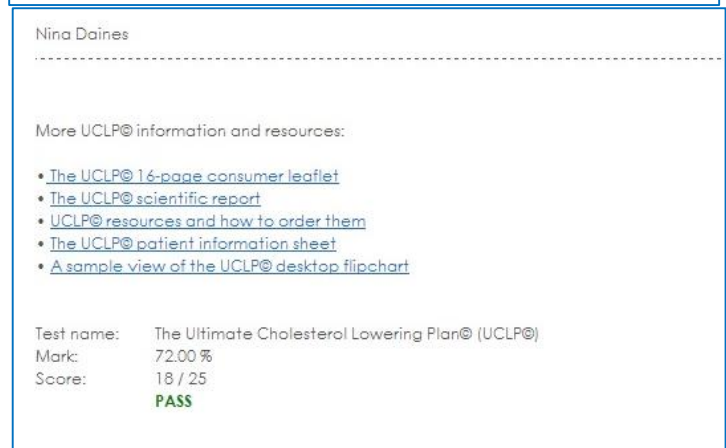
Once you are ready to move on click on **End Test**.



C) Once you click **'End Test'** you will be able to view your personalised results for the questions answered as well as your pass mark.

Download more UCLP© resources:

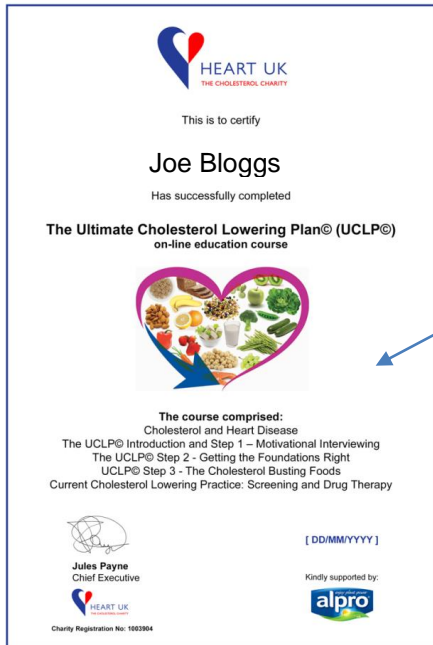
- UCLP© Patient leaflet
- UCLP© Scientific report
- UCLP© Resources
- UCLP© Patient information sheet
- About Heart UK and Alpro Ltd
- UCLP© desk top Flipchart



If you have not passed, it is recommended to review which module questions you have answered incorrectly (click on 'View Test Transcript' to view all the questions and answers), revisit the slides and read through the detailed handouts and try the final assessment again.



- D) On successful completion of this assessment, click on **'Return Home'** at the bottom of the page, and click on **'Download Final Assessment Certificate'**.



### Course Materials



**GOOD LUCK AND WE HOPE YOU FIND THE COURSE INFORMATIVE AND HELPFUL FOR YOUR DAY TO DAY PRACTICE.**





# APPENDIX



### **ABOUT HEART UK – THE CHOLESTEROL CHARITY**

HEART UK stands for **H**yperlipidaemia, **E**ducation, **A**therosclerosis, and **R**esearch **T**rust **U**K.

HEART UK is passionate about preventing early death caused by high cholesterol and atherosclerosis. We support anyone affected by raised cholesterol and other lipid conditions. We bring people together, provide information, education, advice and support and we campaign for better identification of those at risk and better treatments and standards of care.

#### ***Our Strategic Priorities***

- Better training and support for those working with people with raised cholesterol.
- Better screening, identification and treatment of people with raised cholesterol.
- Better support and care for people with high cholesterol and their families.
- Better public awareness of cholesterol and its impact

#### ***Our Vision:***

- To prevent avoidable and early deaths caused by high cholesterol.
- We want the majority of UK adults to know their cholesterol levels, understand the impact and to be taking any necessary action.

#### ***Contact us***

- **Helpline Tel:** 0845 450 5988 **e-mail:** ask@heartuk.org.uk (advice available in Asian languages on Fridays)
- **Office:** 01628 777046
- **Website:** [www.heartuk.org.uk](http://www.heartuk.org.uk)
- **Resources:** Tel: 0845 450 5988 e-mail: ask@heartuk.org.uk
- **Patient community:** <http://heartuk.org.uk/healthunlocked>
- **Make a donation:** [www.heartuk.org.uk/donate](http://www.heartuk.org.uk/donate)
- **Fundraise for us:** <http://heartuk.org.uk/get-involved/fundraising>

**For more information about HEART UK  
call us on 01628 777 046 or visit [www.heartuk.org.uk](http://www.heartuk.org.uk)**



## ABOUT ALPRO UK LTD.

Alpro is the leading European manufacturer of plant-based alternatives. The range includes soya, almond, hazelnut, oat and rice alternatives to milk, soya yogurt and cream alternatives, soya custard and desserts

Alpro is a company with a vision of a world where more of what we eat comes directly from plants – planet friendly, sustainable and healthy.

The Alpro Science and Nutrition team is dedicated to supporting research, education and communications related to soya, plant-based eating and all matters relating to nutrition and health.

As dietitians we recognise the importance of providing credible up to date nutrition and health information and resources for health professionals to use in their every-day practice.

### Our resources:

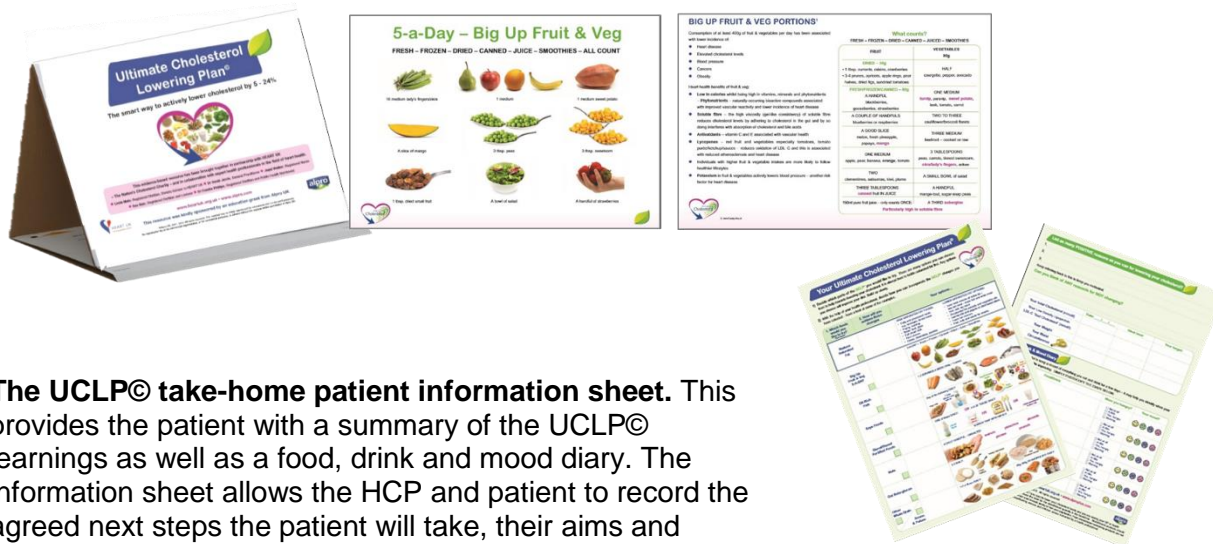
- **E-nutrition news:** Written by health professionals for health professionals. This bi-monthly newsletter delivers to your desk snappy insights on the latest hot topics in food and health, keeping you up to date with latest nutrition news that will be of benefit to you and your patients. Subscribing couldn't be easier, simply visit: <http://www.alprolive.co.uk/alprohealthprof/>
- **UCLP©:** All the resources highlighted on this course can be accessed free of charge from our website, including the UCLP© flipchart and accompanying patient information sheet and leaflet.
- **For your patient:** Alpro has produced a number of patient information leaflets which are practical, easy to use and include some tasty recipes. All have been designed to help support the dietary advice you give them.
- **For you:** A variety of nutrition resources, available for you to use directly with clients or simply to inform your own practice including fully referenced factsheets on all matters related to soya, plant-based eating, nutrition and health.
- **Product news,** nutritional information and recipe ideas.
- **And much more...**

For more information, visit our website: [www.alpro.com/uk](http://www.alpro.com/uk)



## FREE UCLP<sup>®</sup> RESOURCES FOR YOU & YOUR PATIENTS

- **The UCLP<sup>®</sup> HCP desktop flipchart** helps you take the patient step-by-step through the UCLP<sup>®</sup> process. The chart provides you with the detail whilst the patient views simple images and food portion photographs.



- **The UCLP<sup>®</sup> take-home patient information sheet.** This provides the patient with a summary of the UCLP<sup>®</sup> learnings as well as a food, drink and mood diary. The information sheet allows the HCP and patient to record the agreed next steps the patient will take, their aims and aspirations and record baseline cholesterol, weight and waist-circumference measurements.
- **The UCLP<sup>®</sup> consumer leaflet** – a practical, A5 16-page, full-colour leaflet. This visually appealing, step-by-step UCLP<sup>®</sup> guide for the patient, provides more detail of the dietary changes that make up the UCLP<sup>®</sup> and also provides some suggested menu options for the patient to try.



HEART UK published the UCLP<sup>®</sup> scientific report in 2011: *The UCLP<sup>®</sup>: eating to our hearts content, saving lives and money*. This provides the detailed scientific review of the literature underpinning the UCLP<sup>®</sup>'s practical recommendations. It is downloadable from the HEART UK website @ [www.heartuk.org.uk/uclp](http://www.heartuk.org.uk/uclp).

All these resources are available in **electronic format from the HEART UK website**, where you can also **order hard copies of the desktop flipchart, patient tear-off pad and 16-page leaflet**.

- To **download electronic formats**: [www.heartuk.org.uk/uclp](http://www.heartuk.org.uk/uclp)
- To **order hard copies**: EMAIL [info@nutrilicious.co.uk](mailto:info@nutrilicious.co.uk) with 'UCLP<sup>®</sup>' in the **subject area**, providing us with your FULL POSTAL address and specifying which resources you are interested in receiving.