

## Ingredients:

Tony Ferguson VLCD is for the dietary management of obesity.

Ingredients: Proprietary Protein Blend (Soy Protein Isolate 35%, Pea Protein Isolate 15%), Cocoa Powder, Prebiotic Dietary Fibre (Isomalto-Oligosaccharide), Minerals (Calcium Phosphate, Potassium Phosphate, Potassium Citrate, Sodium Chloride, Magnesium Oxide, Ferric Pyrophosphate, Zinc Sulphate, Potassium Iodide), Vitamins (Vitamin A Acetate, Thiamine Hydrochloride, Riboflavin, Niacinamide, Pyridoxine Hydrochloride, Cyanocobalamin, Ascorbic Acid, Cholecalciferol, Tocopherol, Folic Acid), Maltodextrin, Soy Lecithin, Natural Flavour, Natural Sweetener (Thaumatococcus) Thickener (Xanthan Gum).

Contains Soy. May contain Sulphites.

## Tony Ferguson VLCD Rapid Chocolate Dairy Free (21 Pack)

Tony Ferguson

× 21

VERY LOW CALORIE DIET

**RAPID**  
SHAKE

Chocolate Flavour



Dairy-Free (D) High Protein (P) Vitamins & Minerals (V)  
Gluten-Free (G) Good Source of Calcium and Fibre (CF)

## Nutritional Information

### Nutrition Information

Servings per pack: 21 Serving size: 40g	Ave. quantity per serving	Ave. quantity per 100g with water
Energy	540 kJ (129 Cal)	1360 kJ (325 Cal)
Protein	18.5 g	46.3 g
– Gluten	Nil detected	Nil detected
Fat, Total	2.7 g	6.8 g
– Saturated	0.9 g	2.4 g
– Unsaturated	1.8 g	4.5 g
Carbohydrates, Total	4.5 g	11.3 g
– Sugars	0.4 g	1.1 g
– Lactose	Nil detected	Nil detected
– Galactose	Nil detected	Nil detected
Dietary Fibre	7.2 g	17.9 g
Sodium	535.3 mg	1338.2 mg
Potassium	984.1 mg	2460.2 mg
Magnesium	128.0 mg (40% RDI)	320.0 mg
Calcium	335.0 mg (42% RDI)	837.5 mg
Phosphorus	299.0 mg (30% RDI)	747.5 mg
Iron	6.0 mg (50% RDI)	17.2 mg
Zinc	3.0 mg (25% RDI)	13.0 mg
Iodine	49.9 mcg (33% RDI)	124.7 mcg
Folic Acid (Folate)	100.0 mcg (50% RDI)	332.5 mcg
Vitamin E (Tocopherol)	4.0 mg (40% RDI)	10.0 mg
Vitamin D3 (Cholecalciferol)	3.0 mcg (30% RDI)	7.5 mcg
Vitamin C (Ascorbic Acid)	20.0 mg (50% RDI)	62.5 mg
Vitamin B12 (Cyanocobalamin)	1.0 mcg (50% RDI)	2.5 mcg
Vitamin B6 (Pyridoxine)	700.0 mcg (44% RDI)	1750.0 mcg
Vitamin B3 (Niacin)	5.0 mg (50% RDI)	16.2 mg
Vitamin B2 (Riboflavin)	700.0 mcg (41% RDI)	1750.0 mcg
Vitamin B1 (Thiamine)	0.55 mcg (50% RDI)	1500.0 mcg
Vitamin A (Retinol)	249.0 mcg (33% RDI)	622.5 mcg

RDI: Recommended Dietary Intake.

Percentage daily intakes are based on an average adult diet of 8700kJ.