

Tony Ferguson RAPID RTD Vanilla 275ml

Nutrition Information

Servings per pack: 1 Serving size: 275mL	Ave. Qty per serving	Ave. Qty per 100mL
Energy	560 kJ (134 Cal)	204 kJ (49 Cal)
Protein, total	18.2g	6.6g
– Gluten	Nil detected	Nil detected
Fat, total	2.4g	0.9g
– Saturated	1.6g	0.6g
Carbohydrate	7.5g	2.7g
– Sugars	4.7g	1.7g
Dietary fibre	4.3g	1.6g
Sodium	365mg	133mg
Vitamin A	138 µg (18% RDI*)	50.0 µg
Vitamin D	1.5 µg (15% RDI*)	0.55 µg
Vitamin C	6.9 mg (17% RDI*)	2.5 mg
Vitamin E	1.5 mg (15% RDI*)	0.56 mg
Zinc	2.8 mg (23% RDI*)	1.0 mg
Iodine	41 µg (28% RDI*)	15.0 µg
Magnesium	60.5 mg (19% RDI*)	22.0 mg
Iron	2.6 mg (22% RDI*)	0.95 mg
Phosphorus	385 mg (39% RDI*)	140 mg
Calcium	314 mg (39% RDI*)	114 mg

*Recommended Dietary Intake

FORMULATED SUPPLEMENTARY FOOD IS A SUPPLEMENT TO A NORMAL DIET TO ADDRESS SITUATIONS WHERE INTAKE OF ENERGY AND NUTRITION MAY NOT BE ADEQUATE TO MEET AN INDIVIDUAL'S REQUIREMENTS.

NOT RECOMMENDED FOR USE BY PREGNANT OR LACTATING WOMEN, CHILDREN UNDER 18 OR ADULTS OVER 65 YEARS OF AGE. CONSULT A HEALTHCARE PROFESSIONAL BEFORE STARTING A WEIGHT LOSS PROGRAM.

* Tony Ferguson Rapid shakes can be taken as part of a LOW-CALORIE DIET program which includes low starch vegetables, fruit, protein and low carbohydrate foods.

www.tonyferguson.com

Directions

Shake well before opening. After opening, consume immediately. Store in the fridge before consuming cold. Otherwise store in a cool dry place away from direct sunlight.

Store below 25°C.

Manufactured exclusively for Tony Ferguson Weight Management Pty Ltd
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Ingredients

Water, Protein Blend (9%) (Sodium Caseinate (**Milk**), **Milk** Solids, Whey Protein Isolate (**Milk**)), Dietary Fibre (Inulin), Stabilisers (Microcrystalline Cellulose, Sodium Carboxymethylcellulose, Carrageenan, Sodium Phosphate Dibasic, Gellan Gum), Flavour, Vitamins & Minerals (Calcium Phosphate Tribasic, Calcium Carbonate, Magnesium Phosphate Tribasic, Sodium Ascorbate, Ferric Pyrophosphate, Vitamin E, Zinc Oxide, Vitamin A acetate, Vitamin D3, Potassium Iodide), Maltodextrin (Maize), Sweetener (Sucralose).

Contains: Milk

**May contain Egg, Soy, Almond & Sesame seeds.
Gluten free.**