## **Tony Ferguson RAPID RTD Vanilla 275ml**

## **Nutrition Information**

Servingsperpa Servingsize: 27		Ave. Qty perserving	Ave.Qty per100mL
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
<ul><li>Saturated</li></ul>		1.6g	0.6g
Carbohydrate		7.5g	2.7 g
-Sugars		4.7g	1.7g
Dietary fibre		4.3g	1.6g
Sodium		365 mg	133 mg
Vitamin A	13	38µg(18% RDI*)	50.0 µg
Vitamin D		l.5µg (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.	8mg (23% RDI*)	1.0 mg
lodine		41µg(28% RDI*)	15.0 µg
Magnesium	60.	5mg(19% RDI*)	22.0 mg
Iron	2.	6 mg (22% RDI*)	0.95 mg
Phosphorus	38	5 mg (39% RDI*)	140 mg
Calcium	31	4 mg (39% RDI*)	114 mg

<sup>\*</sup>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

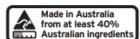
## Directions

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 ACN 166 526 665 Ground Floor, 50 Park Road Milton QLD 4064 Australia Ph: 1800 612 644





## 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.