



- 24 Vitamins & Minerals including Calcium
- Good source of fibre
- Good source of protein
- Meal replacement 1-2 per day

Ingredients: Milk Solids (Skim Milk Powder, Whey Protein Concentrate [Milk, Soy], Calcium Caseinate [Milk], Sodium Caseinate [Milk]), Dietary Fibre (Inulin, Hi-maize™), Maltodextrin, Hydrogenated Vegetable Oil, Glucose Syrup Solids, Thickeners (407, 1442), Flavours, Natural Colour (162), Minerals (Magnesium Oxide, Ferric Pyrophosphate, Zinc Oxide, Manganese Sulphate, Copper Sulphate, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenite), Emulsifiers (471, 472c), Stabilisers (339, 450), Vitamins (C, B3, E, B5, B2, B6, B1, A, Folate, Biotin, K, D, B12), Anti-Caking Agent (551), Antioxidant (307b), Sweetener (955).

Contains Milk & Soy.

Made on a production line that also processes products containing gluten (wheat) and sulphites.

## Tony Ferguson Classic Shake Meal Replacement 14pk Salted Caramel

The Tony Ferguson Classic Shake Meal Replacement 14pk Salted Caramel is developed for long-term, sustainable weight loss. It is ideal for those who want to lose weight but are happy to do this at a sustainable rate and who still want to enjoy at least one regular meal per day. The Classic program involves 2 x Classic shakes, a regular meal and 2 x snacks per day totalling around 1600 calories. It is not suitable for pregnant or breastfeeding women, and those under 18 years of age.

### Product and Program Attributes

Number of meals replaced or supplemented per day is 2. Daily calories as per program is 1600 calories. Calories per serve is 203 calories to be mixed with water.

### Directions for Use

In a shaker, add one 55 g sachet to 200ml of chilled water and shake well to dissolve. Drink immediately.

### Storage

This product should be stored in a cool dry place away from sunlight, protected from humidity. Store below 25°C.

Made in Australia from at least 68% Australian ingredients.

## Nutritional Information

Servings per pack: 1 Serving size: 40 g	Average quantity per serving	Average quantity per 100 g with water
Energy	850 kJ (203 Cal)	370 kJ (89 Cal)
Protein	19 g	8.3 g
Fat, total	2.3 g	1 g
-Saturated	1.3 g	< 1 g
Carbohydrates	24 g	10.4 g
-Sugars	18.8 g	8.2 g
Dietary Fibre	4.2 g	1.8 g
Sodium	242 mg	105 mg
Potassium	545 mg	237 mg
Vitamin A	248 µg (33%RDI)	108 µg
Thiamin (B1)	0.36 mg (33%RDI)	0.16 mg
Riboflavin (B2)	0.56 mg (33%RDI)	0.24 mg
Niacin (B3)	3.3 mg (33%RDI)	1.4 mg
Folate	66 µg (33%RDI)	29 µg
Vitamin B6	0.53 mg (33%RDI)	0.23 mg
Vitamin B12	0.66 µg (33%RDI)	0.29 µg
Vitamin C	13 mg (33%RDI)	5.6 mg
Vitamin D	3.3 µg (33%RDI)	1.4 µg
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Calcium	400 mg (50%RDI)	174 mcg
Iodine	50 µg (33%RDI)	22 µg
Iron	4.8 mg (40%RDI)	1.7 mg
Magnesium	106 mg (33%RDI)	46 mg
Phosphorous	330 mg (33%RDI)	143 mg
Zinc	4.8 mg (40%RDI)	2.1 mg
Biotin	5 µg (17%ESADDI)	2.2 µg
Vitamin B5	0.8 mg (16%ESADDI)	0.35 mg
Vitamin K	9 µg (11%ESADDI)	4 µg

Chromium	34 µg (17%ESADDI)	15 µg
Copper	0.5 mg (17%ESADDI)	0.22 mg
Manganese	0.85 mg (17%ESADDI)	0.37 mg
Molybdenum	42.5 µg (17%ESADDI)	18.5 µg
Selenium	17.5 µg (25%RDI)	7.6 µg

RDI: Recommended Dietary Intake

ESADDI: Estimated Safe and Adequate Daily Dietary Intake