

Nutrition Information

Servings Per Container: 14
Serving Size: 3 Scoops (61 g)

	Average quantity per serving	Average quantity per 100 g
Energy	978 kJ (234 Cal)	1603 kJ (384 Cal)
Protein	20 g	33 g
Fat, Total	8 g	13 g
- Saturated	1 g	2 g
- Trans	0 g	0 g
- Polyunsaturated	2 g	3 g
- Monounsaturated	5 g	8 g
Cholesterol	0 mg	0 mg
Carbohydrate	26 g	43 g
- Sugars	9 g	15 g
Dietary Fibre, Total	10 g	16 g
- Soluble Fibre	1 g	2 g
Sodium	396 mg	649 mg
Potassium	744 mg	1220 mg
Vitamin A	203 µg (27% RDI*)	333 µg
Vitamin D	3 µg (30% RDI*)	5 µg
Vitamin E	3 mg (30% RDI*)	5 mg
Vitamin C	18 mg (45% RDI*)	30 mg
Thiamin	0.3 mg (27% RDI*)	0.5 mg
Riboflavin	0.4 mg (24% RDI*)	0.7 mg
Niacin	3 mg (30% RDI*)	5 mg
Vitamin B6	0.4 mg (25% RDI*)	0.7 mg
Folate	63 µg (32% RDI*)	103 µg
Vitamin B12	0.5 µg (25% RDI*)	0.8 µg
Calcium	252 mg (32% RDI*)	413 mg
Phosphorus	425 mg (43% RDI*)	670 mg
Iron	4.6 mg (38% RDI*)	7.5 mg
Magnesium	111 mg (35% RDI*)	182 mg
Zinc	3 mg (25% RDI*)	5 mg
Iodine	38 µg (25% RDI*)	62 µg
Glycaemic Index	21 [Low]	21 [Low]

*Recommended Dietary Intake (Aust/NZ)

Ingredients: Isolated Soy Protein, Fibre Blend (Sugarcane Fibre, Fructooligosaccharide, Resistant Tapioca Starch, Organic Agave Inulin, Blueberry Fibre, Apple Fibre, Raspberry Fibre), Fructose, Sunflower Oil, Maltodextrin, Cocoa processed with Alkali, Deoiled Sunflower Lecithin, Natural Flavours, Vitamin & Mineral Blend (Dipotassium Phosphate, Tricalcium Phosphate, Magnesium Oxide, Ascorbic Acid, Niacinamide, Zinc Gluconate, D-alpha-Tocopherol Acetate, B-2 Riboflavin, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin A Acetate, Folic Acid, Potassium Iodide, Vitamin D3, Cyanocobalamin), Flaxseed, Modified Food Starch, Sodium Carboxymethylcellulose, Sea Salt, Xanthan Gum, Mono & Diglycerides, Monk Fruit Extract, Stevia, Gum Arabic.

Contains: Soy.

†No gluten-containing ingredients are used in this product. Produced on equipment that also processes milk and soy.

Store at room temperature (25 °C).

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Made in USA

The glycemic index is a ranking of carbohydrates according to their effect on blood glucose levels.

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