

# Nutrition Information

Servings Per Container: 14

Serving Size: 3 scoops (60 g)

	Average quantity per serving	Average quantity per 100 g
Energy	1024 kJ (245 Cal)	1707 kJ (408 Cal)
Protein	21 g	35 g
Fat, Total	9 g	15 g
- Saturated	2 g	3 g
- Trans	0 g	0 g
- Polyunsaturated	2 g	3 g
- Monounsaturated	5 g	8 g
Cholesterol	58 mg	97 mg
Carbohydrate	24 g	40 g
- Sugars	10 g	17 g
Dietary Fibre, Total	8 g	13 g
- Soluble Fibre	1 g	2 g
Sodium	267 mg	445 mg
Potassium	461 mg	768 mg
Vitamin A	205 µg (27% RDI*)	342 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*)	105 µg
Vitamin B12	0.5 µg (25% RDI*)	0.8 µg
Calcium	296 mg (37% RDI*)	493 mg
Phosphorus	257 mg (26% RDI*)	428 mg
Iron	3 mg (25% RDI*)	5 mg
Magnesium	96 mg (30% RDI*)	160 mg
Zinc	3 mg (25% RDI*)	5 mg
Iodine	38 µg (25% RDI*)	63 µg
Glycaemic Index	11 [Low]	11 [Low]

\*Recommended Dietary Intake (Aust/NZ)

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

**Contains:** Milk.

**†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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