

### NUTRITION INFORMATION PANEL

	Average Quantity per Serving (38g)	Average Quantity per 100g of Premix	Average Quantity per 100mL (when prepared as directed)
Energy	596kJ (142Cal)	1570kJ (375Cal)	218kJ (52Cal)
Protein	20.9g	55.1g	7.7g
Fat, Total	3.6g	9.3g	1.3g
- Saturated	1.7g	4.5g	0.6g
- Trans	Less than 0.1g	Less than 0.1g	Less than 0.1g
- Polyunsaturated	0.3g	0.9g	0.1g
- Omega 3	54mg	143mg	20mg
- EPA**	2mg	5mg	0.7mg
- DHA***	52mg	137mg	19mg
- Monounsaturated	0.2g	0.6g	Less than 0.1g
Carbohydrate	3.9g	10.3g	1.4g
- Sugars	0.4g	1.2g	0.1g
Dietary Fibre	5.2g	13.8g	1.9g
Sodium	311mg	819mg	114mg
Potassium	130mg	343mg	48mg
Magnesium	80mg (25% RDI*)	211mg	29mg
Calcium	200mg (25%RDI*)	526mg	73mg
Vitamin B12	0.5ug (25%RDI*)	1.3ug	0.2ug
Vitamin D	2.5ug (25%RDI*)	6.6ug	0.9ug
Folate	50ug (25%RDI*)	132ug	18ug

\*RDI = Recommended Dietary Intake

\*\*EPA = Eicosapentaenoic Acid

\*\*\*DHA= Docosahexaenoic Acid

#### Ingredient Declaration

Protein Blend 70% (Pea Protein Isolate, Organic Brown Rice Protein Concentrate), Soluble Corn Fibre, Inulin, Medium Chain Triglyceride (MCT) Powder, Natural Flavour, Minerals (Calcium Phosphate, Potassium Chloride, Magnesium Oxide), Docosahexaenoic Acid Powder (DHA from algae), Turmeric Extract, Sweetener (Steviol Glycosides), Vegetable Gum (415), Digestive Enzyme Blend (Contains Amylase, Protease, Cellulase, Lipase, Lactase), Vitamins (Folic Acid, Vitamin D2, Vitamin B12).

#### Flavour Status

- Natural  
 Synthetic

#### Colour Status Shelf Life

- Natural  
 Artificial  
 Not Added

**18 months** from date of manufacture when stored according to recommended storage conditions. It is recommended to store the product in COOL and DRY conditions, ideally less than 25°C.

#### Directions for Use & Storage

Add 2 scoops of powder to 250mL of cold water. Shake until completely dissolved. Consume immediately.

# BOLD

## HEALTH PROTEIN PLUS

### Food Standards Australia New Zealand (FSANZ) Regulatory Status

This product complies with Standard 2.9.3 Formulated Supplementary Foods.

Other Ingredients	Per 38g Serve	Per 100g Premix
Amylolytic activity (alpha amylase)	1200DU	3158DU
Proteolytic activity (acid protease)	500HUT	1316HUT
Cellulolytic activity (cellulose)	55CU	145CU
Beta-D-galactoside galactohydrolase (lactase)	200LAC	526LAC
Lipolytic activity (lipase)	10FIP	26FIP
Prebiotic Fibre (chicory inulin)	2g	5.26g
Turmeric Extract (Cucurminoids)	0.085g (34mg)	0.225g (89mg)

### Dietary Suitability

	Suitable	Certified
Lacto Vegetarian	Yes	No
Ovo Lacto Vegetarian	Yes	No
Vegan	Yes	No
Halal	Yes	No
Kosher	No	No
Organic	No	No

FOOD SUBSTANCE	Present in Product	Present in same factory
<b>Cereals containing gluten</b> and their products, namely wheat, rye, barley, oats and their hybridized strains	No	Yes
<b>Crustacean</b> & their products	No	No
<b>Egg</b> & Egg products	No	Yes
<b>Fish</b> & fish products (including mollusc & fish oils)	No	Yes
<b>Lupin</b> & Lupin Products	No	No
<b>Milk</b> & milk products	No	Yes
<b>Peanuts</b> & peanut products (including peanut oil)	No	No
<b>Soybeans</b> & their products (including Soybean oils)	No	Yes
<b>Tree nuts</b> & their products (excluding coconut)	No	No
<b>Sesame seeds</b> & their products	No	No
<b>Added Sulphites</b> (in concentrations of 10 mg/kg or more)	No	Yes

### GMO Status

This product DOES NOT contain any genetically modified ingredients and does not require labelling in accordance with the FSANZ Std. 1.5.2 Food Produced using Gene Technology.



**Owned, Packed and Operated in Australia**

