

Ingredients & Nutrition – Formulite meal replacement

BANANA

Protein Blend (Whey Protein Concentrate, Micellar Casein, Whey Protein Isolate), Dietary Fiber (Fibersol-2®), Flavours, LSA (Linseed-Sunflour-Almond), Probiotics (Lactobacillus acidophilus 15 billion CFU, Bifidobacterium lactis 15 billion CFU), Minerals (Potassium Citrate, Calcium Phosphate, Tricalcium Phosphate, Sodium Chloride), Guar Gum (E412), Xanthum Gum (E415), Magnesium Oxide, Digestive Enzyme (Bromelain), Stevia, Vitamin C (Ascorbic Acid), Colour (E102, E110), Zinc Sulfate Monohydrate, Iron (Ferrous Fumerate), Vitamin E (dl-alpha Tocopherol), Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Manganese Sulfate, Vitamin B2 (Riboflavin), Copper Sulphate Anhydrous, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Hydrochloride), Vitamin A (Retinyl Acetate), Potassium Iodine, Folic Acid, Chromium Sulphate, Molybdenum (Sodium Molybdate), Selenium (Sodium Selenite), Vitamin K1 (Phytonadione), Vitamin H (Biotin), Vitamin D3 (Cholecalciferol), Vitamin B12 (Cyanocobalamin)

CONTAINS MILK AND MILK PRODUCTS, SOYBEAN AND THEIR PRODUCTS

*MADE ON A PRODUCTION LINE THAT ALSO PRODUCES PRODUCTS CONTAINING SOY, EGG, NUTS, AND SEED.

NUTRITIONAL INFORMATION

Serving Size: 55g (2 scoops)

Servings Per Package: 14

	Avg. Qty / Serve	Avg. Qty / 100ml	Avg. Qty / 100g
Energy	891 kJ	446 kJ	1620 kJ
Calories	213 cal	107 cal	388 cal
Protein (Dry Base)	35.5 g	17.8 g	64.6 g
Fat - Total	2.9 g	1.5 g	5.3 g
- Saturated	1.5 g	0.8 g	2.8 g
Carbohydrates - Total	10.9 g	5.5 g	19.9 g
- Sugars	3.1 g	1.5 g	5.6 g
Dietary Fibre	3.7 g	1.9 g	6.8 g
Sodium	148 mg	74 mg	268 mg
Potassium	385 mg	193 mg	700 mg
Gluten	0.0 g	0.0 g	0.0 g

VITAMINS AND MINERALS

	Avg. Qty / Serve		Avg. Qty / 100ml	Avg. Qty / 100g
VITAMINS				
Vitamin A (Retinyl Acetate)	227 µg	30% RDI ¹	114 µg	413 µg
Vitamin B1 (Thiamin)	0.3 mg	30% RDI ¹	0.2 mg	0.6 mg
Vitamin B2 (Riboflavin)	0.5 mg	29% RDI ¹	0.3 mg	0.9 mg
Vitamin B3 (Niacin)	3.3 mg	33% RDI ¹	1.6 mg	6.0 mg
Vitamin B5 (Pantothenic acid)	0.8 mg	16% ESADDI ¹	0.4 mg	1.5 mg
Vitamin B6 (Pyridoxine)	0.4 mg	26% RDI ¹	0.2 mg	0.8 mg
Vitamin H (Biotin)	5.0 µg	17% ESADDI ¹	2.5 µg	9.1 µg
Folate	113 µg	28% RDI ¹	56.5 µg	206 µg
Vitamin B12 (Cyanocobalamin)	0.7 µg	28% RDI ¹	0.3 µg	1.2 µg
Vitamin C (Ascorbic Acid)	20.0 mg	50% RDI ¹	10.0 mg	36.4 mg
Vitamin D3 (Cholecalciferol)	2.6 µg	26% RDI ¹	1.3 µg	4.7 µg
Vitamin E (dl-alpha Tocopherol)	3.8 mg	38% RDI ¹	1.9 mg	6.9 mg
Vitamin K1 (Phytonadione)	15.0 µg	19% ESADDI ¹	7.5 µg	27.2 µg
MINERALS				
Calcium	305 mg	38% RDI ¹	153 mg	555 mg
Chromium	24.0 µg	12% ESADDI ¹	12.0 µg	43.6 µg
Copper	0.4 mg	15% ESADDI ¹	0.2 mg	0.8 mg
Iodine	61.0 µg	41% RDI ¹	30.5 µg	111 µg
Iron	4.7 mg	39% RDI ¹	2.4 mg	8.6 mg
Magnesium	101 mg	32% RDI ¹	50.6 mg	184 mg
Manganese	0.6 mg	13% ESADDI ¹	0.3 mg	1.2 mg
Molybdenum	27.4 µg	11% ESADDI ¹	13.7 µg	49.8 µg
Phosphorus	296 mg	30% RDI ¹	148 mg	539 mg
Selenium	17.5 µg	25% RDI ¹	8.8 µg	31.8 µg
Zinc	4.8 mg	40% RDI ¹	2.4 mg	8.7 mg

CHOC HAZELNUT

Protein Blend (Whey Protein Concentrate, Micellar Casein, Whey Protein Isolate), Dietary Fiber (Fibersol-2®), Flavours, Cocoa Powder, LSA (Linseed-Sunflower-Almond), Guar Gum, Xanthum Gum, Probiotics (Lactobacillus acidophilus 15 billion CFU, Bifidobacterium lactis 15 billion CFU), Minerals (Potassium Citrate, Calcium Phosphate, Tricalcium Phosphate, Sodium Chloride), Magnesium Oxide, Himalayan Salt, Digestive Enzyme (Bromelain), Stevia, Vitamin C (Ascorbic Acid), Zinc Sulfate Monohydrate, Iron (Ferrous Fumerate), Vitamin E (dl-alpha Tocopherol), Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Manganese Sulfate, Vitamin B2 (Riboflavin), Copper Sulphate Anhydrous, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Hydrochloride), Vitamin A (Retinyl Acetate), Potassium Iodine, Folic Acid, Chromium Sulphate, Molybdenum (Sodium Molybdate), Selenium (Sodium Selenite), Vitamin K1 (Phytonadione), Vitamin H (Biotin), Vitamin D3 (Cholecalciferol), Vitamin B12 (Cyanocobalamin)

CONTAINS MILK AND MILK PRODUCTS, SOYBEAN AND THEIR PRODUCTS

*MADE ON A PRODUCTION LINE THAT ALSO PRODUCES PRODUCTS CONTAINING SOY, EGG, NUTS, AND SEED.

NUTRITIONAL INFORMATION

Serving Size: 55g (2 scoops)

Servings Per Package: 14

	Avg. Qty / Serve	Avg. Qty / 100ml	Avg. Qty / 100g
Energy	880 kj	440 kj	1600 kj
Calories	211 cal	105 cal	383 cal
Protein (Dry Base)	32.9 g	16.4 g	59.8 g
Fat - Total	3.6 g	1.8 g	6.5 g
- Saturated	2.0 g	1.0 g	3.6 g
Carbohydrates - Total	10.9 g	5.5 g	19.9 g
- Sugars	2.9 g	1.4 g	5.2 g
Dietary Fibre	3.7 g	1.9 g	6.8 g
Sodium	170 mg	85 mg	309 mg
Potassium	385 mg	193 mg	700 mg
Gluten	0.0 g	0.0 g	0.0 g

VITAMINS AND MINERALS

	Avg. Qty / Serve		Avg. Qty / 100ml	Avg. Qty / 100g
VITAMINS				
Vitamin A (Retinyl Acetate)	227 µg	30% RDI ¹	114 µg	413 µg
Vitamin B1 (Thiamin)	0.3 mg	30% RDI ¹	0.2 mg	0.6 mg
Vitamin B2 (Riboflavin)	0.5 mg	29% RDI ¹	0.3 mg	0.9 mg
Vitamin B3 (Niacin)	3.3 mg	33% RDI ¹	1.6 mg	6.0 mg
Vitamin B5 (Pantothenic acid)	0.8 mg	16% ESADDI ¹	0.4 mg	1.5 mg
Vitamin B6 (Pyridoxine)	0.4 mg	26% RDI ¹	0.2 mg	0.8 mg
Vitamin H (Biotin)	5.0 µg	17% ESADDI ¹	2.5 µg	9.1 µg
Folate	113 µg	28% RDI ¹	56.5 µg	206 µg
Vitamin B12 (Cyanocobalamin)	0.7 µg	28% RDI ¹	0.3 µg	1.2 µg
Vitamin C (Ascorbic Acid)	20.0 mg	50% RDI ¹	10.0 mg	36.4 mg
Vitamin D3 (Cholecalciferol)	2.6 µg	26% RDI ¹	1.3 µg	4.7 µg
Vitamin E (dl-alpha Tocopherol)	3.8 mg	38% RDI ¹	1.9 mg	6.9 mg
Vitamin K1 (Phytonadione)	15.0 µg	19% ESADDI ¹	7.5 µg	27.2 µg
MINERALS				
Calcium	305 mg	38% RDI ¹	153 mg	555 mg
Chromium	24.0 µg	12% ESADDI ¹	12.0 µg	43.6 µg
Copper	0.4 mg	15% ESADDI ¹	0.2 mg	0.8 mg
Iodine	61.0 µg	41% RDI ¹	30.5 µg	111 µg
Iron	4.7 mg	39% RDI ¹	2.4 mg	8.6 mg
Magnesium	101 mg	32% RDI ¹	50.6 mg	184 mg
Manganese	0.6 mg	13% ESADDI ¹	0.3 mg	1.2 mg
Molybdenum	27.4 µg	11% ESADDI ¹	13.7 µg	49.8 µg
Phosphorus	296 mg	30% RDI ¹	148 mg	539 mg
Selenium	17.5 µg	25% RDI ¹	8.8 µg	31.8 µg
Zinc	4.8 mg	40% RDI ¹	2.4 mg	8.7 mg

COFFEE

Protein Blend (Whey Protein Concentrate, Micellar Casein, Whey Protein Isolate), Dietary Fiber (Fibersol-2®), Instant Coffee Powder, Flavours, LSA (Linseed-Sunflour- Almond), Probiotics (Lactobacillus acidophilus 15 billion CFU, Bifidobacterium lactis 15 billion CFU), Minerals (Potassium Citrate, Calcium Phosphate, Tricalcium Phosphate, Sodium Chloride), Guar Gum (E412), Xanthum Gum (E415), Magnesium Oxide, Digestive Enzyme (Bromelain), Stevia, Vitamin C (Ascorbic Acid), Zinc Sulfate Monohydrate, Iron (Ferrous Fumerate), Vitamin E (dl-alpha Tocopherol), Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Manganese Sulfate, Vitamin B2 (Riboflavin), Copper Sulphate Anhydrous, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Hydrochloride), Vitamin A (Retinyl Acetate), Potassium Iodine, Folic Acid, Chromium Sulphate, Molybdenum (Sodium Molybdate), Selenium (Sodium Selenite), Vitamin K1 (Phytonadione), Vitamin H (Biotin), Vitamin D3 (Cholecalciferol), Vitamin B12 (Cyanocobalamin)

CONTAINS MILK AND MILK PRODUCTS, SOYBEAN AND THEIR PRODUCTS

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NUTRITIONAL INFORMATION

Serving Size: 55g (2 scoops)

Servings Per Package: 14

	Avg. Qty / Serve	Avg. Qty / 100ml	Avg. Qty / 100g
Energy	875 kj	437 kj	1590 kj
Calories	209 cal	105 cal	380 cal
Protein (Dry Base)	36.2 g	18.1 g	65.9 g
Fat - Total	3.1 g	1.5 g	5.6 g
- Saturated	1.7 g	0.8 g	3.0 g
Carbohydrates - Total	8.9 g	4.4 g	16.1 g
- Sugars	3.0 g	1.5 g	5.4 g
Dietary Fibre	3.7 g	1.9 g	6.8 g
Sodium	172 mg	86 mg	313 mg
Potassium	385 mg	193 mg	700 mg
Gluten	0.0 g	0.0 g	0.0 g

VITAMINS AND MINERALS

	Avg. Qty / Serve		Avg. Qty / 100ml	Avg. Qty / 100g
VITAMINS				
Vitamin A (Retinyl Acetate)	227 µg	30% RDI ¹	114 µg	413 µg
Vitamin B1 (Thiamin)	0.3 mg	30% RDI ¹	0.2 mg	0.6 mg
Vitamin B2 (Riboflavin)	0.5 mg	29% RDI ¹	0.3 mg	0.9 mg
Vitamin B3 (Niacin)	3.3 mg	33% RDI ¹	1.6 mg	6.0 mg
Vitamin B5 (Pantothenic acid)	0.8 mg	16% ESADDI ¹	0.4 mg	1.5 mg
Vitamin B6 (Pyridoxine)	0.4 mg	26% RDI ¹	0.2 mg	0.8 mg
Vitamin H (Biotin)	5.0 µg	17% ESADDI ¹	2.5 µg	9.1 µg
Folate	113 µg	28% RDI ¹	56.5 µg	206 µg
Vitamin B12 (Cyanocobalamin)	0.7 µg	28% RDI ¹	0.3 µg	1.2 µg
Vitamin C (Ascorbic Acid)	20.0 mg	50% RDI ¹	10.0 mg	36.4 mg
Vitamin D3 (Cholecalciferol)	2.6 µg	26% RDI ¹	1.3 µg	4.7 µg
Vitamin E (dl-alpha Tocopherol)	3.8 mg	38% RDI ¹	1.9 mg	6.9 mg
Vitamin K1 (Phytonadione)	15.0 µg	19% ESADDI ¹	7.5 µg	27.2 µg
MINERALS				
Calcium	305 mg	38% RDI ¹	153 mg	555 mg
Chromium	24.0 µg	12% ESADDI ¹	12.0 µg	43.6 µg
Copper	0.4 mg	15% ESADDI ¹	0.2 mg	0.8 mg
Iodine	61.0 µg	41% RDI ¹	30.5 µg	111 µg
Iron	4.7 mg	39% RDI ¹	2.35 mg	8.6 mg
Magnesium	101 mg	32% RDI ¹	50.6 mg	184 mg
Manganese	0.6 mg	13% ESADDI ¹	0.32 mg	1.2 mg
Molybdenum	27.4 µg	11% ESADDI ¹	13.7 µg	49.8 µg
Phosphorus	296 mg	30% RDI ¹	148 mg	539 mg
Selenium	17.5 µg	25% RDI ¹	8.7 µg	31.8 µg
Zinc	4.8 mg	40% RDI ¹	2.4 mg	8.7 mg

CREAMY VANILLA

Protein Blend (Whey Protein Concentrate, Micellar Casein, Whey Protein Isolate), Dietary Fiber (Fibersol-2®), Flavours, LSA (Linseed-Sunflower-Almond), Probiotics (Lactobacillus acidophilus 15 billion CFU, Bifidobacterium lactis 15 billion CFU), Minerals (Potassium Citrate, Calcium Phosphate, Tricalcium Phosphate, Sodium Chloride), Guar Gum (E412), Xanthan Gum (E415), Magnesium Oxide, Digestive Enzyme (Bromelain), Stevia, Vitamin C (Ascorbic Acid), Zinc Sulfate Monohydrate, Iron (Ferrous Fumerate), Vitamin E (dl-alpha Tocopherol), Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Manganese Sulfate, Vitamin B2 (Riboflavin), Copper Sulphate Anhydrous, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Hydrochloride), Vitamin A (Retinyl Acetate), Potassium Iodine, Folic Acid, Chromium Sulphate, Molybdenum (Sodium Molybdate), Selenium (Sodium Selenite), Vitamin K1 (Phytonadione), Vitamin H (Biotin), Vitamin D3 (Cholecalciferol), Vitamin B12 (Cyanocobalamin)

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NUTRITIONAL INFORMATION

Serving Size: 55g (2 scoops)

Servings Per Package: 14

	Avg. Qty / Serve	Avg. Qty / 100ml	Avg. Qty / 100g
Energy	891 kj	446 kj	1620 kj
Calories	213 cal	107 cal	388 cal
Protein (Dry Base)	35.9 g	18.0 g	65.3 g
Fat - Total	3.0 g	1.5 g	5.5 g
- Saturated	1.7 g	0.8 g	3.0 g
Carbohydrates - Total	10.6 g	5.3 g	19.2 g
- Sugars	3.1 g	1.5 g	5.6 g
Dietary Fibre	3.7 g	1.9 g	6.8 g
Sodium	132 mg	66 mg	241 mg
Potassium	385 mg	193 mg	700 mg
Gluten	0.0 g	0.0 g	0.0 g

VITAMINS AND MINERALS

	Avg. Qty / Serve		Avg. Qty / 100ml	Avg. Qty / 100g
VITAMINS				
Vitamin A (Retinyl Acetate)	227 µg	30% RDI ¹	114 µg	413 µg
Vitamin B1 (Thiamin)	0.3 mg	30% RDI ¹	0.2 mg	0.6 mg
Vitamin B2 (Riboflavin)	0.5 mg	29% RDI ¹	0.3 mg	0.9 mg
Vitamin B3 (Niacin)	3.3 mg	33% RDI ¹	1.6 mg	6.0 mg
Vitamin B5 (Pantothenic acid)	0.8 mg	16% ESADDI ¹	0.4 mg	1.5 mg
Vitamin B6 (Pyridoxine)	0.4 mg	26% RDI ¹	0.2 mg	0.8 mg
Vitamin H (Biotin)	5.0 µg	17% ESADDI ¹	2.5 µg	9.1 µg
Folate	113 µg	28% RDI ¹	56.5 µg	206 µg
Vitamin B12 (Cyanocobalamin)	0.7 µg	28% RDI ¹	0.3 µg	1.2 µg
Vitamin C (Ascorbic Acid)	20.0 mg	50% RDI ¹	10.0 mg	36.4 mg
Vitamin D3 (Cholecalciferol)	2.6 µg	26% RDI ¹	1.3 µg	4.7 µg
Vitamin E (dl-alpha Tocopherol)	3.8 mg	38% RDI ¹	1.9 mg	6.9 mg
Vitamin K1 (Phytonadione)	15.0 µg	19% ESADDI ¹	7.5 µg	27.2 µg
MINERALS				
Calcium	305 mg	38% RDI ¹	153 mg	555 mg
Chromium	24.0 µg	12% ESADDI ¹	12.0 µg	43.6 µg
Copper	0.4 mg	15% ESADDI ¹	0.2 mg	0.8 mg
Iodine	61.0 µg	41% RDI ¹	30.5 µg	111 µg
Iron	4.7 mg	39% RDI ¹	2.4 mg	8.6 mg
Magnesium	101 mg	32% RDI ¹	50.6 mg	184 mg
Manganese	0.6 mg	13% ESADDI ¹	0.3 mg	1.2 mg
Molybdenum	27.4 µg	11% ESADDI ¹	13.7 µg	49.8 µg
Phosphorus	296 mg	30% RDI ¹	148 mg	539 mg
Selenium	17.5 µg	25% RDI ¹	8.8 µg	31.8 µg
Zinc	4.8 mg	40% RDI ¹	2.4 mg	8.73 mg

HONEYCOMB

Protein Blend (Whey Protein Concentrate, Micellar Casein, Whey Protein Isolate), Dietary Fiber (Fibersol-2®), Flavours, LSA (Linseed-Sunflower-Almond), Probiotics (Lactobacillus acidophilus 15 billion CFU, Bifidobacterium lactis 15 billion CFU), Minerals (Potassium Citrate, Calcium Phosphate, Tricalcium Phosphate, Sodium Chloride), Guar Gum (E412), Xanthum Gum (E415), Magnesium Oxide, Digestive Enzyme (Bromelain), Stevia, Vitamin C (Ascorbic Acid), Colour (E102, E110), Zinc Sulfate Monohydrate, Iron (Ferrous Fumarate), Vitamin E (dl-alpha Tocopherol), Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Manganese Sulfate, Vitamin B2 (Riboflavin), Copper Sulphate Anhydrous, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Hydrochloride), Vitamin A (Retinyl Acetate), Potassium Iodine, Folic Acid, Chromium Sulphate, Molybdenum (Sodium Molybdate), Selenium (Sodium Selenite), Vitamin K1 (Phytonadione), Vitamin H (Biotin), Vitamin D3 (Cholecalciferol), Vitamin B12 (Cyanocobalamin)

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Protein (Dry Base)	35.2 g	17.6 g	64.0 g
Fat - Total	3.2 g	1.6 g	5.8 g
- Saturated	1.8 g	0.9 g	3.2 g
Carbohydrates - Total	10.6 g	5.3 g	19.3 g
- Sugars	3.1 g	1.5 g	5.6 g
Dietary Fibre	3.7 g	1.9 g	6.8 g
Sodium	149 mg	75 mg	271 mg
Potassium	385 mg	193 mg	700 mg
Gluten	0.0 g	0.0 g	6.8 g

VITAMINS AND MINERALS

	Avg. Qty / Serve		Avg. Qty / 100ml	Avg. Qty / 100g
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Vitamin B3 (Niacin)	3.3 mg	33% RDI ¹	1.6 mg	6.0 mg
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Folate	113 µg	28% RDI ¹	28.3 µg	103 µg
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Magnesium	101 mg	32% RDI ¹	50.6 mg	184 mg
Manganese	0.6 mg	13% ESADDI ¹	0.32 mg	1.2 mg
Molybdenum	27.4 µg	11% ESADDI ¹	13.7 µg	49.8 µg
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