



Formulated Meal Replacement. Natural Chocolate Flavour 30g NET

INGREDIENTS: Whey protein concentrate, inulin (chicory root extract), vitamins and minerals (Vitamin A, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B12, Vitamin C, Vitamin D3, Vitamin E, Vitamin K, Biotin, Folate, Zinc, Selenium, Chromium, Manganese, Molybdenum, Iodine, Iron, Magnesium, Calcium, Phosphorus, Copper, Potassium), natural flavour, cocoa powder, organic lucuma fruit powder, organic milk thistle powder, organic fenugreek powder, natural sweetener (stevia), emulsifier (sunflower lecithin). **Contains Milk ingredients.**

DIRECTIONS FOR USE: Add this sachet to 200ml of skim milk and blend until combined.

Replace up to 2 meals daily in conjunction with a healthy diet and adequate water intake.

Formulated Meal Replacement. Not to be used as a total diet replacement

NUTRITION INFORMATION			
Servings per package: 1			
Serving size: 30g (1 sachet)			
	Avg. Qty Per 30g Serve	Avg Qty Per 100ml	Avg Qty Per Serve with 200ml of skim milk
Energy	479 kJ 114 cal	452 kJ 107 cal	904 kJ 214 cal
Protein - gluten	14.8 g 0 mg	11.2 g 0 mg	22.4 g 0 mg
Fat, total - saturated	1.3 g 0.7 g	1.8 g 0.4 g	3.6 g 0.8 g
Carbohydrate sugars	8.6 g 2.1 g	10.4 g 7.1 g	20.8 g 14.2 g
Dietary Fibre	4.5 g	2.2 g	4.4 g
Sodium	36 mg	48 mg	96 mg
Potassium	300 mg	150 mg	300 mg
Vitamin A	187.5 µg (25% RDI*)	94 µg	187.5 µg
Thiamine	275 µg (25% RDI*)	138 µg	275 µg
Riboflavin	425 µg (25% RDI*)	213 µg	425 µg
Niacin	2.5 mg (25% RDI*)	1.3 mg	2.5 mg
Folate	50 µg (25% RDI*)	25 µg	50 µg
Vitamin B6	0.40 mg (25% RDI*)	0.20 mg	0.40 mg
Vitamin B12	0.50 µg (25% RDI*)	0.25 µg	0.50 µg
Vitamin C	10 mg (25% RDI*)	5 mg	10 mg
Vitamin D	2.5 µg (25% RDI*)	1.3 µg	2.5 µg
Vitamin E	2.5 mg (25% RDI*)	1.3 mg	2.5 mg
Calcium	200 mg (25% RDI*)	100 mg	200 mg
Iodine	37.5 µg (25% RDI*)	19 µg	37.5 µg
Iron	3 mg (25% RDI*)	1.5 mg	3 mg
Magnesium	80 mg (25% RDI*)	40 mg	80 mg
Phosphorus	250 mg (25% RDI*)	125 mg	250 mg
Zinc	3 mg (25% RDI*)	1.5 mg	3 mg
Selenium	17 µg (25% RDI*)	8.5 µg	17 µg
Biotin	7.5 µg (25% ESADDI#)	3.7 µg	7.5 µg
Vitamin K	20 µg (25% ESADDI#)	10 µg	20 µg
Pantothenic acid	1.25 mg (17% ESADDI#)	0.6 mg	1.25 mg
Chromium	34 µg (17% ESADDI#)	17 µg	34 µg
Copper	50 µg (17% ESADDI#)	25 µg	50 µg
Manganese	0.85 mg (17% ESADDI#)	0.4 mg	0.85 mg
Molybdenum	42.5 µg (17% ESADDI#)	21 µg	42.5 µg

*RDI = Recommended Dietary Intake

#ESADDI= Estimated Safe and Adequate Daily Dietary intake



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STORAGE: Store in a cool, dry place, away from direct sunlight.