

TYPICAL NUTRITION INFORMATION This product is intended as a total replacement for all food in the daily diet. It contains at least the recommended daily allowance of all essential nutrients.

	Powders per 100g Milk shake and Soup	% RDA*	Women per 38g serving	% RDA*	Woman per 3 servings	% RDA*	Men per 76g serving	% RDA*	Men per 2 servings	% RDA*		Flapjack per 100g	% RDA*	Flapjack per 50g serving	% RDA*
Energy kcal.	368.0		141.7		425.1		279.7		559.4			382.0		191.0	
Energy kJ	1545.6		595.1		1785.3		1174.7		2349.4			1604.4		802.2	
Protein (g)	37.2		14.3		42.9		28.3		56.6			27.3		13.7	
Carbohydrate (g)	39.0		15.0		45.0		29.7		59.4			16.5		8.3	
Sugar (g)	38.1		14.7		44.1		29.0		58.0			10.4		5.2	
Starch (g)	1.03		0.3		0.9		0.7		1.4			6.1		3.1	
Fat (g)	6.1		2.3		6.9		4.7		9.4			19.3		9.7	
Saturates (g)	2.0		0.8		2.4		1.5		3.0			3.2		1.6	
Monounsaturated (g)	1.4		0.5		1.5		1.1		2.2			7.6		3.8	
Polyunsaturated (g)	2.7		1.0		3.0		2.1		4.2			8.5		4.3	
Cholesterol (mg)	14.7		5.7		17.1		11.2		22.4			0.0		0.0	
Fibre (g)	4.3		1.7		5.1		3.3		6.6			20.3		10.2	
Sodium (g)	1.3		0.5		1.5		1.0		2.0			0.6		0.3	

#### VITAMINS

Vitamin A (µg)	865.8	108.2	333.3	41.7	1000.0	125.0	658.0	82.2	1316.0	164.5		1000.0	125.0	500.0	62.5
Vitamin D (µg)	8.7	174.0	3.3	66.6	10.0	200.0	6.6	132.0	13.2	264.0		1.4	28.0	0.7	14.0
Vitamin E (mg)	8.7	87.0	3.3	33.0	10.0	100.0	6.6	66.0	13.2	132.0		17.5	175.0	8.8	88.0
Vitamin C (mg)	51.9	86.5	20.0	33.3	60.0	100.0	39.5	65.8	79.0	131.7		40.0	66.6	20.0	33.3
Thiamin (mg)	1.4	100.0	0.5	35.7	1.5	107.1	1.1	78.6	2.2	157.1		2.3	164.2	1.2	85.7
Riboflavin (mg)	2.2	137.5	0.8	50.0	2.4	150.0	1.7	106.2	3.4	212.5		2.6	162.5	1.3	81.3
Niacin (mg)	15.6	86.7	6.0	33.3	18.0	100.0	11.9	66.1	23.8	132.2		30.0	166.7	15.0	83.3
Vitamin B6 (mg)	1.7	85.0	0.7	35.0	2.0	100.0	1.3	82.5	2.6	130.0		3.0	150.0	1.5	75.0
Folacin (µg)	346.3	173.1	133.3	66.7	400.0	200.0	263.2	131.6	526.4	263.2		280.0	140.0	140.0	70.0
Vitamin B12 (µg)	3.5	350.0	1.3	130.0	3.9	200.0	2.7	270.0	5.4	540.0		3.0	300.0	1.5	150.0
Biotin (µg)	152.0	101.3	58.0	38.7	175.0	116.7	115.0	76.7	230.0	153.3		240.0	160.0	120.0	80.0
Pantothenic Acid mg	8.7	145.0	3.3	55.0	9.9	165.0	6.6	110.0	13.2	220.0		17.0	283.3	8.5	141.7
Vitamin K (µg)	100.0	+	38.5	+	115.5	+	76.0	+	152.0	+		170.0	+	85.0	+

#### MINERALS

Calcium (mg)	865.8	108.2	333.3	41.7	1000.0	125.0	658.0	82.2	1316.0	164.5		520.0	32.5	260.0	86.7
Phosphorus (mg)	1298.7	162.3	500.0	62.5	1500.0	250.0	987.0	123.4	1974.0	246.8		670.0	83.8	335.0	41.9
Iron (mg)	18.2	130.0	7.0	50.0	21.0	150.0	13.9	99.3	27.8	198.6		14.6	104.3	7.3	52.1
Magnesium (mg)	346.3	115.4	133.3	44.4	400.0	133.3	263.2	87.7	526.4	175.5		330.0	110.0	165.0	55.0
Zinc (mg)	13.0	86.7	5.0	33.3	15.0	100.0	9.9	66.6	19.8	132.0		16.3	108.7	8.2	54.7
Iodine (µg)	173.2	115.5	66.7	44.5	200.0	133.3	131.7	87.8	263.4	175.6		200.0	133.3	100.0	66.6
Potassium (mg)	3000.0	+	1200.0	+	3600.0	+	2300.0	+	4600.0	+		1600.0	+	800.0	+
Chloride (mg)	1300.0	+	500.0	+	1500.0	+	1000.0	+	2000.0	+		800.0	+	400.0	+
Copper (mg)	2.6	+	1.0	+	3.0	+	2.0	+	4.0	+		3.1	+	1.6	+
Manganese (mg)	3.5	+	1.4	+	4.2	+	2.7	+	5.4	+		4.2	+	2.1	+
Selenium (µg)	99.6	+	38.3	+	115.0	+	75.7	+	151.4	+		110.0	+	55.0	+
Molybdenum (µg)	216.5	+	83.3	+	250.0	+	164.6	+	329.2	+		360.0	+	180.0	+
Chromium (µg)	129.9	+	50.0	+	150.0	+	98.7	+	197.4	+		100.0	+	50.0	+

• \* RDA = Recommended Daily Allowance

+ No RDA Established