

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 290 mL–340 mL of cold water to taste, and thoroughly mix in a blender or blender bottle for 45 seconds. Perfect for replacing one or more meals a day. This product must not be used as a total diet replacement.

NUTRITIONAL INFORMATION

Servings Per Container: 9

Serving Size: 3 scoops (60g)

	Quantity per serving†	Quantity per 100 g†
Energy	1000 kJ (239 Cal)	1667 kJ (398 Cal)
Protein	15 g	25 g
Fat, Total	7.4 g	12.3 g
- Saturated	1 g	1.7 g
- Trans	0 g	0 g
- Polyunsaturated	0.7 g	1.2 g
- Monounsaturated	5.6 g	9.3 g
Cholesterol	0 mg	0 mg
Carbohydrate	32 g	53.3 g
- Sugars	17 g	28.3 g
Dietary Fibre, Total	8.2 g	13.7 g
- Soluble Fibre	3.1 g	5.2 g
- Insoluble Fibre	5.1 g	8.5 g
Sodium	405 mg	675 mg
Potassium	587 mg	978 mg
Vitamin A	229 µg (25% RDI*)	382 µg
Vitamin D	3.5 µg (35% AI**)	5.8 µg
Vitamin E	4.6 mg (45% AI**)	7.7 mg
Vitamin C	15.2 mg (35% RDI*)	25.3 mg
Thiamine	0.5 mg (40% RDI*)	0.83 mg
Riboflavine	0.6 mg (45% RDI*)	1.0 mg
Niacin	4.0 mg (25% RDI*)	6.7 mg
Vitamin B6	0.6 mg (40% RDI*)	1.0 mg
Folate	83 µg (20% RDI*)	138 µg
Vitamin B12	0.7 µg (30% RDI*)	1.2 µg
Calcium	263 mg (25% RDI*)	438 mg
Phosphorus	388 mg (40% RDI*)	647 mg
Iron	3.9 mg (35% RDI*)	6.5 mg
Magnesium	102 mg (25% RDI*)	170 mg
Zinc	3.1 mg (20% RDI*)	5.2 mg
Iodine	45 µg (30% RDI*)	75 µg
Copper	0.4 mg (25% AI**)	0.67 mg
Manganese	0.4 mg (5% AI**)	0.67 mg
Molybdenum	20 µg (45% RDI*)	33.3 µg
Glycemic Index	25 [Low]	25 [Low]

* Recommended Dietary Intake (Aust/NZ)

** Adequate Intake (Aust/NZ)

† Average Quantities

Ingredients: Protein Blend [Soy Protein Isolate, Whey Protein Isolate, Pea Protein, Rice Protein Concentrate], Crystalline Fructose, High Oleic Sunflower Oil, Natural Flavours, Maltodextrin, Soy Fibre, Vegetable Gums (Gum Arabic, Cellulose Gum, Xanthan Gum), Oat Fibre, Minerals (Tricalcium Phosphate, Magnesium Citrate, Zinc Gluconate, Potassium Iodide, Molybdenum Citrate, Manganese Citrate, Copper Gluconate, Ferrous Fumarate), Anti-Caking Agents (Dipotassium Phosphate, Silicon Dioxide), Cane Fibre, Oligofructose, Prune Powder, Milk Protein (Sodium Caseinate), Salt, Emulsifier (Soy Lecithin), Antioxidant (Mixed Tocopherols), Inulin, Wheat Bran, Vitamins [Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Nicotinamide (Niacin), Vitamin A Palmitate, Cholecalciferol (Vitamin D), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Cyanocobalamin (Vitamin B12), Riboflavine (Vitamin B2), Thiamine Hydrochloride (Vitamin B1)].

Contains: soybean, milk and wheat. Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, and shellfish.

The Glycemic Index is a ranking of carbohydrates according to their effect on blood glucose levels.

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