

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	1004 kJ (240 Cal)	1674 kJ (400 Cal)
Protein	15 g	25 g
Fat, Total	7.5 g	12.5 g
- Saturated	0.8 g	1.3 g
- Trans	0 g	0 g
- Polyunsaturated	0.8 g	1.3 g
- Monounsaturated	5.6 g	9.3 g
Cholesterol	0 mg	0 mg
Carbohydrate	33 g	55 g
- Sugars	18 g	30 g
Dietary Fibre, Total	8.1 g	13.5 g
- Soluble Fibre	3 g	5 g
- Insoluble Fibre	5 g	8.3 g
Sodium	312 mg	520 mg
Potassium	423 mg	705 mg
Vitamin A	229 µg (25% RDI*)	382 µg
Vitamin D	3.5 µg (35% AI**)	5.8 µg
Vitamin E	4.5 mg (45% AI**)	7.5 mg
Vitamin C	15.9 mg (35% RDI*)	26.5 mg
Thiamine	0.4 mg (35% RDI*)	0.67 mg
Riboflavine	0.6 mg (45% RDI*)	1.0 mg
Niacin	3.8 mg (25% RDI*)	6.3 mg
Vitamin B6	0.6 mg (35% RDI*)	1.0 mg
Folate	84.6 µg (20% RDI*)	141 µg
Vitamin B12	0.6 µg (25% RDI*)	1.0 µg
Calcium	268 mg (25% RDI*)	447 mg
Phosphorus	415 mg (40% RDI*)	692 mg
Iron	3.1 mg (25% RDI*)	5.2 mg
Magnesium	87.4 mg (25% RDI*)	146 mg
Zinc	3.4 mg (25% RDI*)	5.7 mg
Iodine	55 µg (35% RDI*)	92 µg
Copper	0.5 mg (30% AI**)	0.83 mg
Manganese	0.4 mg (5% AI**)	0.67 mg
Molybdenum	21.4 µg (50% RDI*)	35.7 µg
Glycemic Index	25 [Low]	25 [Low]

* Recommended Dietary Intake (Aust/NZ)

** Adequate Intake (Aust/NZ)

† Average Quantities

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

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

For our customers sensitive to gluten: No gluten-containing ingredients are used in this product. However, the French Vanilla Nutrimeal is produced in a facility that manufactures other foods that do contain gluten.

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

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