

NUTRIMEAL™ Formulated Meal Replacement Drink Mix

Nutritional Information

Serving size:	Dutch Chocolate		French Vanilla		Wild Strawberry	
	per serving†	per 100 g†	per serving†	per 100 g†	per serving†	per 100 g†
Energy	962 kJ (230 Cal)	1577 kJ (377 Cal)	962 kJ (230 Cal)	1577 kJ (377 Cal)	962 kJ (230 Cal)	1577 kJ (377 Cal)
Protein	15 g	24.6 g	15 g	24.6 g	15 g	24.6 g
Fat, total	7.4 g	12.1 g	7 g	12.1 g	7.2 g	11.8 g
— Saturated	1.2 g	1.9 g	0.9 g	1.5 g	1.0 g	1.6 g
— Trans	0 g	0 g	0 g	0 g	0 g	0 g
Carbohydrate	32 g	52.5 g	32 g	52.5 g	32 g	52.5 g
— Sugars	17.4 g	28.5 g	18 g	29.5 g	17.4 g	28.5 g
Dietary Fibre	8 g	13.1 g	8 g	13.1 g	8 g	13.1 g
Sodium	355 mg	582 mg	320 mg	525 mg	355 mg	582 mg
Potassium	660 mg	1100 mg	532 mg	872 mg	570 mg	935 mg
Vitamin A	228 µg (30% RDI)*	374 µg	228 µg (30% RDI)*	374 µg	228 µg (30% RDI)*	374 µg
Vitamin B1	0.5 mg (45% RDI)*	0.8 mg	0.5 mg (45% RDI)*	0.8 mg	0.5 mg (45% RDI)*	0.8 mg
Vitamin B2	0.6 mg (30% RDI)*	1 mg	0.6 mg (30% RDI)*	1 mg	0.6 mg (30% RDI)*	1 mg
Niacin	3.8 mg (40% RDI)*	6.2 mg	4 mg (40% RDI)*	6.5 mg	4 mg (40% RDI)*	6.5 mg
Folate	80.5 µg (40% RDI)*	132 µg	83 µg (40% RDI)*	136 µg	82 µg (40% RDI)*	134 µg
Vitamin B6	0.6 mg (40% RDI)*	1 mg	0.6 mg (40% RDI)*	1 mg	0.6 mg (40% RDI)*	1 mg
Vitamin B12	0.6 µg (30% RDI)*	1 µg	0.6 µg (30% RDI)*	1 µg	0.7 µg (30% RDI)*	1.1 µg
Vitamin C	15.2 mg (40% RDI)*	24.9 mg	15.8 mg (40% RDI)*	25.9 mg	15.3 mg (40% RDI)*	25.2 mg
Vitamin D	3.5 µg (35% RDI)*	5.7 µg	3.5 µg (35% RDI)*	5.7 µg	3.5 µg (35% RDI)*	5.7 µg
Vitamin E	4.5 mg (45% RDI)*	7.4 mg	4.5 mg (45% RDI)*	7.4 mg	4.5 mg (45% RDI)*	7.4 mg
Calcium	328 mg (40% RDI)*	538 mg	315 mg (40% RDI)*	516 mg	340 mg (40% RDI)*	558 mg
Iodine	52.4 µg (35% RDI)*	85.9 µg	52.3 µg (35% RDI)*	85.8 µg	52.3 µg (35% RDI)*	85.8 µg
Iron	3.4 mg (30% RDI)*	5.6 mg	3.4 mg (30% RDI)*	5.6 mg	3.2 mg (30% RDI)*	5.2 mg
Magnesium	113 mg (35% RDI)*	185 mg	107 mg (35% RDI)*	175 mg	105 mg (35% RDI)*	172 mg
Phosphorus	424 mg (40% RDI)*	698 mg	494 mg (40% RDI)*	810 mg	434 mg (40% RDI)*	712 mg
Zinc	3.6 mg (30% RDI)*	5.9 mg	3.5 mg (30% RDI)*	5.7 mg	3.6 mg (30% RDI)*	5.9 mg
Copper	0.5 mg (15% RDI)*	0.8 mg	0.5 mg (15% RDI)*	0.8 mg	0.5 mg (15% RDI)*	0.8 mg
Glycaemic Index	23		23		23	
* RDI = Recommended Dietary Intake						
† Average Quantities						

Dutch Chocolate Ingredients: Fructose, isolated soy protein, Sunflower oil, isolated whey protein, Rice Protein, Corn syrup solids, Milk protein (sodium caseinate), Wheat Bran, Cocoa, Soy Fibre, Oat Fibre, Emulsifiers (Mono- and di-glycerides, Potassium phosphates, Soy lecithin), Pea protein, Vegetable gums (Cellulose Gum, Xanthan Gum, Gum Arabic), Oligofructose, Natural and artificial flavours, Prune Powder, Potassium Phosphate, Inulin, Salt, Vitamins (Vitamin A, Palmitate, Cholecalciferol, Vitamin D), D-alpha-Tocopheryl Acetate (Vitamin E), Ascorbic Acid (Vitamin C), Thiamin, Riboflavin, Nicotinamide, Folate, Pyridoxine Hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12), Minerals (Tricalcium Phosphate, Ferrous Fumarate, Copper Gluconate, Molybdenum Citrate, Zinc Gluconate, Copper Gluconate, Manganese Citrate)

French Vanilla Ingredients: Fructose, isolated soy protein, Sunflower oil, corn syrup solids, milk protein (sodium caseinate), Wheat Bran, Soy Fibre, Oat Fibre, Emulsifiers (Mono- and di-glycerides, Potassium phosphate, Soy lecithin), Natural Flavours, Vegetable gums (Cellulose Gum, Xanthan Gum, Gum Arabic), Oligofructose, Prune Powder, Potassium Phosphate, Inulin, Salt, Vitamins (Vitamin A, Palmitate, Cholecalciferol) (Vitamin D), D-alpha-Tocopheryl Acetate (Vitamin E), Ascorbic Acid (Vitamin C), Thiamin, Riboflavin, Nicotinamide, Folate, Pyridoxine Hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12), Minerals (Tricalcium Phosphate, Ferrous Fumarate, Potassium iodide, Magnesium Citrate, Manganese Citrate)

Wild Strawberry Ingredients: Fructose, isolated soy protein, Sunflower oil, isolated whey protein, Soy Fibre, Wheat Bran, Rice Protein, Corn syrup solids, Milk protein (sodium caseinate), Oat Fibre, Emulsifiers (Mono- and di-glycerides, Potassium phosphate, Soy lecithin), Vegetable gums (Cellulose Gum, Xanthan Gum, Gum Arabic), Pea protein, Oligofructose, Natural and artificial flavours, Prune Powder, Potassium Phosphate, Beet Juice (colour), Salt, Inulin, Vitamins (Vitamin A, Palmitate, Cholecalciferol) (Vitamin D), D-alpha-Tocopheryl Acetate (Vitamin E), Ascorbic Acid (Vitamin C), Thiamin, Riboflavin, Nicotinamide, Folate, Pyridoxine Hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12), Minerals (Tricalcium Phosphate, Ferrous Fumarate, Potassium iodide, Magnesium Citrate, Zinc Gluconate, Copper Gluconate, Manganese Citrate)

NUTRITION BAR & FIBERGY BAR™

Nutritional Information

Serving size:	Peanut Butter Crunch		Iced Lemon	
	per serving†	per 100 g†	per serving†	per 100 g†
Energy	623 kJ (150 Cal)	1520 kJ (366 Cal)	420 kJ (100 Cal)	1500 kJ (357 Cal)
Protein	12 g	29 g	2 g	7.1 g
Fat, total	1.5 g	9.8 g	1.5 g	5.4 g
— Saturated	2 g	4.9 g	0.5 g	1.8 g
— Trans	0 g	0 g	0 g	0 g
— Polyunsaturated	0.2 g	0.5 g	0.45 g	1.6 g
— Monounsaturated	0.4 g	1.0 g	0.31 g	1.1 g
Cholesterol	0 mg	0 mg	0 mg	0 mg
Carbohydrate	20 g	49 g	23 mg	82.1 mg
— Sugars	14 g	34 g	10 mg	35.7 mg
Dietary Fibre, total	1 g	2.4 g	5 g	17.9 g
— Insoluble	1 g	2.4 g	4 g	14.3 g
— Soluble	0 g	0 g	1 g	3.6 g
Sodium	70 mg	170 mg	80 mg	286 mg
Potassium	230 mg	560 mg	350 mg	1250 mg
Soy Isoflavones	15 mg	37 mg	0 mg	0 mg
Glycaemic Index	28		45	
* RDI = Recommended Dietary Intake				
† Average Quantities				

Peanut Butter Crunch Ingredients: Protein Blend (Soy protein isolate, Roasted soybeans, Textured soy flour, Whey protein concentrate), High Fructose corn syrup, Coating (Sugar, Palm kernel oil, Cocoa, Whey powder, Monif milk powder, Emulsifier (Soy lecithin), Natural flavours), High Maltese Corn Syrup, Humectant (Maltitol syrup), Natural flavours, Peanuts, Emulsifier (Soy lecithin). Contains 6% peanut products and 22% soy protein.

Iced Lemon Ingredients: Wheat flour, Rolled oats, Humectants (Maltitol syrup, Glycerin), Raw sugar, Fructose, Inulin, Cocoa butter, Oat fibre, Prune puree, Oat bran, Oat flour, Brown crisp rice flour, Rice bran, Rosemary extract, Soy spread (Soybeans, Soybean oil, Salt), Thickeners (Cellulose powder, Gum arabic, Carrageenan), Natural flavours, Inositol, Raising agents (Calcium carbonate, Sodium bicarbonate, Sodium acid pyrophosphate, Dipotassium phosphate), Emulsifiers (Mono- and di-glycerides, Soy lecithin), Acidity regulator (Citric acid), Lemon oil, Cellulose, Turmeric.

May contain traces of tree nuts or peanuts. Store at room temperature.



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