

Average Value	per 100 g powder	per daily portion (1 Portion = 15 g powder)
Energy	1263 kJ / 301 kcal	190 kJ / 45 kcal
Fat	1 g	0.2 g
Carbohydrate	53 g	8.0 g
Total sugars	50 g	7.5 g
Fibre	34 g	5.1 g
Sodium	120 mg	20 mg
Protein	1.1 g	0.16 g
Vitamin C	1000 mg	150 mg
Niacin	200 mg NE	30 mg NE
Vitamin E	67 mg $\alpha$ -TE	10 mg $\alpha$ -TE
Pantothenic acid	60 mg	9 mg
Vitamin B <sub>6</sub>	19 mg	2.9 mg
Vitamin B <sub>1</sub>	14 mg	2.1 mg
Vitamin B <sub>2</sub>	16 mg	2.4 mg
Vitamin A (from Provitamin A)	2220 $\mu$ g RE	333 $\mu$ g RE
Folic Acid	2500 $\mu$ g	375 $\mu$ g
Biotin	400 $\mu$ g	60 $\mu$ g
Vitamin B <sub>12</sub>	13.4 $\mu$ g	2 $\mu$ g
Selenium	200 $\mu$ g	30 $\mu$ g
Gluten	2 mg	0.3 mg

**INGREDIENTS:** Fructose, Acacia gum, Oat fibre (8%), Pea fibre (8%), Natural flavourings, Thickener (Guar gum), Acidity regulator (Citric acid), Guarana extract powder (2%), Beta carotene, Vitamin C, Beetroot powder (0.73%), Apple fibre (0.67%), Thickener (Pectin), Lactic acid cultures, (Lactobacillus acidophilus LA-5, Lactobacillus acidophilus La-14), Pineapple powder (0.33%), Inulin (0.33g/100g), (Mix of fruits, vegetables and spices [cranberry powder, pomegranate extract, apple extract, acerola extract, broccoli sprout powder, strawberry powder, tomato powder, broccoli powder, tart cherry powder, turmeric powder, spinach powder, basil powder, oregano powder, cinnamon powder, elderberry powder, carrot powder, blackberry powder, blackcurrant extract, beetroot powder, bilberry powder, raspberry powder, brussels sprout powder]) (0.25%), Vitamin E, Niacin, Turmeric extract (0.13%), Sweetener (Steviol glycosides), Selenium enriched yeast, Pantothenic acid, Seaweed powder, Vitamin B<sub>6</sub>, Ginger extract powder (0.02%), Vitamin B<sub>1</sub>, Vitamin B<sub>2</sub>, Vitamin B<sub>12</sub>, Grape seed extract (0.006%), Folic acid, Biotin.

Gluten free, No lactose

Suitable for vegetarians